

Hello Friends,

I hope this email finds you well and full of life. I'm on the plane headed home from another training by Dani Johnson. Man, she's good! I have just been refreshed. Taking this training with one of our sons was one of the most rewarding and important things I have experienced. I believe that any family that engages in these trainings together will be the strongest, happiest possible. Family is the backbone of society, from another audio book; Change Your Aura Change Your Life. I will talk more about that later.

I'd like to thank all of you who have sent positive messages and those who have read to the bottom of each email. The lucky winner of this week's prize is Jeremy Wood. I discovered when I get to the end of an audio book I can share it with you. They say the 1st book is free. My guess it is for those who do not have an account yet. If you would like to receive a suggested book and possibly get it for free when you reply with your name and member number for this week's drawing, include your cell number and state you would like a book suggestion texted to you.

Please know the road to success, happiness, [Joy](#), peace, [harmony](#), whatever feeling you are searching for can and will be difficult at times. Not everyone will be happy for you. Not everyone will share in your joy or desire to be better or happier. Some may even make rude, sarcastic comments about your journey and your teachers. Many did the same and some still do when it comes to essential oils, toxic chemicals, organic food, vaccines, etc. I share this in hopes it will encourage you to not doubt yourself and do not let anyone sway you when you are headed in the right direction and if you reading these you are headed in the right direction. Others people's opinion of you is none of your businesses... Dr. Wayne Dyer.



Twenty years ago, essential oils were unknown by the majority. Toxic chemicals, organic food, gluten free, bottled water, vaccines, microwaves and fluoride being harmful, etc. were all foreign subjects to the majority. As I venture off on this journey I

reflect on the early days of what I will call “being different”. I didn’t let anyone influence my belief or what I felt was “a knowing” then and I will not now because this is what so many needs. I am extremely grateful for all the people who continually keep writing, recording, lecturing and spreading the word of this life changing information. It’s so amazing. All schools should teach this. All churches should teach this. If I had employees it would be a requirement. It should be a requirement before you get married, have kids, etc.

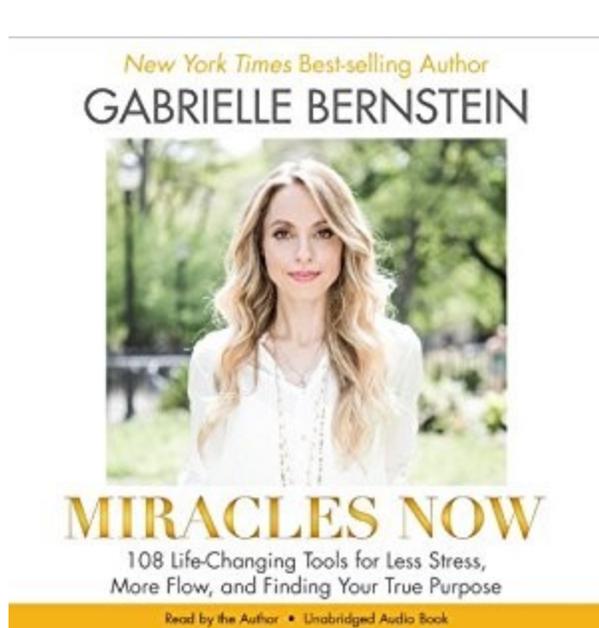
When someone had a health issue I would share what I knew could help them or possibly help them and they had no interest, I took it personally. I no longer take it personally. I now know it has nothing to do with me or what I am sharing. It’s their lack of self-love. Self-hatred shows up in many forms. Recently I had the opportunity to talk with someone about healthy choices using the car and body part removal scenario. She said, “you are so right but I’m going to walk away now because I like my junk food” My reply, “I love your honesty.” It was a great feeling to not take it personally and even better for her to be honest. Not taking care of yourself, eating junk food, using toxic chemicals, no exercise, taking prescription drugs, over eating or drinking, smoking to name a few are all signs of self-hatred or lack of self-love. Over working is even a form of self-hate as well as doing just enough to get by financially, spiritually and emotionally. Allowing and maintaining an abusive or just unhappy relationship is a form of self-hate. I know of a training that can turn this around. 😊

