



## Chapters 9 & 10

### **Be Aware of your Thoughts**

*P. 170-171 All your power is in your awareness of that power, and through holding that power in your consciousness.*

*Your mind can be like a runaway steam train if you let it. It can take you off to thoughts of the past, and then take you off to thoughts of the future by taking past bad events and projecting those into your future. Those out-of-control thoughts are creating too. When you are aware, you are in the present and you know what you are thinking. You have gained control of your thoughts, and that is where all your power is.*

*So how do you become more aware? One way is to STOP and ask yourself, "What am I thinking now? What am I feeling now?" The moment you ask you are aware, because you have brought your mind back to the present moment.*

*To help myself become more aware, so I would REMEMBER to REMEMBER, I asked the Universe to give me a gentle nudge to bring me back to the present whenever my mind has taken over and is "having a party" at my expense. That gentle nudge happens by me bumping myself or dropping something, a loud noise, or a siren or an alarm going off. All of these things are signals to me that my mind has taken off, and to come back to the present.*

*"The real secret of power is the consciousness of power."*

*Charles Hoomel*

This awareness has changed how I live my life. I was trying to explain this to someone the other day and I used the analogy of sleepwalking.

Have any of you ever found yourself walking in your sleep? I used to do it all the time when I was a child..all the way up through high school. I can remember clearly the two times that I woke up as I was in the middle of talking to my parents. Once when I was in about second grade, and again in high school. In my youngest experience I remember hearing my parents say, "I think she is waking up out of it." "Yes, I believe you are right." In my second experience I can remember actually coming into

consciousness as I was in the midst of talking. It was the most surreal experience I've ever had. I was talking, but suddenly I became aware of what I was actually saying (which by the way was absolutely crazy and bizarre – as most good dreams are. At the time my Aunt was pregnant, so she must have been on my mind. Here's what I woke up saying, "I can't jump rope because my stomach is too big. It keeps getting in the way." No joke!! I remember it like it was yesterday). As I came into 'being' and my mind and body became aligned, I realized what I was saying and just stopped. My parents then looked at each other and said in unison, "She's awake."

My sleepwalking experience parallels my experience with becoming aware of the power of my thoughts and the very fact that I was thinking them. Have you ever heard people say they were 'sleepwalking through life'? Same idea. They don't realize they have power over their thoughts because they don't know what they are thinking. But we do! Or we are beginning to. We have the knowledge and now it's time we start using it. Ask the Universe to give you reminders to stop and think about what you are thinking about. Is it time for us to put all the tools we are gathering to good use. It is time to live happy. Live joyous. Live fulfilled.

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## Follow-up Activity

### Friday

Question your beliefs – have you outgrown them?

**Journal activity:** Start a running list of beliefs you have that may no longer fit you. For today, choose just one, write what it is, how you acquired it, and if it is still aligned with you.

For instance – I realized I had a limiting belief about money that I didn't even know I had, and no longer fit me. You know that old saying, "Money doesn't grow on trees"? Well, I looked at money as being unattainable. Something you had to suffer to get, that was scare. I didn't form this belief myself. I don't know if I adopted it from my family, or from people around me, but with being asked the right questions, it became clear I believed this. No wonder I was so unhappy as I was trying so hard to make it – attract it, but actually pushing it away at the same time. My belief was that's how it would be done. "Blood, sweat and tears"

But now I am aware of my thoughts and if I go back there (to the old belief), I change my thoughts. I now believe that money comes from doing something I am passionate about. That lights me up and gives me joy! The 'blood, sweat and tears' is not a negative. It is found in the passion of not wanting to stop what I'm doing...working at it because I am so damn passionate about it. This course is a perfect example. Money isn't always tied to a specific outcome. Through offering free material, the Universe aligns me with more women who realize this is something they want to learn more about and choose to do one-on-one coaching with me. Success and happiness come from when we disconnect for the end result and let the Universe work its magic!