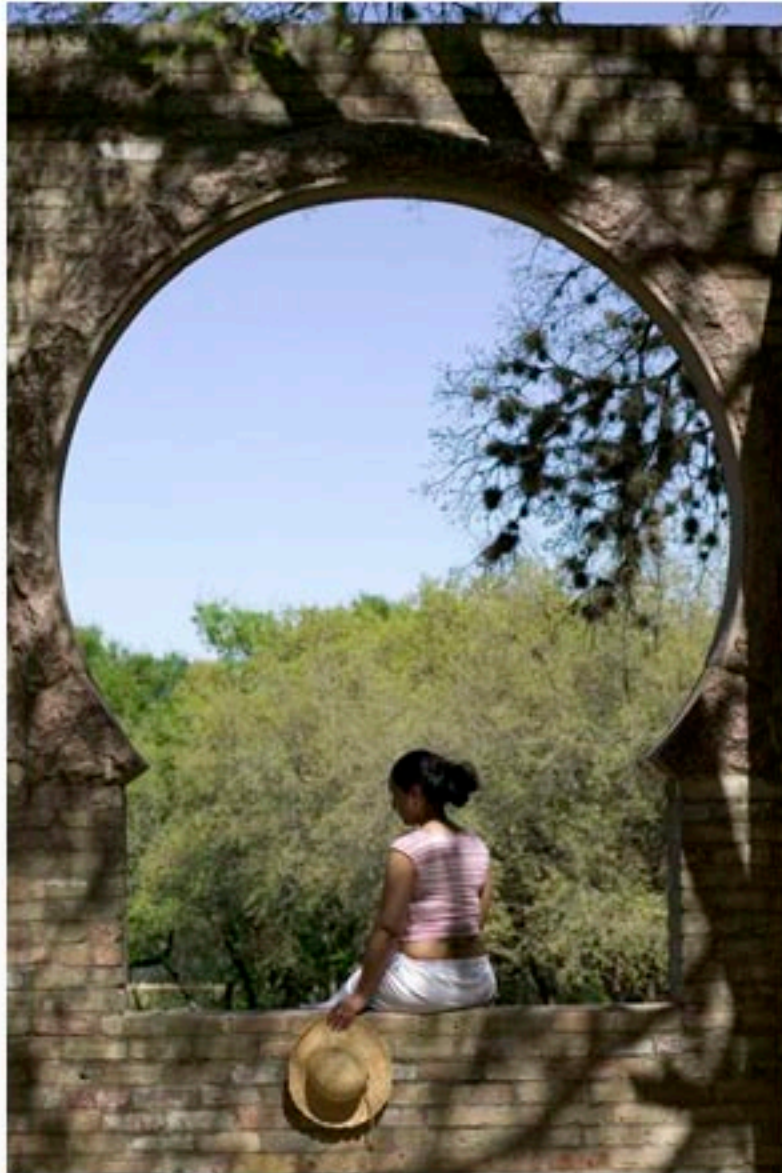


Overcoming Adversity with Grace



***Secrets to Rise Above Virtually Any Obstacle
Life Puts in Front of You***

Overcoming Adversity with Grace

Overcoming

transitive verb **conquer problem**: to struggle successfully against a difficulty or disadvantage

intransitive verb **win despite obstacles**: to win or be successful, especially in spite of obstacles

Adversity

misfortune: hardship and suffering

adverse happening: an extremely unfavorable experience or event

With

by means of: by the means of or using a particular object, substance, or system

Grace

elegance: elegance, beauty, and smoothness of form or movement

politeness: dignified, polite, and decent behavior

generosity of spirit: a capacity to tolerate, accommodate, or forgive people

Life holds many mysteries, joys, pleasures, opportunities and blessings. It also holds experiences for everyone that may seem insurmountable.

Experiences we don't expect nor invite. Yet, they do happen.

No one escapes the occurrence of pain, suffering and despair.

As has been said, "It is not what happens. It's what you do about it."
W. Mitchell.

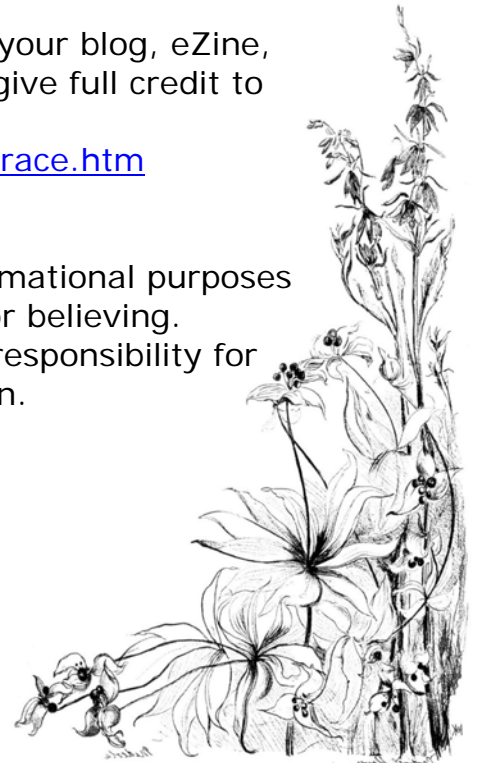
It is through our ability to weather the storms, find blessings where there appear to be none, and hold a glimmer of hope for ourselves and others that we create the space for miracles.

