

SPIRITED WOMEN'S NETWORK

EMPOWER. SUPPORT. CONNECT.



“We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world.”

Buddha quotes (Hindu Prince Gautama Siddharta, the founder of Buddhism, 563-483 B.C.)

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What's new?

Twitter-

See who I am following and who is following me.

Facebook –

179 fans and counting

Changes –

Coming soon!

Creative Thoughts – March Edition 2010

I know first hand how powerful our thoughts can be. I sometimes scare myself at what I seem to manifest, the good and the not so good. What it shows me is not to be complacent with my thoughts and that they are actually gifts. I have the choice to create consciously or not. The articles below give you some very practical and insightful information on how to be the master of your thoughts rather than the other way around.

Natalie

What You Think Is What You Create

By Donna Groves & Shaun O’Gorman (See Donna’s feature story on the home page)

One of the keys to achieving growth and happiness in your life is the concept **“what you think is what you create.”** The simple explanation of this is whatever you think about and whatever you feel is what you will attract to your life. If you are constantly worrying and thinking negative thoughts this will have you experiencing negative emotions like fear and worry, in turn this will attract exactly what you are worrying about into your experience. Conversely, if you concentrate on having only positive thoughts and feelings than these are what will formulate your experience. It is said that in any situation 10% is actually what happens and 90% is your perception of what that means to you. If you go through life with a negative mindset you will find that a great many of your life experiences will appear to have negative outcomes. If you have a positive outlook and believe that good things always happen to you, the same experiences that occur for the more negative person will appear to be very positive ones for you. It is the classic “glass half empty or glass half full”

We create our own lives and experiences; why not make them positive ones? We sometimes look at certain people in our lives and think “they are lucky” or “good things always happen to them” you will find these people are the ones who work on having a positive outlook and happy perceptions and therefore create more of this in their lives.

What we think will determine how much we love our lives. We believe that to settle for anything less than “LIVING YOUR DREAMS” is wasted effort and isn’t giving yourself the respect you deserve. The key to an awesome life is to do what you love to do. This means if you are in a career you’re not happy with then take action to find the career that will make you heart sing. If you are in a relationship that doesn’t fulfil you then work out how to change the situation to get the fulfilment you deserve. The same applies to your Money, Health and Fitness, Spiritual Growth etc.



Albert Einstein’s definition of insanity is “doing the same thing over and over and expecting a different result”. Can you see where you may be living this somewhere in your life? At Live It Up, we are all about giving you the tools, and developing your skills, so that you can identify where this pattern exists in your life and make a positive change.

To create the Life of Your Dreams you need to aim higher than you think is

This Month's Recipe

From

www.recipeforthought.com

Chicken Pot Pie

Ingredients:

- 1 pound skinless, boneless chicken breast halves – cubed
- 1 cup sliced carrots
- 1 cup frozen green peas
- 1/2 cup sliced celery
- 1/3 cup butter
- 1/3 cup chopped onion
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon celery seed
- 1 3/4 cups chicken broth
- 2/3 cup milk
- 2 (9 inch) unbaked pie crusts

1. Preheat oven to 425

degrees F (220 degrees C.)

2. In a saucepan, combine chicken, carrots, peas, and celery. Add water to cover and boil for 15 minutes.

Remove from heat, drain and set aside.

3. In the saucepan over medium heat, cook onions in butter until soft and translucent. Stir in flour, salt, pepper, and celery seed. Slowly stir in chicken broth and milk. Simmer over medium-low heat until thick. Remove from heat and set aside.

4. Place the chicken mixture in bottom pie crust. Pour hot liquid mixture over. Cover with top crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape.

5. Bake in the preheated oven for 30 to 35 minutes, or until pastry is golden brown and filling is bubbly. Cool for 10 minutes before serving.

possible. If you set mediocre goals in your life you will achieve mediocre results. We challenge you to dream of the life you would have if you had 3 magic wishes and then set goals in line with this life. Aim for things in your life that you never thought possible and work towards them and you will be amazed at the results. The key to this is to share your dreams and visions with people in your life; this will make you commit to achieving them. Most of all have fun as you're doing it; life is meant to be enjoyable and fun, not hard work. Misery is optional we always say.

BE YOUR BEST & LIVE IT UP! These words sum up our philosophy at Live It Up Coaching and Kinesiology. We are committed to giving you the tools to go out and create the life you desire. Live It Up Coaching is practical and produces measurable results. Our focus is to improve how you operate in your life, particularly in relationships, career, money, health and fitness, and any other area you want to achieve better results in. If you are interested in talking to us further about how you can put all of these ideas into practice then take a look at our website <http://www.liveitupcoaching.com.au>. Our head office is in Brisbane but we have a client base we visit weekly on the Sunshine Coast as well as running workshops here too.

We are also running our **Live It Up Level 1 workshop** on Saturday 13th March and Sunday 14th March 2010 at the Mantra Mooloolaba. Details are on our website. This workshop teaches you the basics of Kinesiology and the 1st level of our Live It Up system so you can use these to make the positive changes you are looking for in your life.

So have your life be extremely happy and fulfilled by consciously thinking and feeling positive thoughts and emotions. You will be well on your way to having the life you really want!

Live It Up have a **special offer** for our readers, to access the Life-Balance Test and tips on focusing the mind go to this link

<http://www.liveitupcoaching.com.au/personal-development-articles.html>

Thoughts, Feelings and Emotional Intelligence.

By Shaun Lindberg

You cannot control every thought you have but you can control the flow of your thoughts.

