

Welcome to Abundant Life's November's Newsletter

It seems incredible that we are already at the end of November. How fast has this year whizzed by and now as what is classically known as the "Silly Season" approaches we would do well to take a deep breath and start to re-evaluate how the year panned out for us.

Taking time out to Review of 2008

A *yearly review* is one of the most valuable things we can do because we often don't stop long enough to see how far we have progressed. Like the white rabbit in Alice in Wonderland we are always rushing to the next thing. By taking some time to put down a time line since last January and list events that moved us forward we begin to appreciate just how far we have come. Maybe there was a chance meeting, a phone call, a workshop we attended or a book that had an ah-hah factor that opened our perspective just a little wider and gave us the clue to the next step in journey.

It is also vital to look at events that may have caused us pain or anger and go through the process of finding the gold. Everything happens for a reason it is up to us to observe and glean the message from it.

In our McDonald's world where we want everything instantly – (come on fess up who stands beside the microwave sending subliminal thoughts of annoyance that it is taking to long) we become so focused on an instant result that we forget that what we are thinking about is being formulated in the quantum field into matter and this needs to aligned with people, places, times and events to bring it into reality. Some things come very quickly – like the intended car space that every one delights in materializing but other things that will cause you to be a vibrational contributor to the world sometimes take longer because maybe you have to move through your own resistance to receiving it to actually allow it to manifest physically– this is all part of the journey, all part of the great delight of being able to create your world.

Are you theorizing about your life or are you taking *ACTION*?

We have just come back from one of the most exciting retreats ever and in that time 60 wonderful life seeking people came to understand that – *To know – and not to do – is not to know*. We have so much theory and knowledge but it can only become a reality if we live it and this requires courage. Most people know this and become disheartened and feel they can't achieve it because they have so many fears around what ever it is they feel they have to do to attain their goal. But Fear is the essential ingredient – without fear you will never acquire courage- they are the essential polarities.

Taking “**Action**” is the way through fear- it doesn’t matter if it doesn’t all go according to plan, the essential thing is that you took a leap of faith and each time you do you start to move vibrationally.

What is the “Action” that I need to take to move forward?

The way forward is always to create a ***Personal Vision Statement***. Your personal vision statement guides your life by providing the direction necessary to guide the course of your days and the choices you make. It is the essential ingredient to creating your day so that you are in control of your destiny and not blown off course by the winds of apathy. Your personal Vision statement should be inspiring enough to move you forward even though it brings up fears – ***this is the very result you want because by bringing up your fears you can address them.***

Many of these fears reside deep within the subconscious mind and they create emotions that cause you to stay stuck at the same vibrational pattern. These subconscious thoughts are what create neural pathways in your brain. If you don’t bring them into the light you will always sabotage what you are trying to create.

The equation is always the same

Thought + Emotion = Feeling

The Feeling component is the frequency that is sent out creating the ***Law of Attraction***.

If the frequency going out is fear based, law of attraction brings your fear back to you in the physical. For example if you feel that you are not good enough people, places, times and events will come into play to support your belief. Maybe you have a boss, who criticizes you, or your partner gives you a serve – or the job you so desperately wanted doesn’t materialize or you don’t get picked for the team, or it is up to you to deliver the winning score and you miss. These events then reinforce the belief and so the neural pathway goes around and around creating a very deep rut that sometimes seems impossible to get out of.

Your Personal Vision Statement gives us the impetus to bring in the ability to manipulate the Quantum field through “***Attention, Intention, and Focus***”

Do “You” want to take a Quantum leap in 2009?

Do “You” want to take what is fabulous in you and make it Exceptional?

Our focus at **Masterclass** this coming year is to take what it is that you desire to create – **Your Vision** and give you the skills to take **Action** using highly advanced metaphysic techniques to manifest it in your life. Without action your vision is purely a wish or a want.

Some of what you will learn:

- How to implement the energies of Attention, Intention and Focus on all levels both spiritually and physically to become a great visionary.
- How to merge with your vision and become it in the ether long before it materializes into matter.
- Understand the power of your unique blueprint – the strengths and more importantly the immature strengths that you brought with you to help you evolve
- Become aware of the subliminal messages your body is sending you - that provide you with the clues of what is causing you to not move on in some area of your life.
- How you can create a difference in the lives of others simply by raising your vibrational level.
- How science and metaphysics work side by side to gives us the vital information about who we truly are

We live in such a wonderful time – all these insights were only available in the past to the students of the great mystic schools. They were highly guarded secrets and much false information was filtered out to keep people at arms length to the truth of creation. Now it is open to anyone who truly desires to be all that they can.

If you would like to join us for this amazing journey in 2009 please contact for further information. info@abundantlifesolutions.com.au

Due to the increased demand from people wanting to attend **Masterclass** we will also be starting a class in Collingwood

Masterclass is held at the following locations once a month

Wandin – 2nd Wednesday of the Month

Hallam – 3rd Wednesday of the Month

Collingwood - 3rd Thursday of the month

Numbers are limited so apply early to ensure your place.

The seeds that you are sowing through your thoughts are what will manifest in 2009
As 2008 starts to wind down ask yourself

*Who you are today is a product of what you did yesterday.
Who you are tomorrow is a product of what you did today...
make every second count!!'*

~Christie Jean-Baptiste

“Where do I want to be this time next year?”

“If I could do anything I like what would that be?”

Feel free to send me your musings on these two questions.

Looking forward to hearing your response

Rosemary