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Visualize & Create Your Reality

By Hershey Wier

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By Hershey Wier

If any of you are not taking at least five minutes out of the day to relax, to collect your thoughts, to de-clutter and regroup, then that's your basic assignment starting today. Some days it seems that our days are filled with one crisis after another. One stream of busy-ness to another. When it seems like your world is a spinning merry-go-round, did you know you can stop? Yes, you can stop and get off. Let's try it right now.

Are you off? Good. Are you alone? Is the room quiet? Is your "Do Not Disturb" sign hanging outside your door? Now you're ready.

Sit down and relax. Smile and breathe deeply. Get oxygen moving to the far reaches of your body. From your big toe to that little lump sitting right square on the top of your head that Sally or Tommy gave you in second grade.(It was an accident, of course.)

Visualize & Create Your Reality

Now, imagine an ideal situation that you would like to see yourself in in the future. Maybe you simply would like for tomorrow to be a calm, soothing day. Or, something more. Perhaps you're looking for more contentment in your family life –or – you'd like time for the hobby you've always wanted to pursue –or – the job/business/creative life endeavor you've always wanted to go after – but – just haven't had the time/courage/money/good hair days/_____ your excuse here/all of the above – that you feel is necessary in order to go after that dream.

Got the picture?

Now put that picture in your mind's eye. No peeking – keep your eyes closed. According to Shakti Gawain, from her book *Creative Visualization*, pink is the color of the heart, and she calls this exercise the Pink Bubble technique. Do you see the color pink around this picture you've created? The passion of your heart is a necessary ingredient. If there is no passion to pursue the dream in this image you've

created, try shifting the image around a bit to something you feel more comfortable with.

Sit a bit and absorb that dream you've created. Eyes still closed? Is your big toe and your lump still getting lots of oxygen? Good. Let that image that you've just created permeate your being. Do you feel peace with it? There may be some risk in it. That may be fine. But, do you feel peace with it?

Still got the picture? Now, when you feel complete and one with that image, send it off. See your image in a bubble, shrouded in a pink haze, floating off like a prayer. If thought is reality, and in high school many of us learned that we think and therefore we are... then you have just sent a piece of reality off into the world to do some work for you. Expect some synchronicities to flow to you. Expect to meet a key person, or learn something that will bring you one step further along on this dream.

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Hershey Wier, MBA, speaks, writes and coaches on personal and professional development. She founded ANEWIST Personal & Professional Development Services in order to offer fresh insight, guidance and support to people in achieving more fulfillment in their life path. Her unique blend of creative techniques and down-to-earth principles gives a balanced, enjoyable approach to creating synergistic, positive outcomes in life.

How to Write a Children's Book in 30 Days or Less!

By Caterina Christakos

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How to Write a Children's Book in 30 Days or Less!

The first time I attempted to write a children's book it took me three months and several years of promising myself I would do it "one day." In that time I managed to wash the dog a million times, rearrange my closet, get my apartment so clean that they should have done a commercial about it and procrastinate in ways that gave the word a new name.

When I actually sat down to write the book it took me two days and that was with editing. That is the longest that it has taken me to write a children's book since then and in reality, unless you are writing an epic it will not take you more than that period of time to write yours either, after you read this article.

Why then the title, " How to Write a Children's book in 30 days or less?" So that you will have time to wash the dog, clean the closets and get Mr. Clean to personally come in and interview you, in addition to writing a children's book that you will treasure forever.

The Six Keys to Getting Past Procrastination

–Visualize– Visualize your goal. Visualize your Story. Visualize your life the way you want it to be.

–Prepare– Prepare your work space. Prepare your family for your writing schedule. Prepare yourself for all the possibilities that will open up to you.

–Create– Create an environment that you can work in. Create characters that you will enjoy spending time with. Create an entire world for them to come to life in.

–Announce– Announce out loud to yourself every morning what your goal is. Announce to those supportive of you that you are finally going to put pen to paper. Announce your need for their support and cooperation.

–Collaborate– Collaborate with other writers for ideas. Collaborate with your children and find out what kids actually

want to hear about. Collaborate with librarians in your area to see what types of stories are selling.

–Proceed– Proceed with your plan every day. Proceed to add pictures and ideas to your treasure map. Proceed toward the

future that you deserve.

If you follow these six steps diligently, you should have more than enough time to write your book, give Fido his bath and make sure that your summer clothes are at the front of your closet. Good luck and have fun.

Caterina Christakos

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<http://www.howtowriteachildrensbook.com>

Caterina Christakos is a published children's book and how to author, as well as a freelance travel writer. Her work has been viewed both nationally and internationally.



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