

Ways to Help Yourself

First know that energy follows thought. As you work with the following ways to help yourself, know that you are able to just think the thoughts in your mind for things to happen. If you want to say them out loud you are welcome to do so, but you may not be comfortable speaking out loud in some situations. It is just as powerful to say these things in your mind.

Prayer – prayer is a powerful tool to help yourself and others in your life. Address your prayers to whomever or whatever you feel is a higher power than yourself. You can pray to God, Source, Creator, the Universe, whatever feels right to you. Prayer is asking for help.

Meditation – when you quiet your mind you are able to hear, see, feel or know what the answer is to your prayer. Just find a quiet spot and quiet your mind. You don't need a book on how to meditate, but if you are so inclined to read a book, find one that is simple. Meditation should not be complicated. You may also consider a guided meditation CD. Meditation is listening for the answers to your prayers.

Ask your angels or spirit guides for help – just ask for whatever it is you need help with. Then be aware of the people and situations that come into your life offering guidance and answers. But you have to ask! Because we have free will, angels cannot help us unless we ask.

Look up! When you look up, you are allowing key points in your energy field to open up and allow your spiritual guidance to flow in. Looking down shuts you off to spiritual guidance.

Ask your angels for protection. It's simple to ask, "Angels please protect me today." But, you have to ask. Ask the angels to watch over your loved ones also. Archangel Michael is the protector.

Positive thoughts – the Universe is listening to what we want. When we send out our thoughts, that is what we get in return. So, if you want good things to come to you, keep your thoughts and desires positive. It's like the ripples of water in a bowl. When you drop a pebble in the middle, the ripples go out to the edge of the bowl. When they reach the edge, the ripples begin to return to the center, bringing back to you what you sent out.

Be joyful, be happy – when you are joyful and happy the energy vibration of your physical, emotional, mental, and spiritual bodies increases. You feel better physically and emotionally. And like a magnet you attract like-minded people and situations to you. Make a choice to be joyful and happy.

Gratitude – always express gratitude to any situation you encounter. Simply say “Thank You.” A simple thank you is a wonderful gift you are able to freely give to others – lifting their spirits. When you start expressing gratitude for things in your life, more gratitude comes your way. If you encounter a situation that is not so positive, say to your higher power “Thank you for that experience.” It helps to lessen any physical or emotional discomfort.

Send Love – sending the energy of love to any person or situation has a powerful effect. Love is like a light. Where there is light, there cannot be darkness. If you are having a difficult time with another person (or group of people) just send them thoughts of love. We are all one and you are sending that love to yourself also. Watch for changes in how these relationships change.

Breathe – take a few deep breaths by breathing in through your nose and out through your mouth. Breath is energy, life force, prana. Breathe in love, breathe out peace. (Also see the Squared Breathing tab.)