



# Abbey Rose

CLAIRVOYANT      TAROT READER

## Past Articles by Abbey Rose

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ABBEY ROSE DISCUSSES LOVE, ROMANCE, MONEY, CAREER, HEALTH & SUCCESS.

Abbey Rose is a well known and highly respected clairvoyant in Melbourne. She offers genuine tarot readings face to face, by email or telephone.

She has a Masters degree in Education and has Counselling qualifications. Instead of being stuck in the present she enables clients to move into the future. She is a professional member of the Tarot Guild.

Abbey uses tarot cards as visual prompts, but essentially for her clairvoyance adds to the whole picture. Abbey looks at mind, body and spirit and sees the whole person. She presents you what is possible in the period of time that you are discussing.

She looks at all our important and intimate relationships. Love makes the world go round and romance and commitment are important to many clients.

Will our romance grow and flourish?

Do they love me?

Will they commit to this relationship?

Abbey provides down to earth information about yourself and your relationships that enable you to take part in creating your own future. Most clients want a loving and healthy relationship that nurtures them. Added to this: their career and their financial outcomes are relevant.

Abbey looks at what the future holds for YOU.

## Trust completely

Your hopes for self should be great and dynamic, not little wishy-washy- insipid half-glimmers of optimism. Your love for self and others should be outgoing tidal waves that are clean and pure. The goals we set ourselves should be big and splendid and worth striving for not small and unclear and therefore difficult to obtain. If your goals are unclear you will withdraw when you take a false step unless you are to trust completely that you can be truly extra-ordinary. Your faith in self and in what you can create must be so complete that you will move mountains to attain the goals you set yourself.

Trust that your soul knows what is best for you and that you can trust in self and others to neither harm nor hurt you. To give a desire, or a dream a chance to grow and develop. We must believe that we can change the unknown into the known and so "make it real". To be fully able to help a loved one who needs help trust that you can give yourself towards these outcomes.

Trust outweighs fear. Choose to seek answers and to seek tangible realities to step into for yourself. Trust that you acting with acceptance, joy and love. Trust your hopes and dreams. Trust that your soul will enable you to unfold these desires in time and to allow you to meet any challenges that you will face in meeting these goals. Trust that a challenge is just that and that the soul can and will save you from anguish or despair. To trust completely is the first step toward self-acceptance that when you are working with mind, body and soul unified into a common purpose that all is obtainable for you.

Trust your soul/desires can be fulfilled once you are able to accept your own power to make healthy changes. Don't dream it – trust you can do it. Trust you can make your dreams realities that completely fulfill you and all those you have your life's path with at this time. To dream the dream is but a beginning and then to act on the dream is to trust you can achieve your goals.

## Creating your own space

Creating your own space doesn't just literally mean making a physical area for your work; it's also about creating enough physical time and emotional space, in which you can work comfortably.

Let's start by looking at time and how you relate to it. Do you feel there are never enough hours in each day? Or do days often drag by for you, each minute feeling like an hour? Or do you feel that each minute is important and that we should balance our needs so that we can effectively use time to work with us, not against us?

This is a way to be able to see exactly how you use your time. Instead of just breaking the 24 hour period into sleep, work, and travel and socializing. For example:

- how long you spend getting ready in the morning
- how much time you spend eating
- when you fit any physical exercise into your day
- what part of the day you spend reading and whether it's a newspaper, novel or factual book
- how much time you spend with family and friends

- when you find time for appreciation of nature
- how often you go shopping
- how much time is spent cleaning and cooking
- when you listen to music
- how many hours a day you devote to hobbies
- how often you spend on the telephone
- how much of your day is spent with other people
- how much time you take just for yourself in quiet reflection

We need to understand that there is a difference between times alone, used for spiritual growth, and time alone spent eating, drinking or watching television.

One of the changes you need to make is a physical change. You need to find at least 15 minutes each day that you can call your own, with interruption from outside forces. It needs to be 15 minutes every day to allow you to explore your spiritual journey.

Be kind to yourself and try to work out what you came on this earth plan to achieve and how you will set about reaching these goals.

## Soul tips for feeling good

What makes us feel good? To those who have suffered illness, just the feeling of being healthy is a blessing. To others, it can be that rare feeling of total relaxation while for some, feeling good is feeling free. Ultimately, it is gratitude. The ability to be grateful for the life that we have and for the magnificent life we all have the opportunity to create.

