

Many people are more than ready to learn how to defy gravity in their lives; not just in order to navigate a crisis or heal from an illness, but as an integral part of everyday life.

Imagine if you had the skills to conduct your life from a state whereby your body is relaxed and your mind clear. You have no negative tension or anxiety. Your heart feels open. You fully appreciate what is, and you get adequate rest and relaxation and take good care of yourself.

In reading the above you possibly have one of two ideas running through your mind!

- a) I wish!
- b) Your heart went to a loved one who you hope this was happening in their life right now. You wish they had the skills to free themselves from negative tension, anxiety, illness and dire situations.

You desire to make life easier for you or them, to be able to release their or your stress, bring understanding to a seemingly hopeless situation and ease emotional or physical pain.

The people attracted to our work recognize that **change** beckons them to embrace their inner consciousness, not with words alone, but through gaining a deeper understanding of life.

We know that in some situations it is difficult for you to get another to listen or understand that there are considerable ways to care for their-self and their situation; many are so deeply entrenched in their circumstances they cannot imagine there may be ways to re-focus, ways to release the pressure or that there may even be a solution.

Sometimes it is emotionally painful for you when you want to help and you don't know where to start or you fear rejection.

Understand you can't make others change, just as you can't physically make them see, swallow or listen but you can be a conduit on their behalf, by energetically changing your vibrations, thought patterns or attitude you will be helping.

It is often difficult to understand why we may need to open our awareness or change our mind-set to assist another or indeed our self, but there are many instances when this change in energy has helped alter another's attitude, actions and in some instances their life's pattern.

Imagine if you had the skills to conduct your life from a state whereby your body is relaxed and your mind clear. You have no fear, no negative tension or anxiety. Your heart feels open. You appreciate all that is, and you come from a place of absolute love where you don't give to get, from your heart you give to give - as a result life rewards you, and you receive more.

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HELPING PEOPLE THROUGH TIMES OF CHANGE.

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