On the following pages are dozens of miracle workers. Each has overcome adversity with grace. Each shares an insight into how they moved to the other side of major life challenges. They share their insight for you, the reader, to gain strength and hope from their words.

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Inventions of our mind

Worry and fear, inventions of our own minds, are two huge obstacles to our well being.

It is very difficult to simply stop thinking these thoughts, but we do have a guaranteed, always available ally in our quest for peacefulness; our breath!

The mind and the breath are intimately related, so when we take a deep breath our mind calms down and we relax.

We create this affect naturally every time we sigh or yawn.

The next time you feel stressed out, stop, take a few breaths deep into your belly and notice how much better you feel!

Barbara McCollough created "The Best Is Yet To Be: Finding Your Life Purpose After Fifty."

Access "Say Yes Quickly!" at www.BarbaraMcCollough.com





Gratitude Creates Opportunity

We all have lessons to learn during this life. This is especially apparent for many of us around attracting wealth and abundance into our lives. Rather than seeing this as a challenge, see it as an opportunity. Turn your thoughts into practicing gratefulness every day, being

grateful for even the smallest things in your life even if your bank balance is in a place of lack; the warm bed you sleep in, the flowers in your garden, the green light as you drive....

Focus on the feeling of being grateful. You know that feeling of triumph and absolute joy that you have when you accomplish a task, receive a gift, spend time with a loved one, win a prize.....

I say feel the vibrations of joy now...because the better you feel, the more you attract great things into your life.

Catherine Newton is a Wealth and Abundance Coach, Law of Attraction Practitioner and Motivational Speaker. Catherine is committed to helping us consciously attract Wealth and Abundance into all areas of our lives, giving us the tools we need so we can spend more time living in abundance and joy.

www.wealthandabundancecoach.com





Surrendering Creates Possibility

One very powerful tip on overcoming adversity that I can offer is consenting to what is. While we may not like the truth or circumstance that we are faced with; when we consent to it: it is what it is. It's beyond just accepting something.

It is the surrendering into the adversity that takes the power away from it. By fully embracing this, we slip into the possibility of finding deep resolution, healing and inner-peace. When the word consent is used, there is a part of us that relaxes into what is. It's very powerful.

Catherine VanWetter, MSW is a Holistic Family Healing Practitioner trained in a variety of healing techniques that help people find peace within themselves. She invites you to be gentle, compassionate, and courageous as you put down your weapon of choice and step into a field of Grace.

Please accept my Morning Meditation at www.ToTheHeartOfTheMatter.com





Discover Your Magnificence

Within adversity lies the greatest opportunity you will ever have to become magnificent.

Our tendency is to insulate and distance ourselves. We think it will hurt more if we remain engaged so we retreat. Nothing could be further from the truth.

Claiming and retaining your personal power lies in summoning every fragment of remaining courage, standing up as a child of this Universe and declaring your fierce determination to find a way.

By perfect design, when we boldly walk toward our hardships instead of withdrawing, celestial forces join us and conspire on our behalf to deliver resolve.

Charlon Bobo is the visionary behind EditCopyProof. Affectionately known as the “conscious copywriter,” she provides wordsmithing solutions for conscious entrepreneurs including copywriting, editing, proofreading and book writing services that effectively resonate with your audience. Connect. Serve. Create community. Increase—Sales. Credibility. Exposure.

www.EditCopyProof.com





Gifts from the Angels

Unexpected adversity is a gift from your angels advising you to stop and admire the more important aspects of your journey; knowing your true self, enjoying family and friends.

Adversity is a lesson that you will learn along the way to overcoming it so take notes often.

Adversity is meant to quiet your mind and soul so the small still voice inside can be heard and guide you on your journey towards overcoming.

Colleen Bain, M.A. received the Professional of Year 2009 by Cambridge Who's Who for her work within Special Education. As the owner and CEO of Enhanced Learning Skills for Kids LLC, Colleen provides brain training to students as she transforms them into individuals who learn easily and efficiently. Visit <http://www.els4kids.com/5steps.html> to get your copy of her Free report, 5 Steps to Improve a Child's Academic Success in Reading and Math.





