

Eight Empowering Life Changing Seeings

1. We are the captain of our life. This is our life - we can take it in any direction we choose. Blaming anyone else for the results in our life does nothing to change our circumstances. Instead, focus on what we see, think and do to sail to where we want.
2. We get what we focus on. If we constantly focus on debt, poverty, bills, and no money, then we will no doubt feel 'poor'. Because we attract what we see, feel, think and do about, we will only attract more of the same - debt, bills, and worry. When we focus on wealth, abundance, and easy cash flow, then we will feel 'prosperous'. Opportunities for financial growth will appear as a result of our seeing, feeling, thinking and doing good about financial abundance.
3. There is more than enough for everyone. There is an endless supply of everything you desire. Express our full desires in grateful appreciation of the world around us and watch them grow like flowers emerging from the ground in springtime.
4. See, ask and do, we shall receive. Set clear intentions charged full of excitement and positive vibrations. Visualize it, feel it as if we already have it, and buzz away on the excitement. The more positive energy we can generate, the faster we materialize what we want. Regularly expressions of gratitude for everything we already have in our life.
5. We are a product of your environment. Everything adapts to its environment. Animals change their appearance and behavior according to their surroundings and so do humans - weather forces us to put on or take off clothes, we speak the language of our neighbors and community, our food habits reflect your family's preferences. Just as environments change, so do we. However if we consciously change our environment, then we can consciously change our behaviors and thus the results we want. Want to be wealthy? Read about people who have created wealth, take a financial management course, find a mentor or coach to work with us on our financial goals. When we design inspiring environments, our adaptation is quicker and more in line with our true intentions.
6. Forgiveness releases powerful positive energy. If we are hurt, or have been hurt by someone else, then we must forgive. Forgiveness does not mean to condone the behavior, but rather serves to release the hurt and promote healing. Without forgiveness, the hurt festers and infects, leading to disease and further pain. Ask, "What can I learn from this?" Then express gratitude for allowing the gift of learning in to our life. Forgiveness acts as a kind of cosmic aid - allowing emotional and

spiritual tissue to heal. This frees all parties to experience love and growth once more. Most of all, forgive ourselves. Rather than practicing self-loathing and criticism, practice self-love and self-acceptance. We are always learning and growing - be gentle on our "self." Allow the compassion we feel for others to flow to us as well.

7. Now is all there is. We only ever experience our life in an endless series of present moments. We only ever truly live right here, right now. The past and future are simply images. Our past experiences are a result of past thought; our future experiences are a result of present thought. This means that we can let go of past wrongs, no matter how painful, as they are behind us. It also means that if we want to change our future, we need only focus our seeings, feelings, thoughts and doings on your present moment. Seek to find joy, beauty, and abundance in our present circumstances and our future will mirror this.
8. We are all connected. We are all made of the same 'stuff' - bits of atoms and other particles that in their purest form are energy waves. If we are all energy, and energy can neither be created or destroyed but simply arranged in different patterns and frequencies to create the world as we perceive it, then it follows that we are all connected, part of an enormous and endless sea of energy field rippling with vibrations and waves. This means that we are all connected. This means that what I see, feel and think creates a ripple effect in everyone and everything else's experience. The good news is that positive feelings and positive thoughts have 100 times the frequency of negative thoughts and feelings. Thus if we raise the awareness of our thoughts and feelings and consciously choose to feel good, then we are having a positive ripple effect across the entire universe. How's that for powerful!

Happy mastering life!

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A friend for life

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