We all have self-hate/self-guilt in some form that we are not even aware of. I truly believe my shoulder issue was not only to slow me down it was also coming from self-guilt/self-hate. I chose to do whatever it took, besides surgery to improve my life and heal my shoulder pain. We all have the same opportunity to improve our lives. If you chose to keep doing what you are doing, that’s clearly self-hate. If you have self-love what would that look like? Are you willing to do whatever it takes to have a better life in ALL areas? If not, have you ever asked yourself why? Why would you want to live anything better than the best life you can and if you have children small or grown, do you not love them enough to better yourself or encourage them to improve their life? They will be what you are. And be clear about your choice. If your life is not in harmony, all areas, financial, spiritual, relationships, how can you help them? If your marriage is not what you would want your children to have what are you saying to them? Did you know there is such a thing as generational curse? When we don’t take care of ourselves we are not only hurting ourselves, we are hurting our loved ones as

well. Emotionally as well as physically. If we get sick, we might need someone to help care for us. It causes stress, hurts people, cost money, takes time, is depressing to see someone you love hurt. We might have to drive to the doctors, to the drug store. If in the hospital they feel like they must sit there with you and a hospital is a germ filled depressing place. So, when we don't eat healthy or exercise, etc. it effects who?? When your body breaks down everyone who loves you pays? Who is effected by your personal choices? If your marriage is not completely harmonious and loving, what are you showing them? Even debt is a burden on loved ones. All our choices affect others. Who are you and what are you here for? I know of a training that will help in these areas. ☺

The spiritual path is the path of the heart and at every moment we are either walking the path of love and creating happiness or swerving from it and creating suffering. Every thought we think leads deeper into love or deeper into fear. Love is sane, fear is not. Choose love or choose fear. Simply say "I chose to see peace rather than this" Write that down and put it where you can see it whenever needed.

We tend to use the word worry in our everyday life. I'll worry about that later or when the time comes. If we worry, we are not at peace so if you want to be at peace release the word worry from your vocabulary. We get back what we put out. Be conscious of every word you say. If you want to attract someone who cares for you, you must care for yourself. Your mind and your body. Knowing what I know now I must recommend what works.



[Miracles Now by Gabrielle Bernstein](#).... Just show up! A common excuse is "I don't have enough time". I don't have time to meditate or pray. Response, do you have time to feel like shit? 90% of creating new habits is just showing up. Just showing up is a massive statement to the universe that you are ready, willing and able to receive guidance. Showing up supports you in creating a new habit in getting unstuck. That's basically all this is, creating new habits. You must start somewhere if you want your life different. Stop waiting for something major to happen,

just show up for change. Gratitude is the key to prosperity and happiness. It opens the vault of blessing! Get your Gratitude oil!

In some form or another we all suffer from some form of addiction. Some chose drugs or alcohol while some others are hooked on food, sex, gambling, work or the internet. The list is long. We turn to these substances or activities to avoid feeling our discomfort. Even if we are not addicted to traditional vices such as cigarettes or alcohol we can be addicted to neurotic patterns such as fear, victim hood, rejections, validation, and so on. When we are addicted there's and imbalance in the pineal gland also called the 3rd eye. When the pineal gland is, imbalanced bad habits turn into severe addictions. The imbalance it the pineal gland effects the pituitary gland which regulates the rest of the glandular system. When the pituitary gland is effected the entire body and mind swing out of balance. She refers to a mediation that can be healing for anyone. Anyone with addictions or not. Mediation described in chapter 41 of Miracles Now by Gabrielle Bernstein. Be diligent, and persistent.

Success, what is your definition of success? My definition of success is to laugh often and much; to be in a loving, respectful, passionate, fun relationship; to have respectful, loving, kind, happy children who are always seeking to better themselves; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate the beauty in everything; to find the best in others; to leave the world a better place, whether by helping guide others to a better life or picking up trash that I did not drop; to know even one life has breathed easier because I chose the harder road by being "different" and was willing to share that knowledge.

Affirmation: I do not fix problems; I fix my thinking. Then problems fix themselves.

What have you done today to improve your thinking to be more positive?

January is not that far away. Chip and I will be in Orlando for the next 1st Steps to Success training. Tristin will most likely be there as well as he sees the importance in this.

Here's what Johnny must say:

Well I'm sure your life is going awesome. You have a passionate, steamy relationship, a job that values your talents and lifts you up and Money in the bank. So, I don't know about you. Maybe you already got it ALL figured out. But, if you don't. If you're looking to equip yourself with the skills to rekindle or rebuild those relationships that have slipped away. If you're looking to be part of a like-minded group of people that care about helping those in need. You want to annihilate your debt and become financially independent... You must get to First Steps to Success and Creating a Dynasty. Before I plugged in I was not enjoying my life. I was working in a job that I was not passionate about and felt like I was being under-valued and under-utilized. I was spending my whole income just on paying bills and I felt as if things just could not get better. But after applying what I learned from Dani, my communication skills have improved. My girlfriend and I have a loving Committed Relationship. I realize that my job is a Stepping-stone for the bigger picture of my life. I am now enjoying my time at my job and have built mutually-beneficial relationships with the management team. I could get the hours I want to work and get a raise. I Also will be consumer-debt free by July2017. So, I don't know about you, all I know is This Stuff Works!!!

Johnny B.

Have an Awesome week!

May many blessings come your way!

In love and gratitude,

Kathy