



Who Are You Being

If you are not getting the results you want in life, then maybe it's time to look at "who you are being" (not what you are doing) and what type of vibrations you are sending out to the universe. (In the next few newsletters, we will discuss planning, action steps and the impact that the Universal Laws have on our lives.)

I want to focus your attention not just on the action/doing part of your goals, but on the being part. Are you going through life with joy in your heart, flowing with your inner intuition, feeling spacious and happy, or are you struggling to make things happen, reacting in anger towards people, feeling stuck, or asserting too much effort?

It is clearly understood why we need to have specific goals with measurable milestones. What is not so understood is how the inner part of us affects the entire process of achieving goals. Who we are being plays an instrumental role in the outcome of our goals. Often people make the mistake of thinking when I have a million dollars then I will be happy, or if I just find the right mate then I will feel beautiful and loved. This is wishful thinking, and if you are indulging yourself with this, then please stop. If your inner needs are not met and satisfied, no amount of money or external love will satisfy you.

Our inner attributes as expressed to the world, such as gratitude, joy, compassion and kindness, all add a rich quality to our lives and the lives of others. More importantly, the inner being creates the outer being and by focusing on the inner, you will notice magic beginning to happen for you. Your life will be more synchronistic, your goals coming into fruition with more ease. People will be drawn to you and want to help, and the universe will respond to you in direct proportion to what you give out. You will know which next action steps will bring you the most success. Life will start feeling so very good.

The attributes I have personally chosen for this year are compassion and acceptance, to fully feel compassion and acceptance for all people and their situations. What attributes are you going to choose?

What type of person are you going to be?

Staying On Track

Either before you go to bed or first thing in the morning, take five minutes or more out of

your day and deliberately decide what you would like to happen. Here is an example of what I do and it works. In fact it worked so well that I soon found myself outpacing myself.

My Morning Ritual

I wake up, make a cup of tea, and turn on relaxing music. I breathe deeply for a few minutes and ask my Angels to come and assist me, and then I ask what I need to know for the day.

Sometimes it will be an action list that I need to write down and other days it is to rest, play, or make certain phone calls. I know that when I follow my natural rhythm and inner guidance my life flows in rhythm with me and miracles are manifested in my life. It is meant to be this simple for we are all powerful creators.

Here is the prayer I use in the morning:

“Dear Angels, please surround me in love and light, please assist me in staying out of my ego and stressful situations. I ask for all impact from negative thoughts or emotions to be cleared away. Please send the white light ahead of me touching all persons, places and things that I will come into contact with today. Please assist me in hearing my inner guidance and following through on it. Please help me have a day filled with joy, laughter, productivity, compassion, acceptance and kindness to others along with wonderful miracles.”

I use the prayer below when I have specific goals that I am choosing to manifest. Be prepared to work!

I ask for Archangel Metatron to please assist me with my will power and inner resolve and to clear and clean all my chakras for me.

I ask Ganesh to please remove all obstacles from my pathway.

I ask Archangel Chamuel to fill my heart with love and to keep my heart fully open.

I ask Archangel Gabriel to assist me with my communications and speaking my truth powerfully and lovingly.

I ask Archangel Michael to help me stay out of fear and to operate from a place of inner power; I ask for all attachments to any situations, persons or things to be dissolved with love.

I ask Mother Mary to stand on my left side and assist me with loving myself and others deeply in all ways.

I ask Quan Yin to stand to the right of me and help me with compassion for myself and

others.

I ask Archangel Uriel and Zadkiel to help me forgive and release any people or old hurts that I may be holding onto, help me to know that each person is doing the best that they can with their consciousness.

I ask God to use me as an instrument of love. I commit to staying aware of my inner voice and following it, and I know this is the only tool I need for my own healing and the healing of the world.

The above are examples that have worked extremely well for me. Try them out and notice what begins to happen in your life. Get creative and make up your own, but resolve to do it. If you would like me to record a special morning program/prayer for you by tuning in with your angels, please email me to set this up.

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

Angel Hugs,

Bridget

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