

USING YOUR HELPERS

Do you see yourself plowing through each day, trying your best to overcome all the obstacles that have been tossed your way.

Imagine yourself as a quarterback on a football team. Most people see themselves as just that, as the quarterback playing all by themselves against the other team. It's you against every other obstacle each day and no one else is there to assist you.

It doesn't have to be that way! You have a team that wants to help you each and every moment of every day. It's your choice as to whether or not to make use of them.

We have a very good aboriginal friend (an "Indian" as he calls himself) that comes to us and gives us teachings and shares in an environment of trust. He receives messages and teachings from his elders – long dead relatives that are there to guide him.

There was a time when he shunned all things native to him until he was in the right place at the right time to receive one of his first teachings from a very wise Indian that he met. He basically had to be hit over the head with a strong message to get him to change. Now his life is very different.

Well, here's your hit on the head!

We're also able to benefit from those that have passed on who wish to help us. We also have angels and guides that can provide us with guidance and that we can send to others.

Have you been using your team? If not, no wonder it's been tough to get through each day against the other team.

Why not start being the leader that you are and direct your team. This can be a funny notion to some people because, especially with Angels, we see them as close to God and really, who are we to boss them around! Well, if done in a "team" spirit, that's exactly what they want you to do!

Everyday and perhaps throughout the day, ask your angels, guides, past relatives and all those on the other side who love you, to help you out with stuff. You could have a difficult decision to make or be meeting with some intimidating people or are looking for a resource to help you. Maybe you just want to get a parking spot close to the door when you drive to the mall (no, it doesn't have to be a huge problem or major stuff). Whatever it is, ask your team to help you.

- 1) Be clear as to what you want to have happen - see the solution that you want
- 2) Work out a plan
- 3) Send Distant Reiki to the scene
- 4) Do your best to prepare yourself
- 5) Ask for help and give it up to them

Everyone wants to know the secret words to communicate with their team. Here they are:

“Hey team – help me out with this.”

It's you that has the ego problem. They've overcome theirs. You don't have to close your eyes or bow in prayer or chant some mystical mumbo jumbo. It all looks good when you do that and it may make you feel that it's the right way to do it but, it's better just to keep it simple.

The best thing to do is start!

Start being the quarterback leading a team that has been waiting around for a long time to hear from you!