### BALANCE

We are always looking for ways to balance our lives. Balance is the place where you simply stand strong in truth.

### BE YOURSELF

Take time for yourself. Remember your dreams and goals, write them down and start an action plan to turn these into reality.

### PERSONAL GROWTH

Try doing something different for 20 minutes each week. Then try to challenge yourself on a mental or physical level.

## Declutter our life

### YOUR HOUSE

Toss out old newspapers and magazines.

Stop hanging onto items you'll never use again. This includes old exercise equipment gathering dust in the garage, out of date items in your pantry and that collection of fading Tuppaware.

Have a garage sale or take a stall at the local market and turn all your unwanted goods into cash.

Open all the windows and doors and let the fresh air infiltrate every area.

Clean your house using a cotton cloth and a natural cleanser made from equal quantities of distilled white vinegar and fresh water. This solution works on smudgy mirrors, shower cabinets, tiles and windows.

### YOUR WARDROBE

The golden rule: If you haven't worn it in the last 12 months, ditch it.

Drag everything out of your wardrobe.

Sort them into three piles – one to be thrown out, one to be taken to the charity bin, one to keep.

To make a clean sweep, wash or dry clean all the clothes you want to keep and clean the inside of the wardrobe and all your drawers.

### LOVE

As we change and grow, we often evolve out of relationships towards new experiences. Ultimately, love is the ability to let go of someone with a smile. Love is the experience of being simply thankful for the time you spend with each other.

### PAIN IS VALUABLE

When you are confronted with illness, redundancy or relationship break-ups these are actually growth opportunities.

### WORK

Work is the way to grow and fulfil our dreams. The work we do is our way of expressing our contribution to the world. This is the place where true spirituality exists and our destiny unfolds. Our life evolves through our actions and by working we are able to tap into our highest potential.

### THE BATHROOM

Keep mirrors clean, your toilet door and lid shut (to avoid energy being flushed away) and clean out all your cupboards.

Terrorise your bathroom cupboard throw out anything you are not using – just more clutter. Wash all your brushes and combs, keep only the bare essentials.

### THE OFFICE

Keep your desk tidy, only keeping items out that you use daily. Everything else should in the drawer.

Assess your desk each morning and set about completing one task at a time.

File each job as soon as it's done and move on to the next thing.

Allow 1/2 hour each day to sort papers. File or throw away as much as possible.

Keep a plant on your desk to suck up all the toxins that emanate from your computer.

## Let it go

There are people who can walk away from you.

You cannot talk another person into staying with you, loving you, calling you, caring about you, coming to see you, staying attached to you. When people can walk away from you let them walk. Your destiny is never tied to anybody that left. People leave you because they are not joined to you. And if they are not joined to you, you can't make them stay ... Let them go.

And it doesn't mean that they are a bad person, it just means that their part in the story is over. You got to know when it's over. Stop begging people to stay ... Let them go!

If you are holding onto something that doesn't belong to you and was never intended for your life,

Then you need to ... LET IT GO!!!

If you are holding onto past hurts and pains ... LET THEM GO!!!

If someone can't treat you right, love you back, and see your worth ... LET IT GO!!!

If someone has angered you ... LET IT GO!!!

If you are holding onto some thoughts of evil and revenge ... LET IT GO!!!

If you are involved in a wrong relationship or addiction ... LET IT GO!!!

If you are holding onto a job that no longer meets your need or talents ... LET IT GO!!!

If you keep judging others to make yourself feel better ... LET IT GO!!!

If you are struggling with the healing of a broken relationship ... LET IT GO!!!

If you keep trying to help someone who won't even try to help themselves ... LET IT GO!!!

If you're feeling depressed and stressed ... LET IT GO!!!

## Be a winner

Everyone's a winner

If that is what they choose,

Unless their choice is something else,

Then of course they lose.

Winners always have ideas,

While losers fix the blame,

They two might seem to be alike,

They sure don't think the same.

All winners have a dream,

Of what they want to do,

Then plan their life to reach their goal,

And make their dreams come true.

Losers see a problem,

In every good idea,

All a winner sees, is another chance,

To further their ideas.

SO THEREFORE:

Watch your thoughts,  
They become your words.

Watch your words,  
They become your actions.

Watch your actions,  
They become your habits

Watch your habits  
They become your destiny.

