

to produce. **Act as if!** Don't waste time on what is going wrong (unless there are lessons to be learned and you need to make some changes) – rather contemplate what you want – what are your intentions for your SELF and your work.because maybe that is what is happening right now ...maybe you need to make an adjustment in your intentions.

GOOD ENERGY VS BAD

Pay attention to your own energy field – low energy thoughts weaken us. The immune system demonstrates that.

Be watchful of your inner dialogue and the circumstances of what you want your life to be about. Practice **ONLY** thinking about what you **DO** want with unnerving intent and stay focused in the present moment.

Dr. Dyer teaches that it is important to extend thoughts of kindness everywhere because, *“the universe responds in kind to what you elect to radiate outward. If you say with kindness in your voice and in your heart, “how may I serve you?”, the universe’s response will be, “how may I serve you as well?” It’s attractor energy.*

Kathy Beselica – a good friend and a very wise woman, shares this. *“People aren’t here to act for your benefit.”* Ok – that is a surprisingly simple statement, but how many inflated egos don't understand that concept.

Here is a good question to ask yourself whenever you meet anyone new, **“How may I be kind to you?”**

Here is another good quote from Mary Kay (cosmetics) – she was an amazing positive influence in her day, *“90% of people don’t care about your problems and the other 10% think you deserve them!”* YIKES! That should

take some air out of some over inflated balloons.

If your business and/or your life seem to be falling apart, maybe it is time to redirect your energies from trying to **get more** into **giving more** – I am not talking about money. **Giving gives back to you.**

Dr.Dyer teaches, *“Everything in this universe is a movement of energy. Higher/faster energy dissolves and converts into lower/slower energy.....every thought you have can be energetically calibrated, along with its impact on your body and environment. The higher your energy, the more capable you are of nullifying and converting lower energies, which weaken you, and impacting in a positive way everyone in your immediate and even distant surroundings.”*

You are going to have trouble attracting outside of you what you cannot see inside. When you react to the lower energies you encounter with your own low energies, you're actually setting up a situation that attracts more of that lower energy.

Please do invest some time in studying the energies of those you are interacting with. Don't let the weakening energies employed by those around you to influence your own. Do you continue to need those people in your experience? Are you deliberately attracting ‘low energy’ people?

Ok – one tidbit about the energy of food from my nutritional background. I have written about this in a previous newsletter:

There are foods that calibrate low, and there are high energy foods as well. Foods with toxic chemicals sprayed on them will make you weak even if you have no idea that the toxins are present. Sugar and high acid foods have the same

low energy impact – except where cancer is concerned – and in that case they will cause cancer to grow faster.

BE CAREFUL OF:

Its never easy to let go of old beliefs and mis placed values or other stuff like: **the need to always be right.** While we all need to feel good about ourselves – hold a good SELF esteem, you have to be careful when you view others as inferior for one reason or another. WE ALL DO IT! We can't help ourselves. We must not kid ourselves into believing that others don't pick up on that kind of energy. Some people are very highly tuned in.

Our egos love to divide us up into **losers and winners.** Dr. Dyer teaches, *“You are NOT your winnings or your losings!there are no losers in a world where we all share the same energy source. All you can say on any given day is that you performed at a certain level in comparison to the levels of others on that day.*

Be careful to not assess others on the basis of their appearance, achievements or possessions or you will constantly find yourself in a perpetual state of striving....never seeing how far you've already come. If all you can ever feel is that you still have so much to do, you will never feel a sense of contentment or be able to give your SELF credit for all you've accomplished.

BE careful how you view your own reputation. It is not located in you. It is located in the minds of others. If you speak to 30 people, you will have 30 reputations.

Are you certain of your impact on others? Dr. Dyer teaches, *“If you desire peace good) for others, you'll*

receive it. If you see beauty and worthiness in others, you will receive it. You can only give away what you have in your heart and the same will be returned to you.” How you view others is how you view your SELF! Could this be impacting your business?

- Do you view yourself as **ordinary or extraordinary?**
- Do you feel in harmony with your universe or constantly at odds?
- Do others feel energized from knowing you?
- Do people sense you care about them?
- Do you bring the frequencies of positive intention into the presence of others?
- Can others trust you? Do they?
- Do you perceive others from a perspective of appreciation or judgment?
- Is your energy focused on wellness or disease symptoms?

How do these factors impact your business? It may not seem like it, but every improvement you can make in your private world, improves the world for others.

Be Aware of Resistances

We all have them whether they are centered around issues of trust, inability to forgive or **FEAR of not having enough.** The whole premise of the Law of Attraction is that there IS enough and more than enough to go around. So by helping someone else become successful (or feel successful) we are helping more good stuff to come into our own experience.

However, there is such as thing as being **open to receiving.** **Do you**

