

We can have it all

by Connie Brisson

When I was young, I wanted - more than anything - to be my cousin, Valerie.

I wanted to take ballet lessons on Wednesday nights and wear a pink tutu. I wanted to have an Easy Bake Oven and then bake cakes with my Mom. I wanted to have birthday parties where my fellow six-year-old guests got to fish out beautiful, tiny, ornate, divine plastic purses from a decorated basin.

Who lived like that? Valerie did.

I used to lie in bed at night and ask God why Valerie had everything and I didn't even have much of anything.

As a youngster it bitterly didn't make any sense, but now that I'm me, here, I know that I wouldn't be who I currently am if I had not lived through what I've lived through - and mastered it, my way.

I really do believe that we choose the life we have and because of that, I can't grieve over not being Valerie or anyone else.

I was in my early 30's when I first read Norman Vincent Peale's *The Power of Positive Thinking* (Prentice Hall 1952) and learned that I could not be jealous of anyone else and then expect to get what they had. Jealously broke all the laws of the universe.

Instead, I learned that if I saw something I wanted, I just needed to say: "*That's for me.*" And I started saying it a lot. Quite miraculously, just by doing that, things I really wanted began appearing in my life.

Then, especially after listening to the teachings of Abraham-Hicks (www.abraham-hicks.com), I learned that we create our worlds with our words and feelings. Whatever comes out of your mouth, mind and heart, that is what you will get more of in life. So if you complain, you'll attract more to complain about and if you are grateful, you'll attract more to be grateful about. So choose your words wisely. *Your words are magic.*

I think I'm a quick learner. I wanted more. But at some point I found that my past (my conditioning, experiences and traumas) were limiting me from getting it.

I went to a session once with Jonathan Hooton (www.soul-guide.com) who explained to me that whenever there is unresolved trauma in your life, it settles

into your body and there it vibrates - silently and unconsciously. And life, through the Law of Attraction, continues to show you your wound (thanks to that vibration that acts like a beacon) with other experiences that match it. And until that experience/trauma/vibration finds some healing/peace, hey, you won't.

That's why I love CranioSacral Therapy and so many other forms of body/energy/spirit work. Only after these therapists help to release the unhealthy vibrations that are locked in our bodies, can our lives finally unfold to their highest potential. In fact, I think it is impossible to have energy/body/spirit work sessions done, over time, and not have your life inadvertently also get better and better. It's inevitable.

Yes, my life is pretty darn great now. And it isn't because of how blessedly I grew up (because I didn't live in *that* house) and it isn't because I'm somehow so lucky (or I'd have won the lottery by now - but I'm working on it. ☺)

My life is good now because I *knew* I had to heal my rawest wounds (or else just live in emotional pain forever). And I knew I couldn't do it alone, that I needed help to do it - whether it was

with counsellors or body/energy/spirit workers or life coaches or tarot readers or astrologists or reiki masters (and many others). Each of these people helped me deal with the intricate puzzle that I am.

We're all on a journey here. Some of it's great, but some of it's really hard. I'm an example of someone that proves it doesn't matter where you came from or how your life was before, you can change it and have a good life. But you can't do it telling your old story about what is wrong with your life.

I honestly believe that if you get body/energy/spirit work done for a long enough period of time, that it will change you FOREVER. The beauty of it is that you don't need to talk about it, you don't need to know what caused the block in your energy or understand why it happened - and still your life will miraculously change. It's silent magic.

We're all meant to live good lives. I still get jealous now and then, but never for long. Now I know that if someone else has something, anything, so can I. I just need to find my block to it and then heal it.

We can ALL have it all, if we are willing to do the inner work involved. And remember: "*That's for me.*"



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