Step Forward in Faith

In every good story, the hero or heroine must overcome obstacles to get to the treasure or desired outcome. Obstacles, it seems, are a necessary ingredient for growth.

Carl Jung, the great psychologist said we do not come to consciousness without conflict. Conflict challenges us to move beyond the limitations of the past and to step into who we are becoming.

To move forward, the hero or heroine must act with courage and faith. As they do, allies appear. We too can trust that as we step forward in faith, the bridge will appear.

Colleen Russell MATP, is a storyteller, speaker, writer and life coach who helps people to discover their creativity and nurture their souls. She uses storytelling, movement, and the creative and expressive arts to help clients discover and manifest their unique gifts. To sign up for her free e-zine please visit:

www.quest4wholeness.com





Forgiveness Releases You from Bondage

When one chooses to “not forgive” one simply allows the energy of bitterness and pain to grow. It starts out small and then every time you think of that person or event you get upset and it grows.

With forgiveness, you can clear the pain and hurt for you, without it you are the one in bondage. Forgiveness is the balm that soothes the heart. By simply acting on the decision to forgive yourself, the person or the event, you set yourself free.

Corinne Ropp is the founder of YOU Seminars Inc, an innovative series of seminars that promotes “In Spirit” Transformation. Corinne Ropp is an intuitive spiritual teacher, speaker, and business woman, with a Masters Degree in Behavioral Science.

Corinne@youseminars.com





Endorphins Turn Mountains into Mole Hills

I have spent 55 years learning and practicing many tools for overcoming adversities. At the top of my list is definitely 'exercise'. It releases a natural chemical from the brain called 'endorphins', which is 50 times more powerful than morphine and is a natural anti-

depressant.

After a run or a bike ride, my giant problems become minor or non-existent and solutions seems to percolate to the surface. Besides exercise, which quiets the constant chatter in my brain, I like to meditate for 10-20 minutes every day and write in my gratitude journal, celebrating the joys of my life!

Holly Eburne is a Sport Physiotherapist and Health and Wellness Coach. She lives with her husband, Dave, their 2 grown children and animals, in Kamloops, British Columbia, Canada. Dave, 59, was diagnosed with dementia 2 years ago and Holly is presently writing a book titled 'Sweet Surrender- Awakening to the Riches of Dementia'.

www.hollyeburne.com





Good Resides in Every Situation

Look for the good in every situation. You may need to look high, low, deep and wide, but find something good about where you are at. It may be that you are learning patience, compassion, empathy, or love.

You may have become aware of a characteristic that you now want to change. Perhaps you have felt compelled to pray for the first time in a long time.

Whatever chaos is happening around you, know that you can find at least one thing that is good about it. Probably more.

Jan Janzen is a non-denominational minister, healer and business coach. She is the author of two books and 8 CDs for the spiritual entrepreneur. To receive Jan's complimentary ebook: 10 Secrets to Living the Life of Your Dreams, visit www.janjanzendaily.com





The Secret of Persistence

Persistence is one of the greatest secrets to overcoming virtually any obstacle that you are presented with in life. You may be faced with a lack of talent, skill or know how, however by remaining persistent in your actions and beliefs about overcoming the obstacle you will steadily begin to whither away at the obstruction until it no longer plays a role in your life.

By remaining focused and persistent, regardless of what the current conditions may dictate, you are sending a message to the Universe, and the Universe responds in kind by sending you the support and guidance you desire.

Offering both the wisdom of a teacher and the interest of a fellow learner, life purpose guide and visionary teacher **Joshua Aragon** is passionate about enabling others to achieve their own dreams of success and make a lasting difference in the world for others. Get a complimentary e-course at: www.JoshuaAragon.com





Decisions for Success

There are really two critical decisions that you must make in any worthwhile endeavor. The first decision is simply to try. This is in itself a courageous decision and one that stops many from pursuing their dreams. The second is the decision to actually succeed.

This is the real moment of truth because it is a decision that you must embrace over and over again as challenges come up that make you want to quit.

Your decision to succeed must be backed by two commitments: first decide that you will accept no outcome other than the realization of your desire and, second, cut off any route of escape that you might allow yourself to use as an excuse for not going through with your decision. When challenges come up, just remind yourself that you cannot fail. You can only quit.

Julio Blanco is the founder of Envision Lifeworks, a company devoted to empowering entrepreneurs with the mindset, marketing, and wellbeing practices to enable them to create thriving businesses doing the work they love in a life that they love. He mentors entrepreneurs through his *RiverFlow* Prosperity Program, guiding clients how to have purpose in being, prosperity in doing, and wellbeing in living. Julio enjoys spending time with family and in the outdoors around his home in Colorado. To learn more about him, visit www.EnvisionLifeworks.com.





