

OCTOBER NEWSLETTER

LET'S LOOK AT THINGS METAPHYSICAL

I thought that the October newsletter could cover a subject very close to my heart. That is the use of Affirmations and Visualization to bring about change in our lives.

So many of my clients come to see me feeling totally frustrated because they are religiously working with their affirmations and visualizations to no avail.

In my experience, there are 2 things that stand in the way of manifesting that which you choose. The first is a block in the memory held in your body tissue; the other is "everything in time and on time" or some people call it "God's will" and others say that "all will happen for your highest and your best only" ... in other words "not now".

This brings me to the importance of consulting with an energy healer, kinesiologist, spiritual healer or intuitive practitioner and many other modalities of healing where the practitioner is able to access the cellular memory and clear it from source. This memory could be something that occurred in this life time or even in a previous life time. It could be an oath or vow that you once took; long forgotten but deeply held in the memory of your tissue or a comment, happening or event that is so deeply set in your subconscious mind that you are unable to recognize and release it.

In my experience, no amount of affirming or visualizing will manifest that which you dream for if these blocks occur.

I am not saying that one should not use these tools to manifest what you want, need and deserve. What I am saying, is that if you find that your hard work is not paying off, get a therapist's help to remove the blocks.

Some basic rules when using affirmations and visualizations:

- Keep them in the here and now - never use 'I will be' but rather 'I am'.
- Give them power by using positive statements e.g. 'I am not afraid' - rather use 'I am brave'.
- Keep them powerful and punchy; not long winded.
- Keep them comfortable to use, easy and real.
- Use all your senses to make them real. In other words smell, taste, feel and own them.

Lastly, always remember to affirm "for the highest and the best". This ties into "be careful what you ask for; you may just get it".

I suggest that you repeat your affirmations 3 times. The number 3 represents manifestation. The first time means 'birth', the second 'direction' and the third 'momentum'.

Certain key phrases exist that must be remembered. Set it and forget it. Don't keep on dwelling on what you want and need. Just go into a space of trust. Another is, move in the general direction of success. If you want to meet the person of your dreams, you will not do so by locking yourself away day and night. You will need to do certain things to be seen and noticed. Be out and about, keep well groomed and keep a positive attitude. Of course this is a simple example, but I am sure that you get the picture.

Once you have done all that, you need allow time to direct the energy. If you have no success in a month or two ... seek help.

Good luck and may all your affirmations and visualizations be your reality today.

LOVE AND LIGHT

Debbie