



# Guidance Through Channeling Newsletter

SEPTEMBER 1, 2008

VOLUME 1, NUMBER 6

## SEPTEMBER BIRTHDAYS

### HAPPY BIRTHDAY

TO:

Leshicqua S. – 9/27/82

Nicole G. – 9/6/88

Gabriel F. – 9/24/74

Mechelle J. – 9/19/83

Reshona C. – 9/1/84

Cassidey D. – 9/27/84

Barbara W. – 9/29/62

Anne Schneck – 9/25/72

Diane – 9/27/81

Lea V. – 9/1/64

Melissa L. – 9/11/81

Tammy S. – 9/2/75

Suzanne C. – 9/25/70

Tracie A. – 9/27/76

Christopher C. – 9/27/73

Camella S. – 9/8/82

Julie K. – 9/5/62

MaryAnn R. – 9/10/48

Happy September Everyone! Go get your coffee and pull up a chair and let's just jump in and get started on our thoughts and how they can help us or hinder us!

### Utilizing The Power of Thought Continued

In the last month's newsletter we talked about how just one word can take our thoughts in a negative or positive direction and that many thoughts simultaneously both good and bad can be running in our minds all at the same time. It's no wonder we all feel so lost!

This month we are going to focus on how to stop all those crazy thoughts running rapidly in our minds. By becoming more aware of the thoughts and making a decision on what it is we truly want to be thinking. All that is required here is just a little bit of willingness to want to think a positive thought and not a negative judgment thought.

The basic law of thought is to understand that there is only one correct way of thinking and that is love. So anything else you may be thinking is not going to be positive and productive in your life. Marianne Williamson a guru on the concepts of "A Course In Miracles" says, "Do you want heaven or do you want hell?" Or as Maureen says to me, "Where is this thought going to take us?"

We all think we understand what a negative judgmental thought is, but do we really? Our thoughts have power whether we want to acknowledge that or not in our lives. We believe the answer of life is always outside of ourselves and that we have no control over it. This gives us our own permission to blame it on someone else and not take responsibility for it. How can I look at something in my own life when it's "your" fault I am feeling this way in the first place! The same old analogy comes with ideas such as a bad childhood because of bad parents or hating the job because of the bad boss or a breakup because of a bad boyfriend. On and on we go never taking responsibility. It is the taking responsibility for our own thoughts and first seeing on the inside that is going to dictate what we are going to see on the outside.

The power of thought also involves what you think about yourself. Do you think of yourself as love or something else? The problem that we have here is we think of our self as something else. We have problems accepting the truth of ourselves that we are of love. We are not our jobs, bank account, house, model, body, clothes or anything else outside of ourselves at all.

When I was in my early twenties I came across Louise Hay and her classic book of "How to Heal Your Life". And in the book it had an exercise to look in the mirror at yourself and say I love you. So I thought I would try it, after all, it seemed easy enough, I was sure I loved myself, who doesn't? Boy was I in for a surprise! I could hardly look at my own face much less say I love you to me. It was the beginning of

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my awakening call to myself. Every time I would go to the mirror all I saw were problems with my face and all its negative features.

I remember at one time being angry at God because even though my eyes were blue, they appeared to me to be an ugly blue because they seemed more of a marble color than your usual blue eyes. It was one of the most difficult things I have ever done in my life but as the exercise said, to keep going back no matter how good or bad the exercise made you feel until you were able to say I love you to yourself. I kept at it and gradually, slowly I began to see the beauty in my own face and then very slowly from there I was able to reach a point where I said I love you Diane. The key was I persisted on with a little willingness because I truly did want to love myself.

We all want to love our self and be able to reach out to love and not push love away. So the next step here that I am suggesting to my readers is take a few seconds out of each day and look at yourself in the mirror and what are your own thoughts about you? Are the thoughts positive love thoughts or are they critical and saying let's remove the mirror?

So as you start each day try to become more aware of "What am I thinking right now?" Whatever thoughts you are having, do you want to continue with that thought? Do you want heaven or hell? Ask yourself, do I feel justified in having this negative thought about so and so because he/she did this or did that? Does having that judgmental thought help you to feel love for yourself? It helps you to justify your thinking but is that a love thought?

It is also important to understand with a little willingness that our innate nature is of love and nothing else. So when we chose to push the negative/judgmental thoughts aside we find that we do feel more loving about ourselves and can begin to live a more loving and productive life.

Let us begin each day telling ourselves in the mirror I love you and ask for help in making loving decisions all day about our self.

Stay with us for next month's continuing series in Utilizing The Power Of Thought!

We appreciate your time! Maureen and Diane