

## **News & Inspiration**

### **Manifestation, Faith and Belief**

What is your 'it'? 'When I \_\_\_\_\_ or when \_\_\_\_\_ happens or when \_\_\_\_\_ comes, THEN I'll be happy, complete, successful \_\_\_\_\_.' What are your blanks? Is it an elusive dream or a reality that you are working towards? During this time does it seem like your life is on a treadmill and nothing seems to be changing? Is 'it' not happening fast enough or the way you want it, with who you want it? Isn't it just....'aaarrgghh' sometimes, frustrating and downright mean of life, the universe, God? Or are we simply missing the best bits of 'each moment and now' by fretting about and 'waiting' for tomorrow?

What if someone said to you 'you are complete already, all that you need is within, all the happiness and peace you seek is from within not without?' Do you agree? Have you ever heard the story about the fish looking for 'it':

*He went to an older wiser fish and said, 'I'm looking for the ocean'. The elder said 'the ocean is what you are swimming in right now.' He said 'Oh this? This is only water, what I'm searching for is the ocean.'*

Know that whatever seeds you are sowing are working for you right now, whether you see them physically or not. Remember the buds under the ground that without effort, spring into life and flower when the time is right? What seeds are you sowing? Are you grateful for what you have now or is there too much longing? The only thing we can control is our reaction to an event in order to shape the outcome. Bad, sad, happy things in life will always happen; it's your thought and intention on how you deal with them that will determine the outcome and thus manifestation in your life. The seed.

So...on the one hand, we are to be happy and grateful where we are at and enjoy the moment and yet on the other hand, lift up our faith that whatever it is we desire will manifest in some shape or form or fashion. What a paradox! Will it come without us doing anything, without us sowing a seed? No, it doesn't mean we don't need to study, cook, go out and meet people, work on ourselves or make one more step towards our goals. It just means that we need to dig deeper and raise our level of faith that 'it is all happening perfectly' and that once we've done all we can do, the 'sun' doesn't need our help to shine in order for our seeds to grow. It's having the faith to believe "it' is here.'

We can therefore be still enough to stay within our flow and at peace, intuitively knowing when to stop, go, walk, run, sit down, let go, pursue, talk, promise, commit, say yes or say no. The knowing, the rise of faith, makes life effortless and allows us to

enjoy the moments. That's not to say hard work, perspiration, sweat and long hours are not necessary but also there is a sense of peace knowing that manifestation is imminent and in fact current...it is all happening perfectly right now this minute.'

Be true to your truth and sow right seed. In a split second our whole worlds can turn upside down. What or who are you giving your hours to? Is it working? Does something need to change? Do you need to change? Make a different decision? Talk to someone? Let go of someone? What is your dream? What are your thoughts about it? What are your deepest desires? Really? If it is absolutely ok right where you are, then enjoy every moment, if it's not quite ok where you are...enjoy every moment and take one more step toward your truth...if it be true, honest, just, pure, if it be good and wholesome for you and yours...go ahead... release your full potential. Carpe Diem.

**“TOMORROW WILL BE THE OUTCOME OF TODAY. You choose.”**

Take Care now,

**KAREN at**

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*Karen is a Qualified Certified Personal Development Coach and has been a Stress Management worker, Mentor, Writer, Woman's Group organiser/facilitator and Princes Trust volunteer. She is also a qualified Chartered Management Accountant coming from a corporate background. As she says 'I am Every Woman and Every Woman is me, whatever you're 'it' is, wherever you're 'at' in life, I encourage you all to say with me 'I CAN DO IT!'*

**Tel: 07761 823 456**

**Centre: 020 3417 6108**

**Email: [mail@therapy4life.net](mailto:mail@therapy4life.net)**

**Website: [www.therapy4life.net](http://www.therapy4life.net)**