

## *Create Your Life with Intention*

I have been involved with healing for self and others for the last twenty-one years. I began with psychology working as a therapist observing how people behave, think, and believe: I became a shamanic practitioner inviting and participating with the forces of non-ordinary reality in the form of ritual and ceremony to invoke healing on all levels. I have become immersed and experienced in these venues. I completely dedicate my life and attention to the process of healing: emotionally, mentally, physically and spiritually and self discovery. I have observed amazing ceremonies where non-ordinary, paranormal experiences are common place. Miracles are the norm. People receive and thrive. I believe in these methods; they are outstanding, miraculous and profoundly healing. But then the inevitable takes place and that is back to normal life, job, family, and old thinking patterns. The care of the soul must lead to the practicalities of life and how you are choosing to be in life. The fact is that miraculous healings can heal you physically, spiritually, and emotionally, they can not heal you mentally. Why? Because you have free will, or sacred choice. You have the choice to think and choose, never a puppet of unseen forces enforcing a will over your own, even if you are plying for them to do so.

Humans have an incredible power to create. In fact, you create your reality every moment by the way you think, speak, and act. You also create your reality from your belief system—what you believe about yourself, about individual things, about concepts, and what you believe about Creator. All will have a profound effect on you and what you create in your life. You also have full power to change any of the beliefs that are not servicing you. You can direct energy in such a way that you manifest your heart's desires. Albert Einstein stated, "We cannot solve the problems of today at the level of thinking we were at when we created them." We create reality by our thoughts, and only by a redirection of our thoughts are we able to move into a new reality.

Every thought that you have is either creating positive or negative influences in your life. You are always thinking. You are constantly creating. Unfortunately most people will give more attention and energy to what they don't want instead of what they do want, thus creating the first. Which ever gets the most energy wins. The mind never takes a rest, if left to wander, the mind will be creating all sorts of scenarios, remembering incidents in full detail, replaying conversations, and, worst of all, berating self at every opportunity. This mind activity controls your emotions, feelings, attitude, heartbeat, and ultimately how you feel about yourself. You may think of an incident that happened twenty years ago and suddenly become completely depressed. You may react emotionally, mentally, and physically by recalling a long suppressed memory. You thus become a victim of your thoughts—not a victim of the actual incident, but of your mind. Most thinking patterns are habits. I have seen many people receive healings, but then lose the effects of those healings by falling back into old patterns of habitual thoughts (usually thoughts stemming from feelings of unworthiness or not loving self.) Getting control of the mind will take some practice, but it can be done. If you learn to monitor and modify your thoughts, your life will become enriched and transformed.

When you first begin to monitor your mind, you will likely feel overwhelmed. It is a huge task. But as you continually pay attention to what you are thinking, with intention and determination, it can be done. Keep encouraging yourself; the pay off from this type of control is phenomenal.

In most cases, mind monitoring fails because you literally forget to monitor. People get caught up in their day and forget all about the commitment to monitor their thoughts. There are so many demands, responsibilities, and general busyness throughout the day. With traffic, work schedules, the phone, housework, children, and errands, you are part of many routines. Whatever your responsibilities, trying to change habitual, destructive thinking patterns will be difficult. To valiantly say, “I have control of my thoughts; I choose to think positively,” is the first step in the process of monitoring.

The second step is to actually start the process of monitoring. You need to establish some sort of reminder to yourself of the commitment you’ve made. Notes work well. If you are home during the day, try putting notes around the house—in the kitchen, the bathroom, cupboards, on or in the refrigerator, on the telephone. If you work in an office, place notes around your workspace, especially by the telephone and atop your desk. Put reminders inside your car or your lunch sack. Write reminders that make sense to you: **WHAT AM I THINKING? GET CONTROL! I CHOOSE TO THINK GOOD THOUGHTS.** Choose whatever words will remind you to tune into your thoughts and to take control of your mind.

Monitor your spoken words too. Words are power packed with energy and create much faster than thoughts. How do you describe yourself during the day? How do you speak about your life, your job, and your life situations? Pay close attention to what you are affirming! If you are not satisfied with what you are saying, change it.

Another reminder idea is to take a small piece of folded paper and place it under your ring or your watch. You will continually feel the paper and be reminded of your commitment. The more you are reminded, the faster you will gain control. If none of these suggestions works for you, find something that will. Be creative, but remember this is a choice. Don’t get down on yourself if you don’t progress as quickly as you would like. You don’t want to add negative energy to self-critical opinions you might already possess. Be gentle with yourself; the whole process takes time and effort

William James wrote, “Genius means little more than the faculty of perceiving in an unhabitual way.” Our habits of thought often prevent us from considering other possibilities. Enlightenment and awareness are about change, including the change that comes to your thinking. Progress along the spiritual path is discovered in self-reflection, and changes are the guideposts. When you know yourself and are able to see the subtle changes in your being as they occur, when you know you are different, and when you understand that you have changed, then you have moved farther along the path.

Scrutinize your actions and thoughts. Are they based in fear or love? Love allows for growth, expansion, imagination, creation, support, trust, freedom, compassion, and possibilities. Fear encases one in competition, close-mindedness, self-indulgence, greed, arrogance, judgments, punishment, and attitudes of righteousness, dominance, jealousy, and feelings of unworthiness. Every thought, word, or action has its basis in one of these two feelings, fear or love. Remember that thoughts, words, and actions involve choice. Choose love, practice love.

Jan Engels-Smith author of *Becoming Yourself: The Journey from Head to Heart*. Winner of Editor’s choice award *Becoming Yourself* offers readers ways to begin immediately changing one’s life through specific techniques. This book has the capacity to pull in “rational” thinkers and enable them access to the

spiritual realm. For those either wanting to make changes or have spent years on the path towards discovery, *Becoming Yourself*, is a welcomed solution. This book is available through Amazon.com or local bookstores.

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