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How To Actualize Your Potential

By Juanita Bellavance

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Are you tired of struggling and trying to realize your dreams, yet constantly missing the mark? You know your potential but just keep on missing it.

How do you know when you have actualized your potential? When you are in your full potential, there is an experience of joy. Serendipity occurs where opportunities and solutions appear seemingly without effort. You move naturally into the next phase of your effort.

If this is not occurring for you, you may have missed a few steps between your idea and the actualizing of it. The steps you have missed are often internal thoughts you may be having as you go along the way.

Let's take a look at some internal obstacles within your spirit. As a child you enjoyed the delight of discovery. You gave no thought to success or failure. You simply enjoyed the process of being alive and experimenting.

Gradually your ego developed, you became self-aware or self-conscious. As a result you began to compete with your fellow man and judge opportunities based on personal gain. You became separate and began to experience superiority.

Because of the impact of your ego on your choices and the results in the world around you, you must begin exploring your ego or self-consciousness to discover your higher plane that you had as a child and left behind. It is an exciting journey that takes you to unity, learning the art of co-operation and sharing with others.

At this point you will see that we are all connected and the culmination of this journey of discovery is the ultimate discovery of yourself as creator, an evolved, wise, compassionate, and fully "aware" soul.

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This discovery is the actualization of your potential.

I was on a tele-seminar with April Dunson of

<http://www.dessence.com>

the other day and became so

aware of the impact of self consciousness on my choices at times. April asked a question about whether we believe we could acquire money with no effort. At that very moment, my thoughts were about how that could be done! A child would never have thought such thoughts. They would have simply said "sure!" Children acquire money constantly with no effort.

Even as I write this in the hopes it will make a difference for you, I am becoming conscious of my constant blocking of my potential with such questions of "how" rather than just saying yes to whatever comes to me.

I invite you to explore your self-conscious and let go of thoughts that entangle your process and

experience the actualization of your full potential. As you probably know, it is a faster process to reveal your thoughts through conversation with others who can help you check your thoughts, than when you try to do it alone. Explore and bring back your "child" so you can move through the steps to actualizing your potential.

Juanita Bellavance is an entrepreneur coaching entrepreneurs. Find out about her latest teleseminar on risk-free arbitrage trading at

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Healthy Thinking: Freeze Negative Thoughts and Let Our Sun Shine!

By Scot Aaron

We all know negative thoughts can build up pressure, activate unwanted emotions, and stop us from acquiring deserved blessings. Many also recognize that struggling to stay positive often candy-coats reality. People suffer around us. Where is empathy? Once strong we can offer strength. Ultimately, we can align our lives, actualize our potential, and share.

This article will discuss a mental method to freeze thoughts with Liquid Helium, projected into the sun's core to enlighten our lives.

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Life is precisely the way it needs to be in order for us to learn. Now is the time for us to grow. Each day we can grow a little more. Try this "Helium Freeze" and test it for yourself. Use liquid helium to freeze negative thoughts drifting into or amassing strength in the mind.

We all know about helium balloons. Helium exists as a component of our air. Higher percentages occur in natural gas deposits. When helium gas is compressed (like air in air conditioners) it can turn into a very cold liquid. In fact, liquid helium almost reaches absolute zero and provides the coldest temperatures we can get on Earth. (Liquid helium boils and becomes a gas at 4.2 Kelvin, -268.9 Centigrade.)

Contain and bathe negative thoughts, images and feelings in liquid helium. This is the Helium Freeze. Now, you could just continue on with life, or consider another dimension of this Helium Freeze.

How can we know for sure the best ultimate future for us individually? For example, most of us would agree that more money would make life easier. However, what if acquiring more money leads to more distraction where we avoid learning and accomplishing what is best for us? This is where we let the sun shine and consider the second part of the Helium Freeze. Take the frozen thoughts and project them straight into the center of the sun.

The rationale goes like this. The bulk of energy from the sun stems from the fusion of helium 3 to helium 4. [Fusions start with single protons of hydrogen to heavy hydrogen, until helium 3 (2 protons and 1 neutron) fuse to helium 4, releasing energy and 2 protons.] All energies on Earth, including negative thoughts, can be thought to stem from helium fusions in our sun. Mentally freeze the thought with liquid helium and send this package into the center of the sun. You can even go back and freeze past thoughts and images.

The center of the sun can represent energies being generated for our future on Earth. If a thought is meant to strengthen and empower, bonds will connect and direct power from the sun's center. Let power in our sun's center repel and eject negative, disempowering thoughts. Let the power of the sun help determine your ultimate future and contribute to the ultimate future of Earth.

Grow each day to actualize your potential. By projecting your packet of energy into our solar center, the power of light can determine what is best for us individually. Trust that our sun's center and glorious future on Earth know best and will inspire individuals to help generate this future.

Have confidence in natural processes of energy represented in the center of our sun. The mass of our

sun can be compacted into the size of Earth, as if an ideal Earth orbits around the center of our sun. Stars similar to this are called white dwarfs by astronomers. They are suns with a solid carbon core where 3 helium have fused into carbon. This symbolic physical reality for our future can be instigated in the center of our sun. It is time to go beyond the simple production of helium and to fuse component pairs (helium) on Earth to carbon. Let's realize the reason for our carbon cycle on Earth and why diamonds (carbon) are the hardest and most expensive stones on Earth.

This Helium Freeze projection directs energies to fuse helium to carbon. All energies covered in the

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helium (as if frozen in the helium from which energies originally stem), need to fuse. The ultimate future of Earth can be intimately connected to a carbon core. This symbolic future can empower individuals. (Note, only the surface of our sun is measured. There is no way to prove or disprove carbon atoms generated in our sun's center, beyond theoretical assumptions.) Our brightest star Sirius can assist in connecting to our Sun's carbon core. Sirius consists of a yellow sun and white dwarf carbon star.

Try the Helium Freeze and its projection to put negative thoughts in their place, and empower the connection to our positive realities. Say you have to choose between a few possible directions. All can be positive, but only an unfolding of the future will ultimately show which choice is best. Freeze all three and project them into the center of the sun. The best reality will most effectively contribute to the fusion of helium to help generate the carbon core. Now, just trust in your projections and allow reality to unfold. Positive thoughts and events in life will inspire and affirm the course to take.

Try the Helium Freeze and organize carbons circulating inside and outside. Much of our body is made of carbon atoms, second to only to oxygen which is primarily water, H₂O. We continually contribute exhaled carbon. Plants absorb our carbon dioxide. Try the Helium Freeze for unwanted habits. For example, if you want to quit smoking, freeze the positive energy of successfully giving up an unwanted habit. Project this to the sun's center. Especially Helium Freeze the desires to smoke. Submerge those nicotine molecules in liquid helium. Once projected into the sun's center, addictive energies can be ejected when helium fuse into carbon atoms. Feel these nicotine energies completely ejected from the sun. The more focused your projection, the stronger the carbon core can repel and eject unwanted, unneeded energies.

See images with this article at

<http://scotaaron/HeliumFreeze.htm>

Email your success using this

method to <mailto:aaron@2powerhouse.com>.

Scot Aaron has written "Get Free from the Chains of Pain," "Love Your Neighbors? Discover the Real World Religions," and "God's Science: A New Look at the Bible, Stars and Universes." The last two books are still in print, available at amazon.com or ordered at bookstores. His personal webpage is at

<http://scotaaron.com>



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