

A Time for Creativity and Gratitude

Many of us have been awakened by recent political events in our country. This is all good!!! Awakening brings clarity. At times of clarity is when we are most effective with our goals and intentions. Clarity almost ensures we will create what we want to create. When we are driven solely by desire or wants, we often miss underlying currents that influence our outcomes. Comfort can breed complacency. Be grateful for clarity. Whenever any of us hit any form of contraction it is simply an opportunity to grow and expand around it. It must be viewed in this manner. This is how spirit expands itself in the finite human experience.

I have been an abundance expert for some time. As you know I have been published on the subject and corroborated by some of the most influential names on our planet in this area. I am grateful to have a respected voice in this community. I am more grateful for the awareness to practice abundant principles in my life and have the honor of teaching others.

One of the most important rules in abundance is this: "see the gift in the moment you are in."

One of the biggest mistakes people make when they hit contraction or discomfort is in putting all their attention on what they don't like or want in their present moment. Eckhart Tolle coined the phrase "the source of all suffering is resisting the present moment." I see this often in my intuitive and coaching business. People expend extraordinary amounts of focus and energy in resisting the moment they are in. The answer isn't to resist but to expand. To grow and expand ourselves around the moment so that discomfort leaves us. To learn, to take action, to become greater than the moment we are in.

This time is an extraordinary gift and opportunity. Some of the most creative and profound works in art, literature and music have come out of times when people feel the most repressed, scared, and contracted. No it doesn't "feel" good as a human being to face moments of contraction. Once we give up the resistance to the moment, and allow creativity to flow into our expansion, we become one with our natural state of being again, our divinity. Anything and everything becomes available and possible to us.

We are all human, and subject to human reactions and emotions. We are spiritual beings, with dignity, purpose, power and intention, and we are here for a reason. It isn't just to be human. It is to help humanity rise into its fullest potential. Those who can master the internal world, and lead others with clarity and purpose, are those who will affect the course of history, either on an individual level or a global level. This is you.

Take this opportunity to become active in some way in your life that brings light to the world. That is your number one goal and focus. It requires you dig deep into your creative mechanism to discover what you have to give, and how you can make a difference. If you make a difference in your own life, you will make a difference in someone else's life. We are all connected, and this is how healing and transformation happens. One person at a time.

Enjoy this creative moment in time, and be gratitude. Give yourself permission to be big...

Phyllis