



with Alicia Isaacs

Changing Inside Out Now! Newsletter Special Edition

Copyright © 2011 – Changing Inside Out Now! All rights reserved – Alite Administrative and Writing Services
Author: Alicia Isaacs – <http://www.changinginsideoutnow.com>

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording or by any informational storage or retrieval system, without expressed written, dated and signed permission from the author.

Stay Connected to the Source of your Power and Become Empowered from Within

When we understand that there's a Source of unlimited power and abundance and that we can connect with and be one with the Power Source, our limited thoughts and perspective of ourselves begin to change. We change when we become consciously aware that we are not independent but are connected to a Source, a power that is greater than this physical realm.

Recognizing that all life flows from the unseen realm, we begin to experience from this unlimited resource, new levels of power, inner strength and abundance manifested in all aspects of our lives.

It is then that our priorities change, more time is filled with living life on purpose and not spent on thoughts and activities that drain our energy and deny us the opportunity to connect with our Source which energizes and fills us with new life.

When we become enwrapped and intertwined with the Spirit that produces and gives light, we project that illumination from within into our external world.

However, this relationship is not established amid our busy schedules but in the quiet time spent in silence as we release from our minds all external concerns and enter into the chamber of the inner holy sanctuary and into the Presence of Unconditional Love.

In this place we allow the radiance of love's presence to begin the miraculous transformation process within us; for no miracle is greater and no change is lasting than the miracle of a changed heart. We may have physical health and wealth but what is the gain if our inner sanctuary has

been desiccated, left abandoned and separated from our true heritage which is a life in complete oneness with God, our Source?

For as a branch disconnected from the tree or a tree apart from the soil soon withers away, loses its zest for life, so will we when we disconnect from the Source of our power.

Stay Connected

Every plant, every tree, in order for it to survive, must stay in the soil, its source of life, where its roots remain covered from the elements and where it draws its nutrients and water to sustain life.

While out of the soil, a seed remains a seed with the potential for life hidden within its outer layer. Only when it is sown into the life-energizing nutrient enriched soil and is watered, does the outer covering begin to loosen its grip and its true potential begin to emerge.

Similarly, in order for you to live to your fullest potential; with vigour, vitality, intensity, freshness, it is imperative that you stay connected to the Source of all life, the Source of your power.

As you stay connected, the hard outer shell of insensitivity that causes hardness from adversities, begin to loosen its grip on you. Your roots, your heart, your spirit become softened and energized.

The energetic power of the Spirit revitalizes your inner being, breathing life into you causing the light and the gift within you to emerge and shine outward.

No tree or life ever starts out the way they are; as a grown tree. Every tree, every animal, every person began in the secret place; seeds - the dark quiet place of the soil, a baby - the quiet place of the womb. Yet, where they

began was filled with life-giving energy, nurturing them and allowing them to grow.

In the quiet place of your inner being, you connect to your life source; the Source of all life and continuously allow the flow of life to move within your being then out into your reality.

The Higher the Tree, the Deeper the Roots

As a tree develops, the roots become stronger and larger - the higher the tree, the deeper the roots. Because of the nutritional demands on it to sustain life, roots go deeper into the silent depth of the soil and can reach to a far distance away from the tree itself, to provide the necessary sustenance it needs.

Great men and women who have positively impacted the world have spent countless hours in the silence, in quietness, listening, drawing sustenance from God, their Source, and being filled with inner power and strength.

In order for your life to be any different from the way it is now, connecting with God the source of all life, is an essential step, where this life emanates from the roots through the veins of your inner being, into your outer world.

How to Connect to the Source of your Life

1. Find a quiet place

Set a time and place, where you will not be disturbed, to sit quietly and listen in the stillness. It is not always necessary to talk but just listen. The sweetest experiences take place in the silence. Silence is music to the soul.

2. Release everything from your mind

Release from your mind all external concerns, all negative energy and allow your attention to be drawn to your inner being. Breathe in life energy and exhale, releasing all tension and allowing your body and mind to relax.

