

My Message & What To Do With It

By

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This document is meant to be a summary of my recording, *My Message & What to Do With It*. To get the full the understanding of this document, please purchase the recording at <http://your-life-is-now.com/listen.html>

Thanks!!

Okay, here we go...

You are always expanding more opportunities to experience more of your current state of being.

-The only thing that exists in this moment is your experience of this moment, your state of being. Thoughts, words, actions, physical reality all reside in the past.

-If state of being is the only thing that exists in this moment, it is the only thing we can consciously control, everything else is fleeting.

-Since state of being is the only thing that we can consciously control, then it has to be cause or else we would could not be creators of our experiences.

-If state of being is cause, then everything else has to be an effect of cause or a reflection of cause.

-So thoughts, words, actions and physical reality are all reflections of our current state of being, they support our current state of being.

Who Are We?

If state of being is cause and we have choice over what state of being we are experiencing, then we are the Experiencer of a state of being. We are no longer the actual state of being. We are not anger, frustration, joy, happiness, we are the experiencer of any state of being we choose. Being the experiencer, we are at choice. Being at choice, we are free!

As the experiencer we are free to experience ANY state of being. We would not be free if we were to say, "I can't experience anger." As soon as we believe that, then we are no longer free to choose anger or any other state of being. So, WE ARE FREE TO CHOOSE TO EXPERIENCE ANY STATE OF BEING. We have to be, or else this whole concept would collapse on itself!

If we are the experiencer and are free to choose to experience any state of being, then why aren't we doing it? Two reasons...

-We lost sight of cause, state of being and have put our attention on changing the reflection, which is futile.

-We've been allowing physical reality to tell us what state of being we should experience next. Since state of being is cause, we are unconsciously creating the same experience over and over again.

What do we do?

-Be Aware

We have spent so much of our time trying to fix the reflection, our thoughts, words, actions and physical reality, we have lost sight of what is causing all of that, our state of being. So our first opportunity is to...

BE AWARE IN THE MOMENT OF YOUR CURRENT STATE OF BEING

Once you are aware, in the moment, that is your opportunity to change the moment. Otherwise you will continue to expand your current state of being and nothing will change.

-Accept

If state of being is cause, and we have not been aware of our state of being, then we continue to expand opportunities to expand that state of being. Let's make this simple...

We are always experiencing one of two states of being, resistance or acceptance. If you were to take all the "negative" states of being and roll them up to one, it would

be resistance. If you were to take all the "positive" states of being and roll them up, it would be acceptance. If we accepted EVERYTHING, we would be free!

Sometimes it is easier to think of resistance and acceptance as two different worlds with two different results. It just happens that acceptance is always in alignment with what you want. Why? Because in that world resides all the wonderful states of being – abundance, wealth, happiness...So experiencing a state of being of acceptance, which by the way the definition of which is "open and receiving", we are always in alignment with what we want.

So, if our state of being is acceptance then are thoughts, words, actions and physical reality reflect and expand that state of being. So in the world of acceptance lies all our solutions and opportunities.

Same with resistance.

So what do we do when we are experiencing and therefore expanding opportunities to experience resistance? WE ACCEPT THAT WE ARE EXPERIENCING RESISTANCE AND THAT'S OKAY!

We have spent so much time resisting states of being we don't even realize that we are continually expanding opportunities to experience more resistance. Remember, as the experimenter, we are free to experience any state of being we choose. When we spend our time resisting any state of being we are no longer at choice and therefore are not free to choose acceptance. So our only opportunity becomes, to accept whatever state of being we are experiencing because in the moment of acceptance we are now expanding opportunities to experience more acceptance!!

That is why this is so great...the only thing we have to do, to have all that we want, is to accept whatever state of being we are experiencing knowing that when we do, we are expanding opportunities to experience more of what we really want!

Accepting your state of being is easy. Say...

"I accept that I am experiencing (the state of being you are experiencing) right now, that's okay!"

"that's okay" is very important because it frees you from the judgment you've carried in the past about experiencing that state of being.

What do You Do When You Want Something?

-Identify your ultimate want...

Since state of being is cause, then we know that any "thing" we want is caused by a state of being. So ask yourself, "what state of being will I experience when I have

the thing I say I want." The "thing" is secondary because it is caused by the state of state of being you choose. If the "thing" that you want didn't bring you the state of being you want to experience, would you want the "thing". NO. What we ultimately want is the state of being we think we are going to experience!

Once you identify your ultimate want, the state of being you think you are going to experience, then it's time to realize you already have what you ultimately want right now. How?

-Drop the need...

Right now your state of being is need...You are saying you need the "thing" in order to experience the state of being you want. You are only expanding more opportunities to need! Your first opportunity is to drop the need. Say...

"I am willing to consider that I don't need (the thing you say you want) in order to experience (the state of being you think it will bring you) right now."

Where is state of being? It is inside you. It is not in the thing you want! What is inside you, you already have!

-Be willing to consider that you can experience the state of being right now...

Now that you've dropped the need and you are in a state of being of acceptance, you can consider that you already have the states of being you ultimately want. Say...

"I am willing to consider that I can experience (the states of being you want to experience) right now."

Once you do, then your state of being of acceptance will expand and you start to have thoughts that support that you are experiencing the state of being you want right now.

Once you realize that you can experience the state of being, then you will continue to expand that state of being which will lead to a physical reality that reflects that state of being which would include all the "things" you think would expand that state of being, which would include the "thing" you said you wanted!

Cool huh?

So what do you do when your not experiencing the states of being you want?

ACCEPT WHATEVER STATE OF BEING YOU ARE EXPERIENCING!!!!!!

-What do you do with those limiting beliefs?

Accept your current state of being and be willing to consider something new! Your beliefs come from a state of being of lack, limitation and fear. Accept that you are experiencing these states of being and be willing to consider something new.

Keep in mind that your state of being is what is creating. If you consider something new and your state of being is resistance, accept that you are experiencing resistance and then be willing to consider something that you can experience acceptance when you say it.

Okay, there you have it, my message and what to do with it! Please keep in mind that change can only take place in the moment. Therefore be aware and accept whatever state of being you are experiencing RIGHT NOW!

Thank you for your interest in my message. If this was powerful to you, then please let folks know that they can get the same message and the tools to practically apply it at

<http://your-life-is-now.com/listen.html>

It is my hope that as many people as possible are exposed to the power and simplicity of this message!

Thank you and have fun!

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