

ON CHOOSING A PATH OF CHANGE

David W. Jamieson



Why choose a path of change?

Because pain and suffering and ineffectiveness in life are unfulfilling and optional.
Because being in unhealthy situations consumes energy.
Because peace of mind is a worthy goal.

Of course we don't have to choose change!
Everything could be "just right," or we could be satisfied with the "OK-ness" of what is, or maybe we could be stuck in a grand illusion that this is the only way life can be.

To choose a path of change is to start a difficult journey. We must face unknowns, yet have confidence.

We must meet multiple realities with understanding and compassion.
We need to be in "it" to work on "it" and above "it" to see "it."

Our self-imposed barriers face us like mirrors - and the glare is often frightening and sometimes debilitating.

We experience many tensions
... between self-doubt and desire
... between the wish for speed and the need for patience
... between working on change and letting it move gently forward
... between optimism and practicality
... between asking questions and answering them.

At times we must be on the path alone, for our supporters can never experience the journey in the same way.

We live in an emotional kaleidoscope: we experience anger, frustration, joy, confusion, anxiety, and pride in progress.

The path of change is rarely straight – we must continually negotiate turns, curves, and crossroads.

On the path we discover what we need to let go of in order to move ahead...
And then fight our resistance and live our grief.

The path of change needs both the head and the heart - the head for direction and the heart for courage.

On the path we can't be perfect - we slip, fall back, and struggle.

But when the dust settles and the toil is complete, the personal change process pauses, and we experience and enjoy a new reality
... creating a stronger soul to face the on-going challenge of courage.

Donna Marie, Consultant - Confidante - Speaker
734-420-2935 www.DealWithStressToday.com

Grateful Awareness . . .

No matter how small or how enormous your gratefulness is, write it down often!
It will give you a sense of joy and peace.

I am so happy and grateful that _____

I am so happy and grateful that _____

I am so happy and grateful that _____

I am so happy and grateful that _____

I am so happy and grateful that _____

I am so happy and grateful that _____

I am so happy and grateful that _____

I am so happy and grateful that _____

I am so happy and grateful that _____

I am so happy and grateful that _____

I am so happy and grateful that _____

I am so happy and grateful that _____



"Infinite riches are all around you if you will open your mental eyes and behold the treasure house of infinity within you. There is a gold mine within you from which you can extract everything you need to live life gloriously, joyously, and abundantly." -Joseph Murphy

Donna Marie
Consultant - Confidante - Speaker
www.DealWithStressToday.com
734-420-2935

AFFIRMATIONS TO A POSITIVE FUTURE

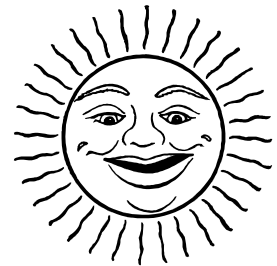
“When I look into the future, it’s so bright it burns my eyes.” Oprah Winfrey

Many behaviors follow the beliefs we have about ourselves. The subconscious mind does not differentiate between types of beliefs, only what is sent to it from the conscious mind. Therefore, to change a thought a conscious awareness is necessary.

Positive affirmations are positive declarations that engage the mind to new truths and beliefs. They conquer and change previous erroneous patterns and beliefs when supported by ongoing self-reinforcement. As positive beliefs and truths are realized into the subconscious one will experience life with less effort and an increased energy level.

It is a painless process and requires only an awareness and willingness to change.

Positive affirmations generally begin with an “I am.....” , or “I...(your name)” or “I now.....” statements and are written with positive words in present tense.



Examples: “I am realizing my true potential and greatness.”
“I, Mary, realize my true potential and greatness.”
“I now realize my true potential and greatness.”

Write them 7 times daily and recite them 7 times daily. As you recite them, be conscious to attach a positive feeling state to the affirmation as you think, write, or say it. Practice to not allow negative thoughts/emotions interrupt the positive flow. Trust the process of the power of your mind. It is endless.

EXAMPLES:

1. I (your name) am powerful, loving and in control of my life.
2. I _____ gain courage and strength because I am willing to grow.
3. I _____ hold only good positive thoughts about others and myself.
4. I _____ am flexible, tolerant and accept myself as who I am.
5. I _____ accept my body. I honor it by nourishing it with moderation and proper nutrients.
6. I _____ change my life by changing my thoughts and my attitude.
7. I _____ am conscious only of the goodness of others.
8. I _____ laugh and have fun with life. I give joy to others I meet.
9. I _____ live my life with love. I send only loving thoughts to others.
10. I _____ have the power to choose happiness, joy and peace.
11. I _____ have special abilities and greatness within me that is released as my self-awareness grows.
12. I _____ am open to new ways of learning about others and myself.