I Choose Me

After being “down-sized” and “out-sized” several times, I decided I would not give my power away again. I chose to be “right-sized”; I started my own company.

The first step was to change my environment. I filled my office with beautiful things which promote creativity and remind me of my purpose to succeed.

I found positive role-models to study. I learned to turn off negative thoughts with the use of my own spiritual energy.

I choose hope over stress; I choose faith over fear; I choose abundance over scarcity; I choose me.

Karen L. Keeney helps women in business make money while doing what they love to do. Her weekly ezine “*Success With Purpose*” read by hundreds. Subscribe at www.karenlkeeney.com and receive the free report; “*5 Mistakes Business Owners Make You Have to Avoid*”





Suit Up, Show Up, Do the Next Indicated Step

Often life can give us more than we think we can handle. When we look at a problem only in terms of how big it is, we are likely to stay in the problem and increase our chances of becoming immobilized without any solution in sight.

When something feels insurmountable all that need be done is to suit up, show up and do the next indicated step. The next step may be to do nothing but breathe. The next step may be to call a trusted friend. The next step may be to ask in prayer what the next step is.

The next step may be to surrender to a power greater than ourselves, realizing the answer resides in the space of the willingness to be willing to do what we likely only have a glimpse of.

Kathleen Gage is an Internet marketing advisor, author and inspirational keynote speaker who works with spiritually aware speakers, authors, coaches and consultants who are ready to turn their knowledge into money-making products and services.

She does this by teaching them how to publish their works via books, eBased information products, teleseminars, webinars and any medium that can be distributed via the Internet.

www.kathleengage.com
www.themarketingmindset.com
www.dailyawareness.com





Perspective

“This too shall pass” This well-known phrase reminds me that in the depth of despair, or the height of ecstasy, all moments are fleeting.

In bad times when I lay in bed wondering “Why me?”, “When will it end?” I remember, “I’ve been here before”. I know I’ll get past this – I always do (eventually☺). In good times, it reminds me to smile and *be* happy.

It gives perspective in the moment, helps me reframe what’s happening and often propels me into positive action. It makes every event feel important while realizing the insignificance of it all.

Kimberly Martin is a Certified Executive Coach and Principal of Martin Business Leadership, which creates custom business relationship strategies for health and wellness providers. They’ll help you grow your business, bring in new clients, solidify existing relationships and have enjoyable, authentic, effortless selling interactions! Visit www.MartinBusinessLeadership.com





When under stress or experiencing crisis, remember BEEMSS

Be in your **Body**. **B**reathe. Be Present Now. One step at a time. One day at a time. Nourish with eating healthily, fruits, vegetables, and lots of water. Nurture with yoga, bodywork and energy work.

Deal with your **Emotions**. Counseling, support groups, journaling.

Harness your **Energy**. Exercise. Utilize complementary therapies as polarity, TaiChiChiKung.

Focus your **Mind**. Mindless-meditation, Imagery, Coaching.

Do **Soulwork**. Explore the purpose of this crisis/adversity in your development and growth. Keep a dream journal. Spiritual direction.

Listen within to **Spirit**. Prayer, meditation, nature, retreat, healing.

Lalei E. Gutierrez Ph.D., LSMFT, RPE, CPC is a holistic psychologist, life/relationship and spiritual coach, couples system and diversity consultant whose practice reflects her love and gratitude to serve with a Higher Purpose, individuals, couples, families, groups and the world community through their life journeys, transitions, aspirations, transformative process and well-being.

She integrates Gestalt therapy, energy body process work, couples and family systems process, diversity, imagery, dreamwork, EFT, EMDR, TaiChiChiKung, polarity, soulwork and spirituality in her work. To learn of her collaborative body-emotion-energy-mind-spirit process and practice (BEEMSS) method, check www.PhillLalei.com, and their e-book for Healing Love relationships . www.TenPathwaysofHealingLove.com





Create a “Dear You” File

When someone says or writes something complimentary about you, something that really resonates with you, put it into your own private file, called “Dear *Your Name*” and date it. For example, my own entry might say, “Dear Lauren, Yesterday Madeline told you how much she values your unique ability to empathize and to make people feel

empowered.”

When you are in need of a lift, yourself -- for whatever reason -- go to your “Dear You” file and read a few entries. Inevitably, you’ll land on just the ones you need at that moment. That file is magical. Try it!

Lauren P. Salamone -- author and mentor -- inspires college students with her philosophy that a positive transformation in college brings with it the power to enjoy a dynamic and abundant life. Find her free college-success tips at www.CollegeGuidanceGuru.com.





Nurture Your Mind, Body and Spirit

Do you sacrifice the needs of your body to accomplish the never-ending tasks of your life? If so this can result in poor physical health, emotional depression and mental exhaustion.

