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# Unlock the Magic of Your Relationships

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## **Stop and Smell The Roses**

Don't forget to enjoy your successes along the way while on your continuing path of accomplishing goals.

Yesterday was my birthday. It was a delightful day during which I heard from many friends, through email, telephone, and in person.

I enjoyed lunch out with friends, and in the evening I was taken out to dinner by my husband Rob, to my absolutely most favorite restaurant, Fusion, in Scottsdale, which is owned and operated by Chef Matt and his lovely wife JenLyn.

Fusion is clearly a labor of love and a lot of hard work. Being there last night made me think about the "Cheers effect" made famous by the long running TV show, and the line in their intro song, "a place where everyone knows your name."

I am fortunate in my life to have many friends I thoroughly love, and many places where I enjoy the "Cheers effect" of hospitality. Thanks.

## **Law of Attraction and Deliberate Creation**

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Nelson Mandela once said, "Resentment is like drinking poison and then hoping it will kill your enemies."

Resentment rides along with embarrassment, jealousy and lack of confidence. On the Emotional Guidance Scale in *Ask and It Is Given*, that falls in at 20. Even hatred, revenge and anger are higher up the scale, potentially leading to the reactions (and actions taken) due to feeling resentful.

Getting up to discouragement is an improvement, and aiming to continue moving up the scale rather than back down the scale will continue to provide relief.

I remember feeling jealous one time when a friend won an all expense paid trip to Europe in a drawing we had both entered. It's amazing how debilitating those feelings can be and how time consuming they are in your thought processing time. The jealousy definitely didn't feel good, and even though my friend was certainly not "at fault" for winning, I could see how the jealousy could impact the friendship if I didn't find a way to get it under control. When I was finally able to identify and admit my feelings, I ended up being able to say that I was so jealous that I was orange with envy working my way towards green. I didn't know anything about True Colors then, but how amusingly appropriate that assignment of colors to the feelings ended up being. Remember, *In Ask and It Is Given*, Esther and Jerry Hicks tell us that Abraham says, "There are many words that are used to describe emotions, but there are really only two emotions: One

feels good, and one feels bad." As soon as I identified, acknowledged, and accepted the emotion, and found a humorous way to look at it, the jealousy disappeared immediately and never returned.

Additionally, Abraham tells us that we need to practice *Deliberate Creation*, which is Choosing Better Feeling Thoughts. "*Deliberate Creation* is not about the condition changing and then your finding a better feeling in response to the changed condition. *Deliberate Creation* is about choosing a thought that feels good when you choose it, which then causes the condition to change.

*Deliberate Creation* is how we move up the Emotional Guidance Scale, step by step to better and better feelings.

A fun exercise in *Ask and It Is Given* is called *The Rampage of Appreciation*. I love the sound of that! And it's really so simple. Look around your environment and find something pleasing. The longer you focus on something pleasing, the more positive feelings you experience. According to Abraham, "The more you find something to appreciate, the better it feels; the better it feels, the more you want to do it; the more you do it, the better it feels; the better it feels . . .the more you want to do it." The Law of Attraction assists with the powerful momentum of these positive thoughts and feelings.

A few days ago my printer decided it didn't want to print anymore. While I thoroughly enjoy acquiring things I don't have (for example I'm currently focusing on 'attracting' a new Mac Pro laptop), I'm disappointed when I find myself needing to purchase something I already have and am happy with - like a printer that is only two years old. So, off we went to the store in search of a new printer and to see what the new and improved features would be in the newest model. I was still having difficulty finding good feelings about replacing it until I decided that I really needed to focus on it being a positive experience. It was then that I remembered that I could give the defunct printer to one of the technical schools where the students would learn as they figured out how to fix it, and I would be making a deductible donation. Win, win.

### **Relationship Workshops**

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The Relationship Crew really is actively working on the next series of workshops. Thanks for your patience.

### **The Relationship Diva and Crew**

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### **OUR COMMITMENT**

The Relationship Diva and the Relationship Crew, (Francesca and Jeff Schultz, Clinton Maxwell, and Tammy Mayfair), are committed to bringing information to you that will enrich your personal and professional relationships.