

POWERFUL LIVING

Program Summary

Weight gain can be from reasons other than eating. Weight gain can be psychological so together we will get to the “why under the why.” This program will introduce you to options that will give you an insight as to whether there is an underlying issue that is causing you to gain weight. And remember, you are beautiful just as you are. This is your journey in life.

Your thoughts determine your destiny. How? Everything has energy including your thoughts. If thoughts can make you sick, then you must agree that thoughts can make you well. You cannot see thoughts, so the power of thoughts is often diminished. You live giving less attention to your thoughts, so there are thoughts that have become habitual.

For example, there are suddenly discussions of a possible epidemic of a winter flu. You immediately go to the pharmacy to load up on every flu antidote. Energy was used to put your action into place and energy was used when you began to focus on the flu epidemic that was a possibility. Your thoughts create and work both consciously and subconsciously.

Levels of energy have a direct impact on your frequency and vibrations. How? Well, whenever you feel anxiety, anger, fear, jealousy or hatred you are producing low-frequency vibrations. These are the low, heavy vibrations that drag you down. You can suddenly feel down and not know why?

You must now be thinking about Covid and how it gained so much power. We are discussing thoughts and how did Covid gain so much power. First, Covid was covered on every network 24/7, there was fear that began to take over thoughts, the focus was magnified on the deaths and, thus Covid was a powerful thought in everyone’s mind. In this program, you will understand more concerning Covid, and its energy and vibration frequency.

You will be surprised as to how easy it is to change thoughts that do not work for you. What would you do if every thought became your reality? How are these thoughts nurtured? Why are your thoughts focused on you past?

Thoughts in and of themselves do not have power. It is when you begin to focus on these thoughts that they begin to manifest. You can easily invest your attention and even emotions on specific thoughts before they begin to have an influence on you and your life.

Explore the topic of how and when thoughts have the power to create your life. Register now for the program "Powerful Living" and find out how your thoughts powerfully created your past.