Here's an easy practice to find your way home to your body in service of the success and accomplishment you seek and deserve.

Each day:

- 1) Express gratitude for your body's health.
- 2) Step outside, inhale extending your arms from your heart, exhale wrapping your arms around yourself. Repeat 4x's.
- 3) Play music you love and music you hate. Dance to each like no one is watching.

Leela Francis is the founder of VividExistence and Vividly Woman. She has facilitated the re-union of body, self and soul for thousands internationally with inspiring products and programs. Dance, nature and circle ritual are the heart of her practice and the vibrant and heartfelt community she inspires.

www.VividExistence.com

www.VividlyWoman.com





Use your logic to cut down panic

When I find myself in a stressful situation, my emotions try to run away with me.

To keep them in check, I engage the problem solving part of my brain by asking these questions:

- What assets do I have to work with?
- What can I fix and what is out of my control?
- What can I do first to feel better?

By the time I have the answer to these questions, I feel better and more in control. When I have a plan my stress decreases.

Try this method and see how it works for you.

Lynne Klippel is an author, book coach, and Managing Partner of www.LoveYourLifePublishing.com, where she helps entrepreneurs write books to build their businesses.





The Universe offers Grace

Whenever adversity arises in your life, take a moment to remind yourself that the current situation, however unwanted and unwelcome, is a critical step in your unfolding into spiritual wholeness.

The fear, anger, sorrow or heartbreak that you feel now is your growing edge as you are called to a higher level of love and compassion for yourself and others. Remember too, that you are never alone.

Trust the Universe and look for signs of grace everywhere - supportive people and events sent to lovingly guide you through the darkness to the place of peace that lies beyond the pain.

Margaret Sarkissian, M.A. (Counseling Psychology), Certified Coach, is a skilled consultant, trainer, and business/life coach. She has worked with 200+ managers helping them address serious workplace problems and has developed and facilitated hundreds of workshops on coaching and communication skills, diversity and inclusion, building respectful workplaces, strategic planning, and appreciative living.

www.ClearPerspectives.ca





Simple yet powerful steps

Overcoming adversity can be dealt with in a few easy steps:

- Don't forget to breathe!
- Take care of yourself. Put your own oxygen mask on first.
- Pick your battles. If everything is important, then nothing comes first.
- Do one "big" thing a day.
- Write lists and cross things off.
- Ask for help of experts.
- Accentuate the positive. Eliminate the negative

Originally a New Yorker, **Martha-Lee Bohn** moved to Mississippi in 2003 after she met a man, fell in love and got married. Her Gulfport home flooded like thousands of others along the Gulf Coast.

Bohn works with Presbyterian Disaster Assistance in the wake of the 2005 Hurricane season. Four years since Katrina, volunteers continue to help families who have lost hope. For more information or to offer help: Mississippi InterFaith Disaster Task Force www.msidtf.org





Positive Self Talk Creates A Great Life

One way of reassuring ourselves in tough times is to use a form of positive self-talk known as affirmations. When ingrained in the memory, these positive self-affirming statements become automatic and readily available as life-enhancing affirmations in the good times or weapons for survival in tough times. Your brain will receive your commands and respond whether you say these statements verbally or mentally.

Examples:

- 1) "Every day, in every way, I get better and better and so it is!"
- 2) "I can handle any problem today. I believe in my strength and perseverance. I am focused, determined and capable."

Certified Health/Wellness Coach **Mary Hays-Bridges** champions others in their dreams. She received Dr. Robert H. Schuller's "Scars to Stars" Possibility Thinking Award. Her story and song have been heard on worldwide TV. A book/website about her Pikes Peak journey are forthcoming. Contact her at MaryHaysBridges@yahoo.com.





Partner with your True Self

Listen to your inner guidance. Pay attention to that feeling-thought deep within. No matter how dark and impossible your situation looks, the answers are inside.

Too often, it is nearly impossible to hear the solutions because you fear the consequences of following your inner wisdom. Unconsciously, you believe you cannot handle a new direction, despite how bad your present experience is. Remember that your guidance comes from Spirit.

It is your compass and your friend. Listen and follow.

Marifran Korb is a Relationship Rejuvenator Coach, living with her husband in Cincinnati, Ohio. Volunteering for The Hunger Project, an international organization, she desires the end of both physical and emotional hunger. Traveling internationally and dancing locally are also her passions.

www.SoulfulSolutions.net





Self Education Contains a Reservoir of Possibility

Inside us all is a special reservoir of all that we need to know in overcoming any obstacle.

By putting your own self-education first, you will begin to unlock every door to the answers you seek.

Start with asking yourself all the questions you have hidden inside, then journaling your reflections to those questions, and daily inspirational reading for at least 30 minutes.

