



October 2010

Hi Everyone, spring time is well underway and brings with it a wonderful new creative energy that is the catalyst for new growth on our planet. It's also therefore, a perfect time for some internal spring cleaning of our thoughts and behaviours. What better way to start then asking...

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Am I Smiling Inside?

If you are not smiling on the inside do you stop and ask yourself why? Maybe you do and maybe you don't. Is the thought of looking into yourself a daunting prospect and perhaps a little overwhelming? When you are not smiling on the inside, not only does this adversely affect your health but as you look out onto your external world it may appear bleak and the feeling of hope may never appear on your horizon. But maybe that's because you have ignored what's going on inside for some time and that indecision in itself has created a sense of hopelessness. The act of "not doing" can inflate issues where they become out of perspective and internally you can spend a lot of time worrying, going around and around in ever decreasing circles.

One of the many reasons why we often ignore our feelings is because we convince our self that nothing will change. This sense of hopelessness is mainly due to our negative belief patterns. Those belief patterns go on to develop our habits and the more we engage in those habits, the more we anchor in the beliefs and their roots grow even stronger. Sometimes those roots make us feel as if we are tied up in knots, that we cannot do anything at all.

Habits Perpetuate Our Thoughts and Behaviours

Continuing in this habitual manner you end up validating the very beliefs that are causing you grief. Take the belief "*nothing will change, there's no point*". In the moment of thinking "*nothing will change, there's no point*" you have actually strengthened that particular belief, and because no action is taken on your part, you have also convinced your self that you must be right in taking no action. After all, you tell yourself, "*there is no point, nothing will change*". Whose hurting who?

It's easy to see how we create own reality by this type of behaviour.

Recognising Our True Feelings

Recognising how you truly feel about a particular situation in which you find yourself, is the first step to getting back on top of an issue. It also puts you in a better position, where you can exercise choice and decide to either let things continue in the same way or take steps to change the situation.

When you take an honest look on what is going on, how you view the current situation and what is the real reason that you are not smiling inside, you put yourself in a much healthier position in more ways than one. The act of looking is creating an avenue for change and you actually open a door that is possible for you to walk through. Even if you feel uncomfortable analysing your feelings, the fact that you are wanting to recognise your truth, you are creating the basis for change. In that instance, you have been prepared to look beyond your normal perceived horizon. It's when we ignore our feelings, nothing changes; things have a habit of getting worse.

When we search for answers to assist in our own growth and happiness we are supported by our higher wisdom. Help appears from many different places. Never believe that nothing can change, there is always a way forward. The more honest we are with our self and our feelings, the more we can see, because we are connecting to the truth, our truth. This then connects us more to our inner authentic self, and it is here, deep inside that we find the strength and courage to assist us in our chosen course of action.

Yes, there may be some work for you to do, cleaning up your thoughts, changing your behaviours and making plans, but you have taken the first step. Those steps may be baby steps at the start, but with each step, you will grow in confidence and the energy from the more positive attitude that you

build, will move you forward increasing the size of your steps.

What's it they say, "from little acorns big trees grow".

Taking Action

Tomorrow spend time on your self, your thoughts and feelings. Meditate upon a particular issue that needs fixing and look for a resolution, a win-win outcome. When we pursue, and look for a win-win outcome, one that is supportive to all involved, the universe presents us with yet another perspective. The situation can then often be seen in a very different light, because once again, in that process, you are shown a view beyond your immediate field of vision and a way can be found that will take you forward.

- Identify and nurture the values that are meaningful to you.

The following day – draw up a plan, write down the steps that will help take you in the direction that you want to tread.

The day after that – start implementing the changes and each day going forward monitor your progress and seek help where needed. No matter how small those steps maybe, you are moving, you are doing something different and breaking old habits. Plan it in such a way as to build trust and confidence in your self as you progress, without creating undue pressure.

It doesn't matter how seemingly big or small the issue is and whether it involves moving out of a job that is stifling you, changing your perception towards another person's behaviour, or even your own feelings towards your self. "Organising" your feelings and making a plan will help you get where you want to be.



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Sandy, I do love your cd, it has helped me tremendously with deep healing. I have been on this journey for some time now and have found a deeper connection with myself and a much deeper strength and real healing of issues. Much Love Barbara, NSW

Exploring Our Core Beliefs

We can so easily get caught up in living, and end up not really living at all; we exist and convince ourselves "this is how it's meant to be" or we hope that if we ignore the issue it may just go away all by itself. And sometimes that's true. If the issue is not such a big deal, it can go away when we don't put our focus on it, and hence do not feed it energy to grow, but in situations where we are not smiling inside, and that's the real litmus test, it's time to take action. Sure we can always make some improvements as we move along in life, but whether or not we want real improvements that build an internal platform for sustained satisfaction and contentment, or we temporarily satisfy our self with band-aiding our issues is something that we have to decide. It's up to each one of us to make that choice, but band-aiding has a habit of breaking under pressure.

You may feel quite alone as you explore your own core beliefs and desires but it's extremely beneficial to your overall well-being to clarify what part of your beliefs were given to you by others, and those that resonate with your deeply held beliefs and know to be true for you. You can then make choices where you don't have to compromise your desires and the way you want to be in your life.

I truly believe that our chosen time here is meant to be one of fun, finding pleasure in our activities and those things that we spend our time on. If we are struggling and limping along, that is not healthy for our mind or body, or for those around us either.

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