

BUTTERFLY

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A HEALING ARTS RESOURCE



The Picture of Happiness, Health & Success

By Sandy Penny

When life is not working the way you'd like it to, it's time for a change—but where do you begin?

One of the basic metaphysical laws of the universe says that what you focus on increases. The more attention you give to a situation in your life, either positive or negative, the more that situation persists and grows. That has now been documented in corporate America through the Deming Quality Process—that just by observing a situation in need of change, it begins to change. (W. Edwards Deming was the man who went to Japan and oversaw and restructured their system, resulting in the reputation of the entire country changing from manufacturing low-end products to

quality products. He then brought the system back to the U.S. and implemented it throughout the corporate and manufacturing world.) So, when things are not working out as you'd like them to, it's a good idea to start by examining where you're putting your attention and decide if you need a big shift, or if you just need to focus more on what you want.

This practice has been used by many successful people to reinforce their goals and keep them moving toward them. A very famous example was when Jim Carrey wrote out a million dollar check to himself from a studio and carried it around with him in his wallet. He took it out regularly and pictured himself receiving that amount for a movie.

That's not to say that he just wrote the check and waited for it to happen. He took steps toward his goal. He did stand-up comedy, studied acting, performed in TV shows, and kept working while focusing on the million-dollar check. He said that every time he looked at the check, he got a thrill out of seeing himself receiving that amount. It was a huge amount for him, coming from a steel-mill background. But he kept reminding himself of his goal. Well, we all know how that went. He revealed the check when he accepted a Golden Globe award. More recently, he got \$20 million for performing in the hit movie "Cable Guy." I wonder if he wrote himself a bigger check, or if he was just riding the momentum.

So, when I want to make a change for myself, I start with creating a collage of pictures and affirmations of what I'm trying to increase in my life. If I want to lose weight, I cut out a photo of someone who looks the way I'd like to look, and I paste my face on the photo. It's easier to do this now with a computer to create a composite photo. I made mine my background on my laptop, so I see it every time I turn my computer on. If you prefer a more tactile approach, get out your scissors and favorite magazines and picture the life you want.

Then, I write affirmations about how great I look at my perfect weight and how it feels to be healthy and vibrant. I also put a book in my collage with the title of the book I'm writing and affirmations about the best-seller list and all the money I'm making with

my writing.

Next, I decide what steps are necessary and what steps I'm willing to take in the direction of my dreams. If you are not willing to take the steps necessary to get there, how much do you really want that life? But, don't let your fears talk you out of going for your dreams. Even if you're not ready to take all the steps at this point, if you begin to picture your best life, you'll be inspired to take actions that lead you in that direction. Taking inspired action is another step in creating your fantastic life. Listen to your inner voice and do what feels right. Don't let anyone else decide what size your dreams should be—large or small, they belong to you.

In addition to what your life looks like, you want the affirmations to express what it *feels* like to live your dream. In Taos, many people are living their dream life as artists. Yet, some of them are not happy with the way it's playing out. Meanwhile, they spend a great deal of time lamenting how they can't make a living in Taos, how nobody is buying art, or how the economy sucks. What you focus on increases. So, to be successful, we often have to counteract the negative perceptions of what it means to live our dream. It's time for the starving artist picture in our heads to shift into the thriving artist. Picture that, the thriving artists of Taos, New Mexico. I can see the national magazine cover now.

Are you thriving and living the life of your dreams? If not, picture this ... ✨



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