

Just Say Yes! 5 Yeses that Enhance Your Life



First acknowledge the difference between a thought and an intention.

Intention: a thing intended; an aim or plan: from Latin *intentio(n-)* 'stretching, purpose'

I love the stretching part of the Latin definition. When we say yes, often we are going just beyond what we are doing at present. We affirm and then act. More than a thought and a whim, an intention has purpose, grit and stretches.

Intention has infinite organizing power. It organizes infinity of space/time events in order to orchestrate its outcome. The more conscious your intention, the more emotional your imagination, the more you're willing to surrender to the uncertainty of the discontinuity, the more you go into quantum

leaps of creativity with synchronicity organizing space/time events to create what you want.

When you can maintain being the detached observer when waking, sleeping and dreaming- you have cosmic consciousness. "To be in the world and not of it." There is nowhere that God is not.

Be willing to surrender to uncertainty. Be willing to let go of the ego. Experience gratitude for what you have and the ego will step out of the way.

5 Yeses that Enhance Your Life, Enable you to Stretch and Live with a Strong Sense of Purpose.

Yes to Awareness

In order to make change we must affect our subconscious. We can do this through a higher mind. In order to attain a higher mind we must go beyond the mental mind. The mental mind has been conditioned, trained by years of rote and review. When one breaks the barrier of the mental mind, by being aware of even the newness of each day, then the mental mind can be tamed. Awareness also can be called mindfulness. This may seem paradoxical, yet awareness in this sense is fresh, not recall. It is vibrant, not stagnate with the past.

Yes to Understanding All is Not as it Appears

This is accomplished through mindfulness; staying in the moment and not the past or future. It is also accomplished through meditation and by listening to big ideas. These big ideas seed our consciousness so over time they develop our thoughts and emotions. Developing our higher consciousness delivers peace, joy and love. We change our biological life and experience healing. "Things do not change, we change."
Henry David Thoreau

Say Yes to Expansion

Go on a scavenger hunt. What are you hunting for? You don't know, that's ok. Then keep looking until you find what you didn't know you were looking for and then all of the sudden, you know it. Does that seem weird? It's not. Our higher self, the god part of us, knows and desires to lead us to truth. This is a serendipitous way to live. Serendipity is a way to awaken new programs. Specific to your unique purpose.

Think about this, you have certain conditioned beliefs, yet you want to expand, there is something else, something more, a yearning leading you driving you, making you thirsty.

It is your purpose. When you understand your purpose you then need to program your automatic responses to support who you really are, so conscious choices are easy and automatic. Look at life blocks, obstacles, hurts as opportunities for expansion. Don't be so hard on yourself and realize that many times all is not as it appears.

Say Yes to Life without Limits

The quantum self, the divine spirit, is the only guru you will every need. Get quiet and listen. Practice the art of being quiet. Practice stillness so that the reflection is clear. Knowing comes from within, not without. We are more than statistics, numbers or any other qualifying factor. We are unique. Know your own self and live your truth. It is a practice that puts you at ease.

It is our memories which limit us. If we didn't die once in a while and forget, we would surely curl up into something too insignificant to mention. As long as we persist in piling up our doings and misdoings in a great burden of memories we shall continue to be borne down by them to earth and the grave. Elizabeth Towne, Joy Philosophy

Say Yes to Love, to Freedom

Perfect love casts out all fear. How do we cast out fear? It must be displaced. Something better, heavier, broader must overcome it. So maybe we don't cast it out, we crowd it out. We expand, we grow in our thoughts and in our spiritual connection with the Divine within us. There is where the power resides. What power? To be effective, to give meaning, to have basic needs met and to live and share abundance, to love and live free.

Replace worry with gratitude. Use the word grateful throughout each day.

When I look inside and see that I am nothing, that's wisdom. When I look outside and see that I am everything, that's love. And between these two life turns. Nasargadata

Remember you are in charge of your thoughts. Don't pass the blame others. Make an intention for change, follow with action.

In order for something new to come, our self centered consciousness but quietly fade away. As this little self goes, the higher self comes. Say yes to awareness each day. Move beyond appearances, expand, develop your quantum self and live actively with love in true freedom.



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