## This is your life

If you want to make your life really work, you NEED your emotions working for you. Negative emotions are nothing more than 'Action Signals'. Action signals you may be experiencing are discomfort, fear, hurt, anger, disappointment and frustration, overstressed etc.

You need to make you emotions work for you by doing something. Anything to get the flow going: to make the change.

Some of the steps you could take are:

- Identify what the feeling is.
- Acknowledge the feeling.
- Ask what this feeling is doing for you.
- Be confident that you can handle this.
- Be certain you can handle this.
- Get excited. Take action. Turn it in to a positive. Know that you can do it. Trust yourself. Give yourself permission to do it.
- By changing your reactions to events and emotions, it will set new causes in motion and these new causes will ultimately produce new results.

## Create joy in your life

Joy is like lightning, and it can hit you any time. If you find joy in your core being then this feeling of joyfulness will run like lightning, for joy is electric. It fills us with power, from the tiniest brain cell to your toes. To enjoy our life and all our relationships and makes us open to feeling fulfilled. Just look at small children at play in a park, the pure look of joy on their faces is a wonder to behold.

To enter a contest with the sole purpose of winning kills joy at the start. If you enter with the purpose of enjoying every part of the competition, your efforts will seem like play. Others with whom you compete will be glad for the inspiration of your presence. Any activity whose reward seems to lie at the end of the task must be drudgery. For when a thing is ended it is dead, it belongs to the past. Give yourself to a life full of joy and vitality, not rehashing dead issues.

## Take charge of your happiness

GO AHEAD, HELP YOURSELF.

KEEP A JOURNAL

One of the best self help methods you can use.

LOOK AFTER YOURSELF

Eat a balanced diet and get plenty of rest.

KNOW WHEN TO REACH OUT

Don't be afraid to ask for help if you need it.

LEARN TO COMBAT STRESS

Learn some relaxation techniques or meditation.

MAKING CHANGES:

Have you had difficulty in keeping a simple commitment or completing a task? Yes? Well, you have probably been focusing on all the little things you must do to get the results.

For example going out in the cold to take a walk. You have to rug up against the cold, but able to take layers off as you warm up. You have to find your walking shoes, the route you wish to take and the time. Also what about that phone call you were expecting when you may be out. On arriving home the shower and clean clothes after the walk.

But if you think of the things you really want to do, well then you just do it.

The difference is not the tasks but how you evaluate them. Change your evaluations and change your life.

Start all life's races with the intention of enjoying thoroughly all the thrills; from the firing of the gun to when you break through the tape. It is exhilarating to move arms and legs in perfect co-ordination. Or, just to run for the love of it! And no matter how far ahead the others go, remember you are there to keep this love and joy of life. Remember carry on and you will get there.

To create joy and vitality in your life means that you have to drop all fear and begin the journey of discovery. You have the power to enjoy all you do in your day. Set the goal of being fully engaged in all you do during a day. Lift up you head and be glad that your soul will join in this journey with you.

SPEND TIME WITH OTHERS

Social support is important for maintaining good mental health.

NURTURE YOUR SOUL

Take time out for something you enjoy doing.

EXERCISE REGULARLY

Go to a gym. A walk in the park, dancing to a DVD in the lounge room or get out on a bike on fine days.

CELEBRATE YOUR SUCCESSES

Acknowledge and affirm your success. It's beneficial to name the positive elements in your life.

## 15 minutes for a new world

Would you like to discover that you live in a loving and accepting New World? Give yourself 15 minutes every morning for about three months, and at the end of that time you will discover that you live in a New World full of joy and vitality.

Begin the 15 minute period if possible outdoors, or by a large window. Stand gazing upon the landscape and then up at the sky, stretch your mind and take in the vastness of the universe. Now let your soul beat with love and acceptance of all that this planet has to offer you.

You will begin to discover that you live in an amazing universe where your soul is part of life, as blood is part of the body. You will see yourself in a world where you are truly able to align mind, body and soul into a creative and purposeful life. You will discover

you are in a world where goodness need not be sought after in the future. You have all the goodness now and forever!

Every morning will become for you the beginning of an adventure, full of opportunities and breath-taking surprises. If a door, seems to be closing you will find a sign which points to another that will open upon vistas beyond your imagining. Focus on what gifts you need for the coming day and ask your soul to guide and direct your actions throughout the day.