3. Open your heart

Allow your heart to relax and be open to receive love's gentle touch and inner guidance. An open heart is free to allow the sweet essence of the Spirit to flow through it and fill it with life.

4. Enter into the chamber of the inner holy sanctuary

Focus your thoughts and emotions on your inner secret place of peace. There's a place inside all of us where none of the outer conditions can disturb. Look for the peace within. This is the chamber of your inner holy sanctuary. Rest here. Feel the calmness within.

5. Feel your feelings

Feel the feelings of this peace allow it to flow within you. Feel it within every cell of your body and allow your body to become one with it. Don't rush through this. As you become familiar with this peace, you'll find that you can enter into the space more easily no matter where you are.

6. Enter into the Presence of Unconditional Love

Feel the feelings of love within and bask in the rays. Allow the warmth to penetrate and saturate your inner being until you are satisfied in your soul. Let the Presence of Unconditional Love penetrate your pain and heal you from within. Be open. You are safe here. You are home. Let the healing energy flow in and through you now.

7. Listen carefully

Keep your inner ears open in the stillness for the gentle whispers of the Spirit. Here is where you become familiar with the Spirit's inner promptings and wisdom. Develop your listening skills. Listen intently.

8. Allow the radiance of love to begin the miraculous transformation process

As you allow love to flow in and through you, removing all the debris that blocks the path of this transforming energy, you'll find that this same energy will begin to change you from within. Others around you will also be affected by this change in a positive way on a subconscious level because that energy of love will emanate to them as well.

When you make this a regular practice, it will begin to become a way of life and you'll find yourself enriched with the inner beauty of love, joy, peace and the abundance that life has to offer – your true heritage. You'll be empowered from within to face any situation victoriously.

Do you know your path?

Every seed has a purpose. Every seed sown in the soil has within it the intention to fulfill the purpose for which it was created. It grows naturally as its roots extend deeper into the soil to absorb the necessary nutrients needed to sustain life in order to reach its ultimate destiny, i.e. bear fruit.

Everything you ever needed to manifest your desires and purpose is already in you. They're embedded in your make up. Babies do what comes naturally to them, and as they begin to grow up, they're reprogrammed. Whether consciously or not or due to societal programming, have disconnected from

their Source, their Creator, and as a result, lose their way, their inner knowing and their purpose to life.

Your natural senses were reprogrammed, in most cases not intentionally, by those who have become desensitized. Everything you need has always been there. The path has always been there. It is for you to come in alignment and connect back with the Source, where all Divine Intelligence lies.

As you move along, staying connected and in tuned, the way opens up easily and effortlessly. Often times we are the ones who make this process more complicated and frustrating than it has to be because our minds are cluttered with negativity as well as the sound of the voices of our outer world competing for our attention.

In restoring your connection, you begin to discover who you are and that is mirrored in the deep inner longings of your heart. You'll find it easier to release, let go and allow the Spirit to lead you to the truth about any situation you encounter, even if it means in certain situations to just relax and allow.

Build your House on the Rock

Roots that go deeper into the soil sustain the tree when the storms hit. Staying connecting to the Source is like building your house on the rock.

Whatever storms you face, no matter how hard the wind blows, you will stand secure knowing who you are. And because you are connected to the Source of life, and this life flows in and through you, you can overcome every obstacle.

Nature shows that after every storm the sun comes out again. In order to remain stable, secure and unshaken, you must settle your roots deep into the soil of Life.

He, who builds his house on the rock, when the winds and storms of life come, will stand, for you are focused on the final result. You will give your attention to the end result and know that all is well.

Enlightened in Love,

Alicia Isaacs

Changing Inside Out Now!

For more life-changing doable tips and strategies go to
<http://www.changinginsideoutnow.com>

Find more resources at your fingers tips when you visit
<http://www.changinginsideoutnow.com/products>