

## Establish a Positive Daily Practice

---

The law of attraction states that what you focus on gets bigger, what you think about you bring about! When we obsess about feeling bad, we feel worse and when we want to feel good, we should focus on just that. There is an awesome experiment done by Dr. Masaru Emoto that shows the molecular structure of water and how when you say words to the water, it appears differently. When the water was told positive things like love and happy the crystals in the water were beautiful! But when the water was told hate, resentment, etc. the crystals were jagged and spiky and, quite frankly, dangerous looking. The human body consists of as much as 60% water. Can you imagine what thinking negative thoughts may do to our bodies? Are you willing to take a gamble on that? I'm not!

Energy is a funny thing and it may be a concept you are not accustomed to think about. But we all have experienced good juju and bad juju. This is just another word for energy. Have you ever met someone and you couldn't put your finger on it, but there was something about them you didn't like? What about someone who you've just met and it's like you've known each other for much longer than you actually have? Energy might not be visible but it's there. For the doubters out there...you can't see wifi either but you don't question it do you? Just trust me on this one. So think good thoughts as much as possible! Feeling grateful for things is a way to manifest the positive juju. A gratitude journal is just one way to spend the day "looking" for things you can be grateful for. It doesn't need to be earth shattering; a smile, a hug from your child or partner, a sunny day, an extra "like" on FB, a wag of a four legged friend, etc.

Daily practices that raise our positive vibes include gratitude practices and paying good deeds forward. Every day I try to do one random act of kindness. It can be leaving a note for your partner, letting someone behind you in line ahead of you, waving someone ahead of you in traffic, giving someone a compliment, sending someone a thank you text, making a special dinner or just not losing your patience with your mom. Just aim for one and, of course, more is even better.

Your healing process will be constantly evolving so I suggest at the "completion" of this course, consider to "lather, rinse and repeat"! There are many layers to healing and I find that you can get deeper and deeper. I also recommend that you pass some of the concepts you've learned with others. There is a great deal of healing when you help others heal. I consider it a privilege to help woman evolve into the "new" you. Remember, to "get your happy back" you need to be willing to let go of who you were to become who you were meant to be!!!

Sending you love!

©Copyright 2015