You can be still in this 15 minutes and in the stillness go inside and seek your true identity. Ask that during the day you are able to feel love and acceptance from all those you come in contact with during the day. To accept yourself, is to be truly present in all that happens to you during a day.

## Enlarge your vision

The vision of the world is enlarged when we use a telescope. The telescope enables us to gaze upward at the sky. The journey of mind, body and soul enlarges our vision of self. This unity of self enlarges our vision of everything in which we come in contact. We came into this life to seek fulfilment and to live abundantly.

Seeking a spiritual vision is the searchlight that guides us through life. Meditation allows us to see into ourselves. Meditation wipes away the mist of our unknowing so we see all the possibilities that are us. These possibilities are to find love and harmony in our daily lives and who gives to others and is truly fulfilled.

An abundant life is an unfolding and growing life, which never ceases to progress toward its soul potential. The potential for us is to live in acceptance of all that life has to offer. To seek to find

love and live in harmony. To answer the demands of the soul and in so doing to understand ourselves and to find these gifts in the hearts of all we meet on the path of life.

We can fulfil our deepest desires. You can create a vision when all your life is fulfilled with people and events that add to your pleasure in life. Your vision does not need to be narrow or blinkered. You can enlarge your vision to accept all life has to offer you and in so doing, fulfill your own potential.

When a friend dies we celebrate their life. We look to what they were able to create and their vision of life. Our vision allows us to acknowledge birth, death and the journey. Our vision for the journey in-between can be as big and bold as we dare to envision. Dare to be truly fulfilled each and every day.

## How positive emotions attract positive circumstances

Balancing your emotions is crucial because it allows you to reach your potential. You have to be able to minimize negativity and raise the volume on those feelings that will support you the most.

### *Changing a negative emotion into a positive emotion.*

If you believe your self as too emotional, see yourself as being caring and sensitive.

If you think you are impatient, think of yourself as a determined go-getter who has a strong desire to get results.

If you are a perfectionist, view yourself as a careful, detail-oriented person with a passion for excellence.

If you are too honest, this is an admirable quality. Take care what you tell family and friends because some people are unable to handle 'the truth'.

If you believe you overanalyze matters, see yourself as a cautious, reflective, thoughtful person who makes logical decisions.

If you believe you lack focus, regard yourself as a free spirit who is creative and open to possibilities where and when they appear.

# Heart surgery: How to recover from heartbreak

## TIPS FOR LETTING GO

### 1. SEEK SUPPORT

Combat your sense of isolation by reaching out to friends and family. Seek the company of people with whom you can talk in a real way about how you feel. Cry on their shoulders, tell them how angry you are and talk through all your "if only's". Men may find this harder to do, but they need to find at least one person who is happy to listen to them.

### 2. FACE YOUR FEARS

If you have been a twosome for some time, you will have fears about being single again. Other common fears include: fear of what other people think, fear of losing control, fear of losing your kids (if any involved.) and possibly even losing your mind. Any major change can be scary so it is normal for you to feel this way. Once you have faced your fears, they will lose some of their power over you. It can help to write them down and try to look at them from a more realistic perspective. For example, you have survived life alone before so you can do it again.

### 3. BE HONEST WITH YOURSELF

Once we lose something we tend to look back on it through rose-coloured glasses, thinking only about the good bits. Take a look at your relationship and ask yourself:

What went wrong?

When did things start to go really wrong?

How well were we really communicating?

To what extent was there mutual trust and respect?

How compatible were we on big issues such as goals and values?

How well did we resolve our differences?

Even if you feel the relationship was fantastic, the fact that your partner has decided to break it off suggests there were problems. Despite your wish to be reunited, try to accept that this is one area of your life you cannot control. A relationship requires both people to be willing participants.

### 4. ALLOW YOURSELF TO GRIEVE

You are not going mad, it is normal to experience:

Shock and disbelief

Gut-wrenching sadness

Fear and anger

A sense of personal rejection

Recognise your feelings as signs of grief and do what you need to get through them. In the early stages this might involve staying in bed and eating chocolate, or crying as you listen to music you both loved. Think of it as similar to having a physical injury and recognise the need to allow some healing time.

### 5. DO SOMETHING WITH YOUR ANGER

No doubt you have good reasons to feel angry – the fact that he had an affair, or she ran off with your best friend, the way he broke it off etc. There is nothing wrong with anger – it is how you deal with it that is the issue. It can help to:

Write down the main reasons for your anger.