There is an incredible wealth of knowledge right at your fingertips if you allow yourself to open up to it and follow the intuitive path as it is laid out for you, one step at a time.

Nachhi Randhawa is a speaker, Heal Your Life® Teacher, prosperity and life purpose facilitator, and owner of Grand Life Solutions. Nachhi inspires and supports individuals in living a spiritually conscious life while empowering them to tap into their own healing, awakening, and living their grand purpose. Visit Nachhi at

www.GrandLifeSolutions.com.





Release the Negative to Make Way for the Positive

The best way I've found to overcome adversity is to release your energy from being tied up in a negative event.

Don't focus on what's wrong. Instead, take care of the necessary practical matters and direct your attention toward the positive outcome you would like to see.

Forgiving yourself and/or others helps free your energy to be focused on a positive event or outcome.

Let go of grudges, resentments and regrets.

Refuse to live your life as a victim and look for every opportunity to steer your own life in the direction you'd like it to go.

Nancie Benson empowers individuals and businesses to align with change by clearing limiting unconscious beliefs. You can find her at www.nanciebenson.com.





Financial Worth vs. Personal Worth

If you struggle with finances and seek peace of mind, it is important to understand the difference between financial worth and feelings of personal self-worth. Having one does not mean you have the other.

Improving your credit – financially AND personally – first requires you know exactly where you stand. Identifying and taking action on core problems and issues will help get beyond them to reach your full potential and live your dreams.

Ask yourself openly and honestly – financially and personally – *Are you Credit Worthy?*

Nancy Cotter is a Personal Credit Coach with a background in teaching, psychology and business. Her mission is to provide the education, inspiration and motivation required to build financial and personal credit-worthiness. The resources and tools for life-changing results can be found at her website.

www.apluscreditcoach.com





Relief Can Be Found in Support

Should you be overwhelmed by distressing feelings, even panic or feel paralyzed, find ways to get relief – share your pain by getting support from family and friends, get hugs; let yourself cry; take deep breaths.

Taking deep breaths will help to clear the mind and help you take a step back from your situation to get a clearer perspective. You may then realize that you have resources, both those within yourself and from others, you had not recognized before and that you do not have to face your adversity alone.

Dr. Nelie Johnson is a family physician who has made the transition to facilitator for healing – helping patients to move from fear and helplessness in the face of health challenges to becoming empowered as their own healer.

www.keystototalhealing.com and www.awarenessheals.com



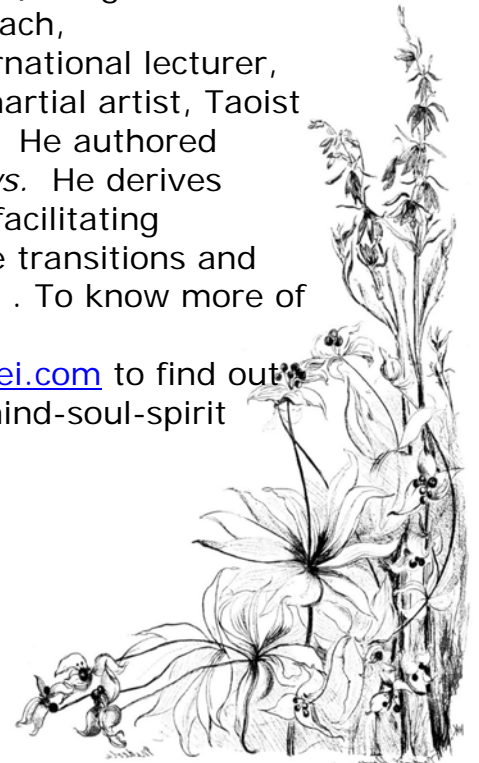


It's simply a human journey

Being a Spiritual being having a human journey, focus on the Light at the end of the tunnel as you:

1. Acknowledge the Present experience.
2. Be with a loving community of support and healing
3. Go deep within your soul and spiritual journey
4. Do lifestyle changes as eating healthy diet, meditate, praying,
5. Develop healthy and healing habits
6. Open your heart to a healing partnership
7. Become an intimate Human Being and less of a human Doing
8. Engage in the forgiving process of self and others
9. Reclaim your Essence of love, peace, joy

Philip Belzunce Ph.D., ND, LSMFT, RPE, CPC, MH, integrative psychologist, naturopath, holistic life/relationship coach, marriage/family therapist, diversity consultant, international lecturer, energetic bodyworker, hypnotherapist, iridologist, martial artist, Taoist teacher, married priest, is an eternal student of life. He authored *What Really Matters is the Heart*, and *Heart Shadows*. He derives great satisfaction in serving with a Higher Purpose, facilitating individuals, couples, families and groups through life transitions and transformations for growth, healing, and well-being, . To know more of his collaborative teamwork with his wife/partner, go to www.tenpathwaysofhealinglove.com, www.phillalei.com to find out how to reconnect with your body-emotion-energy-mind-soul-spirit (BEEMSS) Life Journey.