The most important thing to understand is the difference between initial and reactive or response or thoughts. An initial thought is one that either just pops into your mind for no apparent reason.

It is impossible to control every initial thought, although as we will see, managing your state can influence the frequency of unwarranted initial thoughts. Reactive or response of thoughts can and should be controlled and managed in an effective and constructive way, it's called emotional intelligence. And that is the subject of today's article.

2. Feelings usually trail behind thoughts.

A series of thoughts usually leads to a certain state of feeling. At times as happens quite quickly wanted others the delay may be longer. This is important to understand if one is to gain mastery over oneself.

3. The direction of flow of your thoughts will usually determine the direction of your feelings.

Most of the time a single thought does not determine the state of your feelings. Your state is usually the result of a sequence of thoughts. If that sequence is negative, your feelings will deteriorate. But if the sequence of thought is positive, your feelings will improve.

If you can't control an initial thought but you can control the reactive and responsive thoughts, then managing our state of feeling rests on us managing the direction of the flow of our thoughts

4. Feelings put power behind your thoughts when your thoughts and feelings are synchronised.

This Month's Poem

I think of thee!

by Elizabeth Barrett Browning

I think of thee!—my thoughts do twine and bud
About thee, as wild vines, about a tree,
Put out broad leaves, and soon there 's nought to see
Except the straggling green which hides the wood.
Yet, O my palm-tree, be it understood
I will not have my thoughts instead of thee
Who art dearer, better! Rather, instantly
Renew thy presence; as a strong tree should,
Rustle thy boughs and set thy trunk all bare,
And let these bands of greenery which insphere thee
Drop heavily down,—burst, shattered, everywhere!
Because, in this deep joy to see and hear thee
And breathe within thy shadow a new air,
I do not think of thee—I am too near thee.

Reading Your Thoughts.

I Feel Bad about My Neck: And Other Thoughts on Being a Woman

By Nora Ephron

Change Your Thoughts, Change Your Life: Living the Wisdom of the Tao

By Wayne W. Dyer

Thoughts and feelings work together to create upward and downward spirals; a few happy thoughts and you start to feel better, feeling better empowers you to think more happy thoughts which in turn make you feel even better. That's a positive upward spiral. But it works just as effectively the other way around; a few unhappy thoughts and you start feeling worse, feeling worse make you think more unhappy thoughts which in turn make you feel even worse. That's a negative downward spiral.

5. The rate of change in both upward and downward spirals will accelerate the longer and more intensely they are synchronised.

Unless checked in some way, upward and downward spirals will continue to cycle faster and faster. When a positive cycle accelerates it can lead to euphoria which, although enjoyable, can lead to certain negative results such as poor decision-making and burnout. Thankfully our own natural cycles and common sense usually moderates tendency.

However for most of us, it is the unchecked downward spiral that usually causes the most problems as downward spirals are most destructive of our own well-being and relationships. Learning how to manage negative cycles is an important part of emotional intelligence.

6. Feelings disempower thoughts when they are not synchronised.

If your thoughts and feelings are flowing in one direction, changing the direction of your thoughts is a lot more difficult than when your feelings are synchronised with the direction you want your thoughts to go. Your state of feeling disempowers your initial training of thought; in other words you have to work harder to change direction than you do to keep going in the same direction. That works in most things in life.

7. There are more thoughts than feelings.

To demonstrate the point let us say that there are 10 thoughts for every feeling. This is good news because by monitoring a few feelings were able to keep tabs on many thoughts. Whatever we are feeling at a particular moment is, for example, the result of the past 10 thoughts.

So, in a very simple sense, we can look back and see what direction our thoughts are moving in. That one feeling has alerted us to train of thought that is leading in a particular direction.

8. There are natural cycles and rhythms in life.

These natural cycles and rhythms do influence our ability to control our thoughts and feelings; it is important to understand that they influence but do not control our ability. There are also unnatural states that are caused by such things as chemical imbalances and injuries, these also have an impact on our ability to control a thoughts and feelings.

Understanding and compassion, for both ourselves and others, is important; things are not always what they seem.

Our goal therefore is to manage the thoughts (and resultant feelings) that we can and should control, as well as moderating the effects of natural and unnatural cycles and rhythms.

9. The key to self-mastery is self-awareness.

Self-awareness is the key to self-mastery, to managing our thoughts by monitoring our feelings. Our feelings are a feedback system, they tell us how well we are managing our thoughts.

Understanding what you want to feel is the starting point. Decide what state you want to live in and then monitor your feelings in relation to that state. If you want to be happy self-awareness will alert you to any state that isn't in harmony with happiness. Having been alerted to do this unwanted state you'll be able to check back through your past thoughts and identify where this unwanted state arose.

This could take a fraction of a second or may need some careful contemplation but either way self-awareness gives you the opportunity to create and manage the state you want.

10. Have fun, be happy.

This is the core of emotional intelligence.

Shaun Lindbergh is passionate about helping people to live to their full potential. MagicLifestyle is made up of three elements. 1. My Wealth Campaign - a global financial fitness expedition that takes you on a simple step-by-step wealth building adventure. <http://www.mywealthcampaign.com> 2. Wealth Diamond is what you build on your Wealth Campaign! It is a well-structured investment strategy that empowers you to put your hard-earned money to work for you. More about this on the Wealth Campaign. 3. Inspired Business Ideas - a global network of social entrepreneurs committed to making a positive difference on a global scale. <http://www.inspiredbusinessideas.com>.