Keep track of what triggers your anger.

Say what you need to say to your ex in order to express your anger. If you are too angry to do this face to face then write a letter (you don't have to send it).

Rage at your bedroom walls or hit your pillows but maintain control of how you express your anger towards other people.

### 6. MAINTAIN YOUR ROUTINE

With the exception of the first few days (when you might be too distraught to face the world), try to keep up your normal routine, including going to work. Be careful however of becoming too busy, as this could lead you to bury all your feelings rather than learning from them and getting over your loss.

### 7. PROTECT YOUR SELF-ESTEEM

Rejection will undoubtedly strike a blow at your self-esteem. Just about everyone ask themselves, "What's wrong with me?" This may lead you to doubt your attractiveness or lovability. Yet, if you stand back and look at the bigger picture, break-ups are to be expected as part of the process of finding someone with whom you are suited. While you may not feel it now, there is every reason to believe that you will meet someone new – someone who is meant for you.

## What are you?

You attract to yourself not what you ask, not what you expect, not what you want; but you attract to yourself what you are.

Are you a giving person?

Then the world will give much to you.

Are you a getting person?

Then the world will move away from you.

Do you give powerfully?

Then power will come to you.

Do you give lovingly?

Then love will come to you.

Do you give abundantly?

Then abundance will come to you.

What should you give?

Most beautiful, most powerful, most wonderful of all gifts is yourself - your faith, your trust and your love. Trust others, trust the creator and trust events will work out.

Do not have love. Be love. Then you will attract all the goodness, all the perfection that the world has in store for you. When your power to love becomes like the Creator's power to love, then your power to create will become like the Creator's power to create.

And the moment that you become Love,

Whatever you ask shall be yours.

Whatever you expect shall be yours.

Whatever you want shall be yours.

From now on you shall ask for, and expect and want only that which is in accord with the spirit of infinite Love.

Love attracts Love.

## It's in your cups

Reading the tea leaves - tasseography – is often associated when Romany folk or with women with 'the gift' rather than with mainstream divination. But it has a long and noble history, probably beginning not long after tea was first drunk, in China, perhaps as early as 3000BC. According to legend, the very first tea leaves came from Buddha, who cut off his eyelids to prevent himself from falling asleep while he was meditating. These eyelids fell to earth and from them a tea bush grew!

True or not, what we do know for a fact is that tea drinking spread throughout the Orient and India, from whence Romany folk brought it to Europe.

Tea was an expensive luxury in Britain (so expensive that it was kept under lock and key in tea caddies) until the nineteenth century when large quantities were imported from India and Ceylon (present-day Sri Lanka), and so tasseography was a rare skill. But the art of divination from the dregs was practiced long before that. The Ancient Greeks probably studied the dregs of the wineglasses for clues to what the future held, and whenever herbal remedies were brewed to give to the sick, what remained in the cup would be peered at by a spey wife (a Scottish expression for a woman who has divinatory skills).

Pour the tea into a plain white cup. Leave the leaves in the bottom of the cup and when the moment comes turn the cup upside down on the saucer to drain away any tea that remains.

It's not just the leaves that are important, the position within the cup where the shapes form also influences things. For convenience the cup is divided into four quarters.

The quarter nearest the clients is about areas concerned with him or her, their home and those closest to them.

The side opposite the handle is concerned with strangers, acquaintances rather than friends, the workplace, travel and other matters away from home.

To the left of the handle is the area that stands for the past. with people moving out of the clients life. If an unusually large area here indicates that things unresolved in the past are having a bearing on the client's life.

The part of the cup to the reader's right is the area where leaves are represent upcoming events and people who are about to have an influence on their life. No leaves here should not be taken as a bad omen, that there is no future – rather the client is concerned with the present and not necessarily the future.

The cup is also read from top to bottom, the images close to the rim indicate the present – days and weeks – those clinging to the lower part of the cup indicate the more distant future – months and years.

According to Romany tradition a dry cup heralds good news, but if there is a trace of liquid remaining in the cup, there will be tears before the week is out.

