

FOOD FOR THOUGHT

March, 2007

This has been a wonderful month of reconnecting with many of you. The March workshop in southern Utah, *Feed Your Flame*, allowed me to spend time with many long time friends and supporters. The Spring Equinox Teleclass provided another great opportunity to visit with many of you whom I have met during your visits to Red Mountain Spa. Be sure to mark your calendar now for the FREE Summer Solstice Teleclass on June 20th. More info below. Let me know you are interested by sending an e-mail, and I'll be sure you get the phone number. Let's keep making these meaningful connections that keep all of us remembering who we really are and how we can create lives of joy, passion, and ease!

Connect with Source, Not the Channels that Source Uses

Speaking of making connections, I want to pass along a suggestion for how to stay focused on the powerful and permanent connection we have with our Source. I like to use the word "Source" when discussing the eternal power of love and light that connects and supports the entire Universe. You may prefer God, Spirit, Universe, Higher Power or even The Field. That is fine. Find the term that resonates for you.

In my own life, I have often been confused between Source and the channels that Source uses to send me the resources I need to create my life and move in the direction of my dreams and goals. I have noticed at various times in my life that a particular channel may dry up. I may lose an income source, a business opportunity, or a friend or acquaintance. Often, my first reaction is to believe that Source has turned away from me. I may even wonder what I have done wrong to be cut off from Source. This provides fertile ground for The Committee to fill my head with fear, worries, and doubts.

However, when I take a deep breath and get myself calmed down, I find that Source has not left me. All that has happened is that a particular channel, a distribution path, has gone away. This does not mean that I have fallen out of favor with Source. It only means that particular channel has served its usefulness and other channels will now open up for me. Source is always loving, unlimited, and without judgment. Source uses a variety of channels to get me what I have requested. By remembering this fundamental truth, I can begin to look for the new channels – the new doors that are opening up – instead of fixating on those that have been closed.

I discovered a wonderful way to get grounded in the truth of Source when I find myself forgetting. I use this affirmation:

- SOURCE IS ... all loving, all giving, without judgment, without limit, forever connected to my highest and best good
- I AM ... a part of Source, loved by Source, accepted by Source, never without Source
- THE TRUTH IS ... there is nothing that is bigger than Source and new channels will appear to provide me with all I need and want in life

- LET GO ... of worrying about the doors that have closed and the fears and doubts
- THANKS YOU SOURCE ... for all that I have and all that I am continually given

You may want to fill in the key words with your own words or phrases. The trick is to have this written down and easily accessible to use when you have forgotten what you know to be the truth about Source. I have it on my vision board, in my bedside drawer, and on my computer so I can find it and use it when I feel afraid and discouraged. It works for me, and I know it will work for you as well.

Inspiration Corner

Here is my definition of prosperity: To have the resources necessary to create the life you want and to trust that this will continue. When you have a belief and knowledge that there is abundance in the world, you begin to feel a sense of security. You are able to move towards your dream trusting your inner guidance and knowing that the money or life circumstances you need will be there.

- Lynn A. Robinson from *Divine Intuition*

The field of intention, which is responsible for all creation, is constantly giving – in fact, it knows no bounds to its giving. It just keeps on converting pure formless spirit into a myriad of material forms. Furthermore, this field of intention give in unlimited supplies. There is no such concept as shortage or scarcity when it comes to the originating Source.

- Wayne Dyer from *The Power of Intention*

Recommended Resources

During this month's workshop and teleclass, these three books were personally recommended to me by the participants. Because I had heard about these books previously, I decided to follow my own advice about paying attention to when things show up multiple times and offer them as this month's book recommendations. Although I have not read them yet, I intend to.

Eat, Pray, Love by Elizabeth Gilbert

At the age of thirty-one, Gilbert moved with her husband to the suburbs of New York and began trying to get pregnant, only to realize that she wanted neither a child nor a husband. Three years later, after a protracted divorce, she embarked on a yearlong trip of recovery, with three main stops: Rome, for pleasure (mostly gustatory, with a special emphasis on gelato); an ashram outside of Mumbai, for spiritual searching; and Bali, for "balancing." These destinations are all on the beaten track, but Gilbert's exuberance and her self-deprecating humor enliven the proceedings: recalling the first time she attempted to speak directly to God, she says, "It was all I could do to stop myself from saying, 'I've always been a big fan of your work.'"

(Copyright © 2006 [The New Yorker](#))

The Five Languages of Love: How to Express Heartfelt Commitment to Your Mate by Gary Chapman

The main emphasis of this book is that different people express love in different ways. The author identifies five specific languages of love, which are: quality time, words of affirmation, gifts, acts of service, and physical touch. When we learn how to apply the right principles and learn the right language of love, we'll know the joy of being able to express our feelings of love and feel truly loved in return.

Consider the Butterfly: Transforming Your Life through Meaningful Coincidence by Sandy Wells and Carol Lynn Pearson

These authors have discovered that synchronicity is not just something spectacular that rarely strikes like lightning, but a force available to be harnessed, to be used for light and warmth. Learning the language of meaningful coincidence will give you a tool for accessing the wisdom of the divine. After reading the book, you will look for and find your name on messages sent special delivery, giving helpful clues on your own personal journey.

Upcoming Events

FREE Teleclass – Summer Solstice Check-up – Wednesday, June 20 at 7 p.m. MST (9 p.m. East Coast and 6 p.m. West Coast). A great way to connect with others who are moving forward in life and looking for support, encouragement and ideas. Bring your successes and challenges to share on the call.

Full Renewal Life Coaching Retreat - Once a month at Red Mountain Spa (April 22 - 27; and May 20 - 25) - See www.redmountainspa.com for details