



Angels
Are Us

Discovering
Inspiration
Within

Where you place your attention is what you will experience in life

Recently, my husband and I moved into our dream home in Mill Valley, California. Nearly six years ago, I visualized my ideal house with my coach Jeanna Gabellini. I continue to be amazed at how nearly exact it is to the specifications I had listed back then with Jeanna, (Jeanna, thanks for the great coaching!) and for everyone else - do not give up on your dreams. Sometimes our dreams take longer to manifest than what we deem to be appropriate, but as it has been made so very clear to me, do not give up on your dreams. There is always a reason why certain things take their time to manifest, and often there are matters occurring behind the scenes that we are unaware of.

Before I write each newsletter I tune in with Archangel Michael to find out what he would like to share with you. I repeatedly heard to write about where you place your attention. This subject matter sounded rather boring to me so I resisted writing about it and thought I would find something more compelling. Guess what? No other topics came to me. Have you ever had a situation where you have been receiving clear guidance but for some reason you decided not to listen or act upon it? Have you noticed the results of being stuck? This is what happened with me. So readers, here it goes. I truly hope you get wonderful insights and discover their worth in applying them in your life.

Where you place your attention is what you will experience in life. For instance, how is the quality of your life in answering this question, take note as to where you place your attention. If it continuously goes to the negative past, this is called fixed attention. In responding to this, Archangel Michael is saying there is some form of forgiveness that needs to take place. It can be something to do with you, or perhaps with another person. It could involve some situation that will benefit by you releasing it. Fear may be preventing you from releasing because there will be no more excuses. That fear does not wish for you to remove the security blanket of excuses and fully live your life in the present.

Fixed attention acts like glue causing your life to get stuck. A result of fixed attention is the repeated replaying of all your old tapes of all those hurts and disappointments you suffered. You find yourself going over the same stories with others, and like some kind of spreading virus, they begin playing their old sad tapes as well. This unconscious strategy belongs to the victim that resides in all of us, hence the heart closes down and the way out is not noticed. Your thoughts and actions become consistent with those who live in victim hood, and blame becomes a part of your speech.

An important aspect of attention is the quality of it. Consider your focus. Is your attention focused on one thing at a time, or is it split on a rotating cycle of items (e.g. I don't have enough money, I'm overweight, I'm lonely, I have too much to do) For many who have

fractured attentions, there is an endless litany of things to point to in what is wrong with their lives.

For those of you who endured the process of buying and selling homes, you will appreciate my seemingly miraculous story of finding our new home in less than six weeks of searching, buying it for an exceptional price, and selling two homes over Christmas week, with much of this occurring while I was away in New Zealand. It was an unusually smooth move. Only one small thing got broken. The cats and I all arrived safely and for awhile my attention was placed upon how easy it was.

However, when I saw the garage stacked full to the brim with boxes, over three sets of stairs to climb and a large home to attempt to move this all around in, I felt discouraged. I had earlier injured my hand, and my attention went to wondering how I was going to make this work. My thoughts then went to how busy my husband and I were, and I began to wonder why did I ever leave my beautiful San Jose home. In spite of what was a very exciting event, moving into a wondrously beautiful home, I began to feel sorry for myself and I went into despair.

Thankfully, my dear friend Elaine generously gave of her time and came over to help me, even when I said that it wasn't necessary. She helped me to bring my focus to one small area at a time rather than looking at the mountain of work that awaited me. She helped me to see again why I was so originally excited about my new home and I am forever grateful to her for that help. With her encouragement, my quality of attention began to improve as I focused on one thing at one time. Steven, my husband repeatedly said one box at a time. This helped to allow me to relax and expand my time. Yes, there are still boxes to unpack, yet my attention is fully on how much I am enjoying the house and views. The one box at a time approach is seeing a constant dwindling down of the work. It does not appear anywhere as big as when we first began.

When I was in the midst of a pity party, I found myself wondering, even challenging my Angel helpers. Where were they? How come I was guided into the state of affairs I found myself in? Though from an outsider's point of view, everything looked divine and for good reason, yet at the moment of my challenge, my reality appeared different.

When I found myself later discussing this with Archangel Michael his reply was when you are in a state of stress your heart closes down, and much like a draw bridge to a castle that is raised, nothing can come in or go out. They were with me the whole time; I just could not feel, see or hear them. The drawbridge of my heart was closed to them.

To keep your heart open, to allow for more wondrous things to occur in your life, place your attention more often on what you are wanting, and less often on what appears to be wrong in your life. If you are feeling negative emotions, this is a sign that your attention is on what you are not wanting. When you realize that you are in this circular pattern, call upon Archangel Jophiel to help break out of this pattern by shifting negative thoughts. In calling upon her, take a few deep breaths and simply ask for her help. You will be amazed at how quickly your perspective of "reality" will shift.

Concrete Steps for People Living in Stress

- ∞ Identify something you truly want. Now make a decision to go for it.
- ∞ Identify the action steps required to get what you want.
- ∞ Identify things that you need to let go of to make this happen (i.e. guilt, fear, doubt, etc.)
- ∞ Again make a decision. Resolve to take the action steps you noted that are required, and decide to let go of those emotions that do not serve you.
- ∞ Through this process, be very aware of what you are saying yes to and what you are saying no to.
- ∞ Invite Archangel Metatron to help you stay focused with your attention and inner power, and to move forward.
- ∞ Ask Archangel Jophiel each day to help beautify your thoughts.

Concrete Steps for Handling Incomplete Projects

- ∞ Make a list of all projects that await you. This includes projects in all areas of your life.
- ∞ Write the letter A, B or C next to your projects reflecting an order of priority. Remember, your projects may include all areas of your life.
- ∞ With the projects you marked with an A, determine an action that is required to move it forward. Assign a date to that action.
- ∞ For less important projects, if you are not prepared to move forward with an action, then mark it as on hold, and assign a date that you will revisit this project by. In deliberately choosing which project moves forward and by when, and which projects are to be placed on hold, you will clear your space mentally and spiritually and place yourself in your own seat of power.

May the love of the Angels surround you and guide you always.

Sending you all much love, light, laughter, ease and joy.

Angel Hugs,

Bridget

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