## How to dump a partner

Welcome to the most difficult conversation you will have with another person and its no longer OK to say "It's not you, it's me." What makes this conversation all the more difficult is that the person on the receiving end rarely sees it coming. "If you're going to end a relationship, be prepared for the possibility that your soon-to-be ex had no clue that you have been distancing yourself emotionally or dropping hints about how dissatisfied you were," says clinical psychologist Dr Julian Watchorn. "Because of the content of this conversation, the tone is crucial. No matter how exasperated the other person becomes – and they will – the calmer you should strive to be. If there's a chance things might get out of hand, enlisting a counselor might contain the situation."

As for the delivery, psychologist Susan Nicholson says it's all about balance. It's important that you are honest so the other

person knows why you are ending the relationship. But by the same token, you also need to be sensitive to protect their self-esteem. It's best to avoid glib "I can't be the partner you deserve" cliches and stick to the specific facts behind your decision. You also need to make it clear that it's final "or a mixed message will be transmitted and the other person might think there's a change of resurrecting the relationship and the agony of the break-up will be prolonged."

Can you use e-mail or SMS to dump a partner? "Cowardly," says Nicholson. "The longer you've been with a person, the more of a face-to-face explanation you owe them."

## Balanced emotions

### HOW WILL BALANCING MY EMOTIONS ALLOW ME TO ACHIEVE MY GOAL?

Some of the questions I need to ask myself to achieve my goal. If you are not sure which emotions would be especially helpful to achieve your goal. Take some time to read the questions below and notice what feeling, images, and thoughts come up.

How would love help me achieve my goal?

How would faith help me achieve my goal?

How would bliss help me achieve my goal?

How would confidence help me achieve my goal?

How would harmony help me achieve my goal?

How would calm help me achieve my goal?

How would wonder help me achieve my goal?

How would inspiration help me achieve my goal?

How would kindness help me achieve my goal?

How would abundance help me achieve my goal?

How would worthiness help me achieve my goal?

How would courage help me achieve my goal?

Allow yourself to sense which emotions you need for your aspiration. Then envision yourself having achieved your goal and notice what you are feeling.

## Spiritual beings

How would you describe our journey through life? A popular analogy would be to compare it to going down a road. These are various forks and turnings on the way, but generally it's a pretty straight route. However, what if there's another route that runs alongside your straight road, mirroring its every twist and turn. Spiritual development is like that second road, and you can choose to try it anytime. It doesn't mean you have to abandon your present journey: it just means you can dip off onto it as you wish and then return to your other road whenever you like. The choice is yours.

### THERE'S A WONDERFUL SAYING:

'We're not physical beings having a spiritual experience  
We're spiritual beings having an earthly experience.'

## To reach your potential, ask yourself these questions

What makes me feel most excited, vibrant and alive?

Is there anything I do that I love so much that time just seems to fly?

Is there a particular activity that puts me most in touch with my spirit and with the sacred?

Whatever your passion is, don't dismiss it just because of what other people might think. If you feel most alive and joyful when you are walking your dog or planting vegetables in your garden, reflect on these experiences. Ask yourself why you are inspired and what engages you. It may very well lead you to discover your true potential.

WHEN YOU ARE ACHIEVING YOUR POTENTIAL YOUR EMOTIONS ARE IN BALANCE.

It will seem like you possess:

Patience, faith, confidence and calm

Love and forgiveness of those who doubt

Gratitude, appreciation, happiness and optimism

Excitement and gratitude and

Calm, confidence and faith in your potential

## Create a habit of positivity to achieve your goals

Positive emotional habits are extremely important to develop because they allow you to create your potential.

This passage is attributed to Frank Outlaw, and really takes up back to ourselves and who we are and what we do.

Watch your thoughts; they become words.

Watch your words; they become actions.

Watch your actions; they become habits.

Watch your habits; they become character.

Watch your character; it becomes your destiny.

Some ideas to create the positive for yourself:

Avoid speaking negatively, embrace positive language

Avoid other people's negative input, uplift them with your own positivity

Avoid absorbing negative messages, take in more positive information

Accept you have to be uncomfortable at times to make change long lasting and powerful for you. Making positive changes can be difficult. However, when you start to think, behave and feel more positive you are on the way to positive outcomes. You are practicing new, positive habits that allow you to achieve your goals.

Even in times of great loss it is hard to imagine how to detach from them. We have to undergo a process of grief. Eventually you may be able to say "I'm ready to stop feeling this sadness now."

In that moment, you have made a choice. Each time you make the choice to think, "This isn't working for me right now; I want to experience a positive feeling instead". You are in the process of healing and you are doing your best to maintain your positive emotional state.