



Angels
Are Us

Discovering
Inspiration
Within

Change Your Mind, Change Your Life

By Krista Lynn Landolfi

If you are not yet living the life of your dreams, you can be sure that fear is to blame. The only thing keeping you from the actualization of your dreams is yourself. The Angels tell me that many of you have forgotten that you are powerful creators of your destiny. You doubt the visions you see and the messages you hear, feeling yourself to be too small or not yet prepared; these are just some of the lies your fears tell you. Fear is insidious, and often we do not know it is controlling us; doubt, bitterness, judgment, and even arrogance are amongst the thousands of ways fear expresses itself. Fear causes low self esteem, lack of confidence and the small thinking that leads people to settle for less than ideal situations, jobs, mates, etc. In her book, The Game of Life, Florence Scovel Shinn, says that fear is just inverted faith; it is faith in evil, instead of God or Good. Have faith that you were born with a purpose, which only you can fulfill, and it will become easier to trust in yourself and move forward confidently. Whether you are just stuck in a rut or have gotten far off course, you can put your life back on track now and begin moving forward into the life of your dreams.

The more you believe the more you receive

For better or worse, the more you believe in something, the more of it you will receive in your life. What are your beliefs attracting into your life? When you see yourself as weak, ill equipped or lacking in some way, you are sure to meet with great struggles. The universe responds to your beliefs and creates the situations that match your frame of reference. If you insist you are a failure, failure is what you will experience. It isn't that you are not enough; it is that you think you are not enough. When you believe that you are less than, and that all you deserve is crumbs, that is all you will receive. The universe offers more, but it is you who does not feel worthy to accept it. I've conducted hundreds of spiritual readings and have found that the core issue of every problem stems from a lack of self worth. Only when you begin to believe that you are worthy of living your dreams will they come true. Trust that you were born to fulfill a need in the world and commit yourself to this goal. If your goal is that of Holy Service, the time, resources and situations needed to fulfill your goals will appear in magical and assist you with clearing miraculous ways. Do not concern yourself with the how, this is up to God; you must simply willing to fulfill your Divine life mission, and the opportunity will appear.

The key to discovering how you can best serve is found through your passions; your true mission in life is to be happy and fulfilled. Your destiny is not to get by with a job that makes you miserable; your job is to create peace and share it. Find work you love,

friends who uplift and encourage you, and situations that confirm Heaven exists on Earth. Call upon your Guardian Angels to assist you in designing your days; these Divine beings can remind you of the plan you have come to fulfill. Ask your Angels to cleanse your mind of all doubts and fears and to reveal your highest truth; get quiet and let them show you through thoughts, visions or signs. You will be shown glimpses into your best life, career, and the highest goals for your soul. Lofty as they may appear, this IS what is possible for you. Only your own doubts, fears and thoughts are keeping you from your destiny.

If we do not strive for something more, we will settle for something less

With concentrated effort, you can now choose to completely re program your mind and re design your life. You alone have the power (and it is an incredible power) to change your thoughts; when you change your thoughts, your life will change. No matter how worrisome, our thoughts are merely habitual, and with work your habits can be changed. Every thought we make instantly creates a ripple in the brain; fleeting thoughts dissipate quickly while long held, repetitive thoughts create deep crevices and belief systems. Our consciousness is fluid, it is constantly moving, shifting and expanding; like water, it will follow the path of least resistance, being drawn to the channels you've created. Using your personal willpower, you can close off certain pathways and divert your attention in a more positive direction. If you want to fully activate your brain's operational power, you will need to *think*, *speak* and *write* on any topic or issue; each activity calls on a separate part of the brain. The use of written and verbal mantras and affirmations will speed the process of your transformation. Start and end your day reciting the statements of your choice. Keep all thoughts affirmative, as our thoughts themselves create our intentions whether we like it or not.

Our minds are the canvas on which we create our lives our thoughts are our paints.

If your dreams are far from reach, take a moment to explore the beliefs you hold about yourself and the world. Where is negative thinking keeping you from your goals? Negativity is dark; its energy is heavy and it drains vitality and enthusiasm, while clouding our vision. Positive thoughts, on the other hand, uplift and encourage us forward, while giving us the strength and courage needed to succeed. Positive and negative thoughts cannot co exist at the same time; you choose where to focus your attention. When negative, self-defeating thoughts arise you can make the choice to edit them by consciously focusing upon the thought with the intention of deleting it from your mind.

Once the negative thought has been released, you then re program your mind with an equally powerful positive belief. Repeat this process as many times as needed; each time a negative thought pops up, refocus your mind on the positive.

Your mind is like a dangerous neighborhood; it is not safe to go in there alone

Call upon God's "brain editing" Angels to assist you in the process of cleansing your thoughts. These beings of light will alert you when your thoughts have gone astray and quickly steer you towards a better line of thinking. The following affirmations, which can be found in The Game of Life, have proven to work successfully for countless people; please note that you may need to do these hundreds of times over many days for as long as it takes for you to believe them.

**The Christ in me has risen, I now fulfill my Destiny.
I have wonderful work, in a wonderful way.
I give wonderful service for wonderful pay.**

Once you trust in the words you affirm, your vibration will shift and rise, and you will then magnetize your desires to you. Your Angels are always by your side, ready to help you, but they only can if you choose to help yourself. Righting your beliefs is only part one. The next step is to take right action; it will be up to you to follow the guidance that you receive. If the message you get continually tells you that there is a better job, partner, home or life waiting for you, trust that Divine Guidance is consistent and make the needed changes. Remember that you were created in Gods image; you too are a creator and create your reality through your mind. The journey from fearful to fabulous begins with just one thought; change your mind and your life will change.

Krista Lynn Landolfi is a professional life coach, a journalist and an inspiring spiritual teacher. She travels nationwide teaching powerful workshops and is available in person or by phone for personal consultation. To book an appointment for an angel reading or coaching session, please send your request via email with Appointment written in the subject box; your thoughts, comments and questions are welcome. Divineg1@aol.com

The techniques described in this article are an excerpt from Krista Lynn's upcoming book, FEAST The Cure for Spiritual Anorexia; it is an easy to follow recipe for soulful living.

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

Angel Hugs,

Bridget
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