Gratitude... A counterintuitive process that works!

A powerful tool in overcoming adversity is one that may be counterintuitive: Express Gratitude.

So your life is in the dumper, things are not turning out as planned, and the recommendation is to express gratitude? Absolutely!

Why? Because it works and science proves it. Research by leading positive psychologists reveals that injecting a daily dose of gratitude into your life helps turn your attention towards the good in your life, consoles pain, and helps overcome adversity.

The technique:

- 1) Write down the date and 3 good things for which you are grateful.
- 2) Repeat this each night for 6 weeks!

Amelie Chance provides relationship advice based on techniques of positive psychology. Find Amelie & Als' *10 Step Process to Recovery From a Broken Heart* at www.HealMyBrokenHeart.com.





One need only regain perspective

One of the best things we can do for ourselves when facing adversity is to regain perspective. Things may look really bad but diving into the direness of the situation is not going to accomplish anything. In fact, it will only magnetize to us more of the same.

Conversely simply altering our focus a tiny bit, can turn on the positive generating magnet. Do this by bringing to mind a loved one or the memory of a happy occasion.

Sometimes just realizing the fact that we're still breathing will be all we need to snap us back into our power.

Rev. Rita MeKila Herring is an ordained minister and clinical hypnotherapist. She has been leading meditation groups for over twenty years and has helped countless individuals in remembering the power they have within. Visit www.MeKila.com if you would like more information or need help remembering your power.





Right Guidance is the Cornerstone

We all encounter events and situations we would rather not experience. Most often, we do not control these events and usually can only react to them.

If we have the right guidance, help and support, our reaction to these unpleasant trials can be our stepping-stone instead of a gravestone.

The key here is that after we adjust to the trauma or shock to our spirit, soul and body, we must focus our heart and attention towards healing lest we become crippled.

2Cor 1:3 Blessed {be} the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort.

Scott G. Cunningham is founder of Integrity Mission Ministry. This ministry supports effective/meaningful ministries and is dedicated to teaching Christians of Christ expectations of them. This minister/photographer is also author of the book *One Christ One Body* and co-author of *Overcomers Anthology*. He is living proof that anyone can overcome.

<http://www.onechristonebody.org>

<http://www.scottigphotography.com>





All is for your greater good

Often times we set plans to get where we think we want to go and often those plans come unraveled. Lately, I've been thinking that eventually something better replaces what I thought was best for me.

Can you give yourself the space to look back and see how things have worked out for the better?

Can you consider that everything that happens is for your greater good?

Steve Rotz is a practicing Commercial Real Estate Agent in Pennsylvania. He owns his own commercial real estate company, Rotz Commercial Realty. Steve has been in the business for 28 years and is a member of the Society of Industrial and Office Realtors® (SIOR). During the time Rotz Commercial Realty owned a Coldwell Banker Commercial franchise, Steve served on the corporate advisory board to Coldwell Banker Commercial. He has successfully redeveloped over 200,000 square feet of old buildings. On Friday nights you can find him hosting ballroom dancing with his wife at Agape Healing Center in York.





Aligning with God's Will

I once had a friend in the "AA" twelve-step program who taught me to say, "Let Thy will be done," (50 million times a day if I had to.)

I learned from my own experience that when I aligned my will with God's will, the results usually came out being better than I could have imagined.

Try it for awhile, and see what happens in your life, when you align your will with God's will and desires for you. Just keep saying "Let Thy will be done" and experience the results!

Susan Hampton has a passion for empowering people to discover *New Omnipotent Ways* for achieving their success, fun, fulfillment, and a sense of freedom. Her clients say she has an amazing gift of inspiring others to experience breakthroughs, which lead to immediate solutions in their lives. Visit her website: www.NewOmnipotentWays.com





Your Inner Connection and Love – A Winning Combination

Cultivate your inner connection

Take time to connect to your inner self through meditation, prayer, or other practices. It's important to remember that who and what you are is other than – and greater than – your circumstances. In setting some time aside every day to focus within, you create an oasis for yourself, and start to build a reservoir of resilience. That inner contact may also provide you with inspiration and guidance and even specific answers that will help you overcome.

Focus on Love

Make sure that you have people, animals, and things you love around you to feed, heal, and replenish your heart and soul. Love is what comforts and consoles us, restores us, strengthens us, and reminds us of what's most important. Stay in touch with those beings and things (and places) that are sources of upliftment and inspiration for you.

Tomar Levine is a life purpose, career, and creativity coach, writer, and artist. She helps women of all ages find their soul's purpose, path, true work, and creative expression. She is living proof that it's never too late to bloom!

www.YourTimeToBloom.com





Turning Adversity Into a Diamond

Life challenges usually arrive when we least expect them. Becoming engulfed in the details of your challenge often happens in the blink of an eye.

