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## Does Higher Intelligence Know How To Find You at Work or at Home?

By **Susan James**

**Does Higher Intelligence Know How To Find You at Work or at Home?** by Susan James

We have this carrot out in front of us. It's part of the game we agree to play. This carrot is in the form of our intentions, our desires. We have these carrots show up in our homes, our businesses and our lifestyles. How do you think that carrot got there in the first place?

How do you think you got "here" in the first place? Or do you even think about this stuff. It's when we begin to think about these things, that life becomes easier.

Who put that carrot there ? Well, You did. I did . But we did it from the level of our higher selves, not our personality selves. Our Higher Self, knows what we want, heck it is "he/she" that gave us that thing to want, that circumstance, or situation in the first place.

And why? To take us through a maze. You know this maze. The one where we have an entry point, and an ending point. Then in between, we have these walls , that we keep bumping into, as we try to find our way out of the maze. And what is the goal of getting out of the maze? Lots of wonder, that I won't go into here.

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Now, if we "get smart" finally.....we will stop trying to maneuver our way through our human personality selves. Guess who has the view from above, as to which way to turn in the maze, so that we don't hit those darn walls. Well, the one that set this up anyway, our good ole' higher selves.

Our Higher Self just watches us bang around that maze, until we finally go, ok. I give up. I allow my higher self, my higher intelligence to help guide me through this maze, because he/she, has the view from above the maze.

Have you reached this point yet? Do you even acknowledge that the spirit side of you, knows all the answers, and sees things from an overall view?

If you find this turns into a battle with your ego, to recognize this, then simply ask for your ego to help you. The nature of the ego, is control, especially if ego thinks it's about to lose it.

So, simply recognize your ego for the good attributes that it brings you. It's part of your drive, your ambition. Ask your ego, to assist you in this maze, in this situation, and in no way do you intend to try and push your ego away. You choose instead to further compliment your life with the aid of your ego.

Does your higher intelligence, the smarter side of you, of which the personality side of you doesn't think it's the smarter side...does that higher self, know how to reach you?

It's easy, you know. You just ask. And if you don't know how to ask, then say that. Your HS knows your heart. Just ask in the best way that you can.

Then the maze doesn't hurt quite so much if ever. And that feels mighty good ! (end/sj)

averick Momentum Consultant, Susan James, Writes & Teaches the Application of ©User Friendly Physicsto Human Potential. Dreams Come True To Weight Loss.Author of 6 books incl: \*Manifesting 101/102 & Beyond\*\*MM4M: Manifesting Millionaires\*/17 Seconds to Wt.Loss\*\*\*Manifesting 101 & Beyond\*\* (FREE Newsletter)<http://groups.yahoo.com/group/Manifesting101-Beyond><http://susanjames.org>

**What Are You Going to Inoculate Yourself Against in 2004?**

**By Susan Dunn**

**What Are You Going to Inoculate Yourself Against in 2004? by Susan Dunn, MA, cEQc, The Emotional Intelligence Coach™**

Ever wonder why there's a new flu vaccine every year? That's because the flu virus mutates a little every year, in order to infect us better, and we have to come up with a new vaccine to keep ahead of the game.

The virus keeps evolving so it can do us in, and we keep trying to find new ways to combat it. There is no such thing as a permanent "flu" vaccine, and there never will be.

Getting the vaccine makes us resistant to that particular strain, or resilient. We're likely to stay healthy and be able to fight it off, or to get over it quickly if we get infected.

Resilience is an Emotional Intelligence competency and the same principle applies: when we learn the skills that give us resilience, we're better able to cope with the stresses of our lives. Today more than ever, the stressors are changing rapidly, and we need to be able to change quickly too; to keep injecting ourselves, as it were, with new "vaccine." Emotional Intelligence gives you the power to do this.

Last year maybe it was a layoff, a forced retirement, depression, or sending your firstborn off to college. This year it may be major surgery, marriage, a promotion, or having your first child. Learning Emotional Intelligence competencies will make you better able to cope with whatever comes your way and will assist you through all your transitions.

The quicker we can change, and adapt, the more resilient we'll be!

Start the year off right by honing your Emotional Intelligence competencies. Take an EQ Foundation course, and work with a certified EQ coach.

Your health depends upon it!

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What Are You Going to Inoculate Yourself Against in 2004?

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Emotional Intelligence vs. Cognitive Intelligence

How to Learn What You Need to Learn in Order to Succeed

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