



Don't Worry, Be Happy

Every moment of worry weakens the soul for its daily combat.
~Henry Wood

Every evening, I turn worries over to God.

He's going to be up all night anyway.

~Mary C. Crowley

Recently, I had a wonderful conversation at lunch with wonderful like-minded friends. We addressed the concept of “you cannot solve a problem in the same energy that created it” and how color (particularly the color yellow) can provide an energy boost in the right direction. I shared my “light bulb” moment and realized when telling my story that I needed to share my experience with all of you. In this entry, I discuss how to shift from worry, which is fear consciousness to manifesting, which is an abundance consciousness. What will help you diminish the need to worry and begin to create a life of “happy”?

Through our wonderful eclectic subjects, we have talked about how to get out of our own way, how specific to be on affirmations, *really*. But the most interesting topic is the observation about why we worry. Remember, what you give the most thought to -you create, the universe *will* provide. It is the law of the universe, the “Law of Attraction”.

Thursday's Kick! Don't Worry, Be Happy

Yet, we still worry, why? Our scripting, our DNA is wired for worry. We believe (and beliefs CAN be changed) that we are not being responsible adults if we do not worry. So we worry about how to pay that bill, take care of the house, our weight, our health, others' health, and other's weight! How to provide this, pay that...well, yes it does need attention, but not ENERGY and definitely not EMOTION (fear).

Understand that the situation needing your attention is real, but worry creates energy around the situation and attracts like energy. Believe me, I know! It has been a journey of lessons *and* successes which have allowed me to help you understand that worry doesn't solve problems, it creates more! So, how do you get to the point where you "don't worry, be happy"?

Shifting your thoughts to something pleasant, something happy is the key. One of the highest vibrations we as humans can have is the feeling of being in love. I call it my "Sound of Music moment" where you feel like singing to the world, your feet don't touch the ground and nothing can go wrong. Take a moment and return to a time in your life where you felt so empowered, so wonderful, winning a big game, meeting that special someone, a holiday or birthday, or just a day of pure joy. I am grateful, as I have many such days to choose from. Hold that feeling, yes, that FEELING and with that understand and tell the universe, your Divine Source, you allow all good things to come in your life that perpetuate this feeling!

I ACCEPT ALL GOOD THINGS FROM EXPECTED AND UNEXPECTED SOURCES.

My roots are in graphic design, so I am a visual person. I see things that I want in my life, but I also will find images and cut out phrases and words and "program" my feelings of joy into those images and phrases. They are what I call a "vibratory trigger" meaning they prompt feelings of joy and happiness when I see them. Many of you have had classes with me where we worked on vision boards as a form of manifesting what we want in our lives, well, I no longer do the "vision board" gig. Our family now has a "magic refrigerator", yes it is magic and my 15 year old daughter and 10 year old son refer to it as such and add their own wishes and dreams. It is magic because it works!

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What does a “magic refrigerator” have to do with worry? Your magic refrigerator will help you switch your focus from worry to what you do want. Understand, you don't have to CHANGE what you are worrying about. YOU JUST HAVE TO STOP GIVING IT ENERGY! Yes, yes you are still a responsible adult, and you are actually being more responsible because you are ALLOWING the Universe to bring you solutions. The difference is, you are getting out of your own way and letting the best solution manifest. Co-creating is about telling the universe, your Divine Source that you accept being happy and having good things in your life, that is YOUR part of co-creating, yes, you're done. How easy is that?! The difficult part is to let go, let God, and move on to something else that will make you happy and create joy.

I have referred the waiting part as a “God Minute”. Which is defined as that time frame you wait (and wait) until finally, after it is all said and done, you realize it couldn't have happened any other way, or any faster than it did.

Now, every time a worry enters, shift your focus to your dream house, or your dream vacation, and feel, feel, feel the joy that you get from that. I have sat up in bed at 3 AM with heart palpitations and sweat, thinking “I need to do this”, or “I forgot to do that”, or “I need to pay that bill but I can't”. It still happens once in a while, what do I do? I assign a time and a day to take care of it. I will write it down in my planner, or enter it in my Palm Pilot, get it out, write it down and then I shift my thinking. Writing it down helps quell the “responsible adult” voice that keeps you awake. Shift to a time of joy, or create (recreate) a vision of joy and happiness that you want in your life. Yes, get in touch with your dreams and put out to the universe to bring opportunities and individuals into your life that perpetuates those feelings of joy.

Worry won't shift overnight, but you will begin to catch the negative worry energy sooner and sooner, before it has time to take root in your life. I look at our magic refrigerator and imagine all things coming in from my left, as we receive from the left and release what no longer serves us to the right. So, begin to manifest goodness and hold on to your seat!

I will not go into details about everything that is manifesting right now in my life, but it is all amazing! Let me know if you want details, as you, too will be amazed! It works!

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The key was when I understood my obstacle: *that I thought I had to worry to be grown up and responsible!* NO! NO! NO! You take care of those things that need taken care of *WHEN* you can actually DO something about it. And in the meantime, do not limit yourself to what you can conceive of, that is where the phrase “unexpected sources” comes from. And yes, that affirmation is the center on our magic refrigerator!