

MAKING CHANGES

Have you been reading more books on healing, energy or spirituality?

Have you been going to more classes and learning new techniques?

We seem to love learning. There always seems to be another great book or a wonderful class outlining some new technique or an amazing show that seems to give you all the answers.

There comes a point though that you need to adopt that which you learned into your daily routines. If you don't:

- Utilize and normalize the things that you've been taught
- Change your behaviour patterns
- Practice your skills

Then nothing changes, and we keep reading more books and going to more classes.

Here are some things that you've already learned that you could be / should be doing each day. Check off those that you do:

Clearing your chakras

Cleansing your aura

Grounding yourself

Putting symbols on people and things

Giving yourself Reiki

Taking quiet moments

Using crystals

Carrying stones

Remaining calm

Talk to your angels

How many did you check off?

The problem is that we think we're busy and it's your ego that is telling you that. We rush here and there and barely seem to have a moment to ourselves. Now come on – you know that's not true!!

Ever wonder how you can cram more important things or last minute surprises into your day and still get through it all. If you can accommodate so much other stuff, what's stopping you from doing all the things in the list?

Nothing will change unless you start!

Here are some suggestions.

Additional Required Time	Action
0 minutes	Carry it with you (in your pocket, purse or leave it in the car)
0 minutes	Carry them stones that relate to each chakra with you or put them on the table beside your bed
4 minutes	When you are lying in bed each morning just before you get up, balance your chakras (it only takes a few minutes)
0 minutes	When you are in the shower, cleans your aura
0 minutes	When you're sitting on the toilet, ground yourself
0 minutes	When you're driving to work, say hi to your angel and ask them if they have anything to say
0 minutes	Symbol the drivers in front of you
0 minutes	Smile and tell yourself that you're calm every time you stop at a red light
0 minutes	Give yourself Reiki when you are sitting watching TV
4 minutes	Once each day, close your eyes and breathe deeply and tell your muscles to relax from the top of your head to the tip of your toes

Less than 10 extra minutes a day that can start making some dramatic changes. If you come up with some excuses for not doing any of the above, then you better have a long talk with that ego of yours – it's winning!