

SPIRIT, MIND & BODY

Manifestation: Act I

How do you get from where you are, to where you want to be?

I believe that the most crucial element in manifesting our desires is clear and pure intent. Intention is the beginning of everything both good and bad. If you intend good things, good things happen. If you intend bad or negative things, they're likely to happen too. I believe that we create our own reality. More and more, awareness and scientific research is suggesting this is true.

I believe that if you think vibrant, supportive and loving thoughts, these thoughts enhance your energy in the universe, which in turn attracts complementary energies. Together these energies can create something magical.

I believe that these energies are in search of each other so that a creative process can occur. As I say to so many of my clients, "What it is you want, actually wants you as well." Isn't that a nice idea?

Try accessing your own personal experience. Was there a time in your life when you

saw this in action? Was there a time when you were crystal clear about what you wanted? A time when you believed you could and should have what you wanted? Then, before you knew it, you found yourself standing right smack dab in the reality of what you wanted -- feeling a bit bewildered, but powerful nonetheless.

One of those times for me was a few years back when I desired to move out of my cottage house in San Francisco. I had been renting it for eight "parking grueling" years. I wanted out. I knew it was time to move on. I felt my growth was stagnant. I was tired of expending valuable energy on taxing daily events like parking and noisy neighbors and distracting events like gathering for coffee everyday or cocktails every evening. I wanted to focus and to create a body of work. I wanted to study. To do that, I needed time, space and quietude. I had loved my little place at one time, but eight years had brought a lot of change and

now the walls were closing in. What I didn't know, however, was where I wanted to go. I was single. My family all lived elsewhere and I considered several options that would take me closer to them. Or not. Smile.

Ultimately my indecisiveness brought the house down -- literally. I wanted to move and to grow, and the universe apparently wanted this for me as well. In its timely brilliance, the universe orchestrated a broken pipe that sent my kitchen ceiling tumbling to the ground. Streams of water gushed rapidly into the living room and bedroom, revealing new cracks every second. The water and hundred-year-old plaster fell chaotically about the wet and steamy house, claiming much of my electronic gear and other personal property. A complete renovation was needed to save this once darling little house, but that was not for me. I was moving. I was DONE.

Clear intention is important. The greater the clarity, the more appropriate the response.

Countless friends have told me how they want a mate. "I just want to meet a nice guy" or "a fun loving gal", they would say. Then they meet the "nice guy" who bores them to death or the "fun loving gal" who is having equal fun loving all their pals. "Well," I say to them, "your intention was not clear enough. You didn't spell it out!" It is important to be crystal clear about the essence of what we want but not necessarily about how it is going to look when it shows up. We have to intend, tweak and let go. If we are intent that our desires look a certain way, they could be standing right in front of us and we would miss them.

Pamela Bell is a professional Life Coach and hypnotherapist. She owns and operates Desert Moon Rising, a "Life Design Studio" at 1404 Second Street in San Rafael. She can be reached at 415.637.5497 or at desertmoonrising.com.



I believe it is the essence of what we want that matters most. How it manifests itself may vary. That is one of the great mysteries of life. The "how" is beyond our immediate understanding, but the "what" and "when"? Those we can do something about.

As the New Year gets underway, I believe one of the best things you can do for yourself is to pave the way for your own growth and change. Clean out the old energy by resolving outstanding issues and forgiving past regrets. Clean your house. Open your doors and invite new energy in. Sit quietly, without distraction. Consider what it is that you most want for yourself. What does it look like? Does it have a color or a sound? How will it feel once you have found it? What will you do with it? How will you be different because of it? Why do you want it? How will you keep it alive?

Believe in it. Write it down. Talk about it (even if only to yourself). Make it real.

If you wish to manifest beauty, surround yourself with beautiful thoughts, things and people who emit beauty. If you wish to manifest abundance, think and behave abundantly. You may notice that a shift in energy occurs almost immediately. I also believe that action is often more important than intention. What influences the strength of your intention is what you believe can be achieved.

"The highest faith still makes the highest man, for we grow like the things we should believe, and rise or sink, as we aim high or low."

--- Anonymous

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BALLARD STREET

by Jerry Van Amerongen



"There's another negative thought," thinks Trudie, "and it came a lot quicker than the last one..."