

From Default to Deliberate – My TurningPoint

I spent most of my life on a “default setting”. I was observing and reacting, observing and reacting. That was my life up until seven years ago. Was there any other way to live? I kept asking questions. It’s just natural that when something happens we respond – good or bad. When the experience is a good thing, we feel good. But if it’s bad? We feel awful, anxious and sometimes even depressed. For years I was consciously and unconsciously asking big, “meaning of life” questions. Then my younger sister Aynsley encouraged me to read the book, *Ask & It Is Given* by Esther and Jerry Hicks. There it was. A life-changing moment. My absolute turning point. By absorbing this book, I learned that I could feel better by simply changing how I viewed an experience, an event, a... whatever. I could look at things differently than how I had first perceived them, feel better and better and create more of that feeling. Feeling good allowed me to create the life I wanted. I remember wanting to achieve a job at a local university. With many others applying, the competition I’d heard was tough. With a positive mindset and a determination to feel good despite any fear and doubt, I walked calmly and eagerly into the interview. The words, truth and expertise that poured out of me totally amazed me! I felt a clear knowing that I had done my best and that this was a great position to have. I succeeded in getting the job and worked with a fantastic group of people for over two years. I thrived and since changing my thoughts and feeling better in the moment, my life has been wonderful. Nothing has been the same since. Learning, practicing and living as a deliberate creator of my own experience is fun, empowering and uplifting. No more default setting for me thank you very much. It’s time to live in the better feelings of hope, passion, happiness, love and appreciation. In the coming months I will be a regular contributor of TurningPoint and I am inviting you to visit this website often. I’ll be writing about The Law of Attraction and the teachings of Abraham-Hicks. It’s time to change our thoughts and deliberately create the life we want. Let me show you how!