

## Energizing Thoughts

Written by Gayle Nobel

Saturday, 20 March 2010 19:19 - Last Updated Saturday, 20 March 2010 21:07

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Life has been quite a whirlwind since the birth of "Breathe" on February 22. That same week, we had new carpet installed which was basically akin to moving out of half our house. Shortly afterwards, there was a wonderful book launch party (hosted by Kim) where both my daughters plus one boyfriend came home to be part of the celebration. Then, there was a continuation of the launch at the Arizona Autism Coalition new website celebration. In the middle of all this, I had to squeeze in some time to finish compiling tax records (yuck!) for our accountant and also complete a brand new speech for my presentation at the autism conference next Friday. While all this was going on (plus my usual life), I added a new home therapist for Kyle and began exploring new options for making his days even richer! Ok, I'll stop! I promise not to tell you what I had to eat today. :-)

Well, maybe just one more thing. I've also just added some great "products with attitude" to the "autism with attitude toolbox" collection. Six of the most incredible photographs in "Breathe" are now available as prints (6 x 9 on 9 x 12 stock) AND blank greeting cards (individually & in packages of 6). They are spectacular and very inspiring! There are also "Breathe" tanks and t-shirts .....with a new addition of purple tanks and a really cute ladies style fitted t-shirt too.

Phew! I'm pretty exhausted. In fact, not feeling 100% today, I have taken the day to regroup and reflect. I'm thinking maybe I need to crack open one of those copies of "Breathe" I have laying around here and take a few words of my own advice. Some times a lot of excitement feels stressful too.

One thing is for sure, I miss writing... so here I am. I hope to get back to some regular blogging starting ..... now.

I would like to share a particularly inspiring message I just read from the popular life coach, Cheryl Richardson.

"When you consider the notion that our thoughts have creative power, complaining about something without doing anything to change it, takes on a whole new meaning. While talking about our problems is a normal (and important) way of working through the difficulties in

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life, fixating on them can end up magnetizing the very thing we most want to avoid. When we complain, ruminate, whine, moan or gossip about what isn't working in our lives, we may find that the problem persists or even shows up in a whole new form. (Problem can be defined as anything in your life that you don't like or want to be in your life.....AUTISM???)

That said, there's gold to be found in the act of complaining and worrying about our problems. Just think about the strategy behind what you do. For example, if you're worried about money (and who isn't nowadays), you might:

- Continuously think about what you don't have, your debt, or upcoming bills.
- Talk with others about how bad the economy is or how it's going to get worse.
- Write about your fears in a journal.
- Go to sleep at night imagining worse-case scenarios in your mind.
- Pray about the problem.

Again, these are all useful ways to process the challenges we face in life, but when we get stuck on these behaviors alone without adding positive actions, we contribute to the problem. Now, imagine what might happen if you used these same strategies to your advantage. To bring more abundance into your life, you could:

- Continuously think about what you do have by noticing the little things that make you happy right now.
- Start looking for and sharing the stories of abundance that show up in your life.
- Begin each day by writing down fifteen things you feel grateful for.
- Go to sleep at night imagining yourself living debt free or enjoying a new, higher-paying job.
- Pray for the discipline and strength to focus on the good in your life and the ability to receive the abundance that's coming your way.

You think about it, talk about it, write about it, meditate on it, pray about it, or imagine best-case scenarios. As you begin to use these steps to turn things around, please keep in mind three important things I've learned over time:

1. Simply thinking about something you want to bring into your life isn't enough. You need to combine thought with action and be willing to do the work.
2. Making the shift from "me" to "we" is where the law of attraction really becomes powerful. My greatest joy (and success) comes in sharing my good fortune with others.

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3. We must surrender to the reality that there is a power greater than our humanness at work in the world and we can't always get what we want. Some things just aren't meant to be."

So, when you think about your life and what you're energizing every day, does it make you smile or is it time to make a shift?" ~~

This is powerful stuff, don't ya think? I share some similar strategies in "Breathe".