Checking Out Your Challenge:

Asking the following questions is an excellent beginning to solving your dilemma:

- Has this happened before? What insight does a repeat of this challenge provide?
- Ask your subconscious mind to help you discover other choices that you haven't yet considered.
- Have you brainstormed ideas? Chance suggestions sometimes provide easier solutions.
- What solutions tried by people who faced something similar could you use?

Virginia Fischer, Lifestyle and Spiritual Life Coach, derives great satisfaction from inspiring others to create the lifestyle of their dreams. All choices impact one's ability to live a healthy and happy lifestyle. Virginia's articles can be found at online article sites. To receive a free article on 8 Essential Lifestyle Choices, visit www.LivingWellLifestyleLLC.com.





Overcoming Limiting Words and Thoughts

1. Never say **'never'** ... ever. By saying this one simple word, you are putting a limit on your own capabilities to achieve happiness, success or whatever it is you desire.
2. Retire the word **'can't.'** My mother used to always tell me, "Can't is a sluggard too lazy to work." I was 12 years old before I looked up the word 'sluggard' but I certainly grasped the concept of how using the word 'can't' can create an imaginary wall which blocks your path to achieve whatever your heart desires.
3. Be careful to not spend so much time staring at the door that just closed, as you'll be unable to see the one that's opening. If something hasn't worked out the way you had planned, it simply means that there is something better coming your way.

Marlene Oulton, resident wordsmith/editor and head honcho of **Write Choice Virtual Assistants and BulletProofers.com** derives great satisfaction from assisting authors, writers, coaches and entrepreneurs produce clean, crisp and concisely written articles, newsletters, website copy, and other literary works. Known as "*The Words Lady*" by her clients and friends, her articles can be found on various online article sites. Visit www.BulletProofers.com and www.WriteChoiceVA.com to find out more on how she can make your words sing and dance... without adding music!





When One Door Closes... Another One Opens

When One Door Closes... Another One Opens

Have you ever found yourself in a transition where you know you need to let go of one thing in order to embrace and welcome what's next? Me, too!

I used to beat myself up, feeling like a failure because something I had done didn't work out as I planned. But, now when I find myself in front of a closing door I welcome it, embrace it and begin to get excited about what's coming next. Because, it's always something bigger and better than I could have imagined. So, I want to share a few tips that can help you move through the transitions in your life with a bit more grace.

1. Know that everything happens for a reason.
No matter what you face in your life, there is a larger plan at work that is guiding you to where you're meant to be. So allow yourself to relax through the situation and embrace the deeper meaning in what's happening.

2. Have faith in yourself.
As you journey through life, the greatest gift and asset you have is your Self. So, believe in your Self, in who you are and your ability to love yourself through everything.

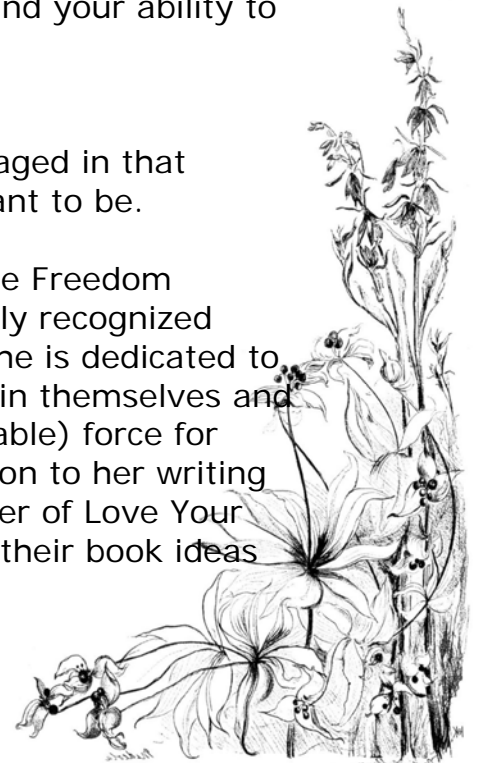
3. Trust the process.
Surrender to the process that is unfolding, stay engaged in that process and you'll "arrive" exactly where you're meant to be.

Christine Kloser is the award-winning author of *The Freedom Formula®* and *Conscious Entrepreneurs*, and a widely recognized expert in the field of conscious entrepreneurship. She is dedicated to helping entrepreneurs experience true freedom within themselves and their business so they can be a powerful (and profitable) force for positive change in our transforming world. In addition to her writing and coaching career, she is also the Executive Partner of Love Your Life Publishing, Inc. which helps entrepreneurs turn their book ideas into book reality.

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