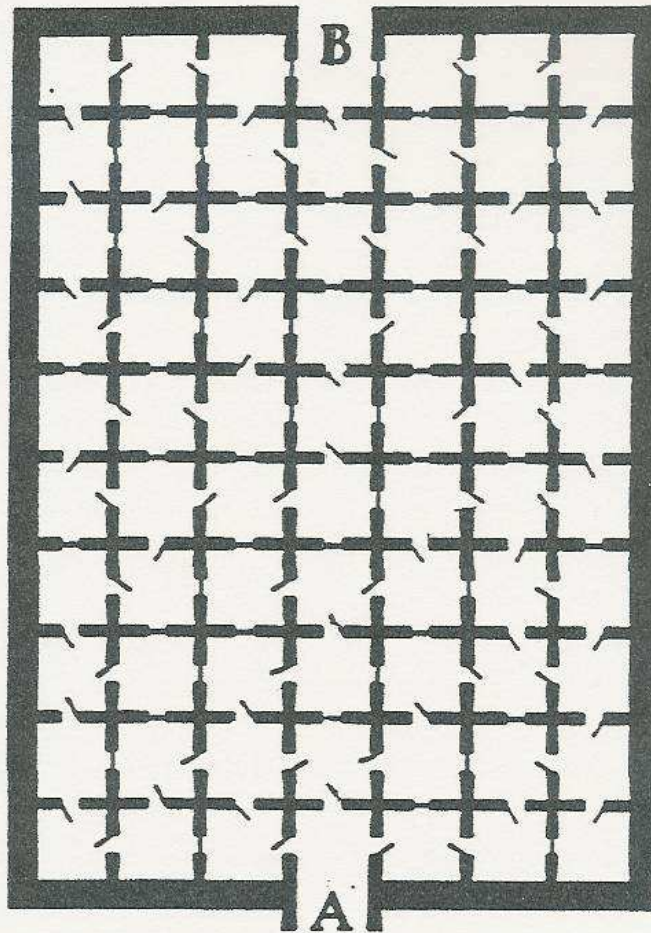
13. I _____ am patient, skillful and understanding while interacting with people in the workplace. I remain determined to make a positive difference.
14. I _____ am here to make a difference in this world. I create possibilities of positive change.
15. I _____ face each day with confidence and poise. I trust myself to matter.
16. I _____ greet everyone I meet with acceptance and compassion.
17. I _____ am responsible for MY LIFE! I hold myself accountable.
18. I _____ work with businesses that perform valuable service for the highest good of all. Its mission is satisfying and it grows abundantly.
19. I _____ create honest relationships and treat others with sincere respect.
20. I _____ now experience wealth and prosperity.
21. I _____ create abundant thinking. I deserve and reach for the world's riches.
22. I _____ am patient, loving and understanding in dealing with all members of my family.
23. I _____ find all people I meet another step in my growth. I allow myself to learn from them.
24. I _____ am accepting of my day. I accept every challenge as an opportunity to accept others.
25. I _____ am dedicated to my growth and responsible for my own choices
26. I _____ love, believe in, trust and respect my children so wholeheartedly that I convey this confidence in all my relationships with them.
27. I _____ allow myself to forgive others, because I ask for forgiveness.
28. I _____ have the power to choose only that which is good for me.
29. I _____ totally and completely accept myself, knowing old beliefs no longer carry truth. I move forward with ease and love.
30. I _____ speak only with confidence and an enlightened attitude.
31. I _____ am one with beauty, order and harmony of the universe.
32. I _____ am relaxed, poised and confident in front of any number of people.
33. I _____ express myself fully and clearly at all times.
34. I _____ now forgive where I have not forgiven before.
35. I _____ am strong, vigorous and whole. I allow life's energy to sustain me.
36. I _____ see new perspectives in stressful situations. I allow my mind to change.
37. I _____ visualize only positive outcomes for my future. I experience my day in the present moment.



-----“You live longer once you realize that any time spent being unhappy is wasted.” Ruth E. Renkl-----

Barrier Perception Exercise

Exercise: Shown below is a maze. Starting at point A and using a pen or pencil, track the shortest way to connect point A with point B in the time allowed.



If you continue to approach life
the way you have in the past,
it is likely you will continue to produce
the same results.

FINISHED FILES ARE THE RE-
SULT OF YEARS OF SCIENTIF-
IC STUDY COMBINED WITH THE
EXPERIENCE OF MANY YEARS.