

# Are you your own worst enemy?

## YES!

We need to remember that there is no force strong enough to be against us; God is always "for" each and every one of us. God is the ultimate co-creator! Certainly, the only obstruction to God's good is a lack of accepting it. YOU are the only one who can choose not to accept God's good for yourself. Self-sabotage is a common theme among those who aren't satisfied with where they're at in life. Feeling worthy will heal the split between your ego and your soul and allow anyone to live the authentic life that is well within any person's reach.

You may be unknowingly headed down a path of self-sabotage. Good people do bad things, sadly even to themselves. We must become conscious of these activities and take full responsibility as well. If you see yourself procrastinating or not acting quickly enough to move forward with goals and see opportunities passing you by, you must get in touch more closely with your desired outcome. If you are acting on low priorities before the all important desire that you most wish for, you are cheating yourself!

**EXERCISE:** Spend two minutes in the morning and in the evening simply visioning yourself in a life where the goal is achieved. Who are you with? Where are you? What does your day consist of? What are you wearing? What are you driving? Where are you living? Visualize all of this from the time you wake up, complete in your achievement, until you go to bed. Feel the feelings of what that would be like. Remember that you are just as worthy as anyone on the planet who has achieved their desires. Feeling good in the vision can activate the law of vibration.

The follow-up to this exercise is to prioritize the steps you must take to achieve your dream, and do those things daily, before letting little things like going to the dry clean-



er or going to the mall with friends delay your actions. Being busy really is no excuse! Vibration is unseen, like the law of gravity. The law of vibration states that everything in the universe--from a thought to a mountain, from the smallest electron to the entire cosmos-- is in a constant state of vibration. The levels of vibration vary, and we call the most intense vibrations the higher frequencies. Rocks, people, our planet Earth, and the universe are all energy vibrating at different frequencies.

Thought is one of the most potent forms of energy, vibrating at one of the highest frequencies. Just as x-rays and gamma rays can penetrate "solids," thought waves can penetrate not only "solids," but also time and space. This means that your thoughts are actually things. Every thought creates a vibration, an impulse of energy that goes out into the cosmos and stays there forever.

The exercise for this month is designed to bring about the vibration you desire to connect to. The Law of Vibration tells us, "What you think about, you bring about." When you think positive thoughts, you attract positive people and circumstances to you. When you think negative thoughts, you attract negative people and circumstances. Like attracts like.

Every thought you think attracts to you things that are like itself. Your thoughts can attract your dreams or your fears. If you think about your dreams, you will attract them. If you think about your fears, you will attract the things you fear.

***The power is entirely yours, and therefore the choice is entirely yours.***