

## SO HOW'S THAT WORKING FOR YA?

### AND SHE CRIES OUT WITH FRUSTRATION!!!

*"I'm so tired. I want to go to sleep but I can't because I know if I don't get this work done, then I will remain in my current situation and I want so much more for myself and my family. I am a single mother and right now it is just me and my children. I don't get help from anyone and I have had to become the mother and the father. I'm just exhausted and I wish I had help. I wish something in my life would change and I don't know how much more of this that I can take. What keeps me going is the fact that if I give up, then no one will be here to take care of my kids. I'm so exhausted. God help me. What do I need to do. When are my prayers going to be answered? How much longer do I have to stay in super woman mode? I can't find a man that will treat me right, let alone accept my children as his own. Every time I turn around there is something going wrong in my life. I can't count on anyone in my family. They don't even want to be bothered by their own children. Is this what my life is supposed to be about? I've always wanted more, so much more for myself, but I'm not sure how to go about getting it and when I think I know how to go about getting it, things don't go exactly as planned. It always seems like the very things I want or need are just out of my reach. I don't feel good about myself. I don't like the way I look. These kids are driving me crazy and I need help. I'm tired... I'm tired."*

Ever found yourself or someone you know say something similar to the above?

Life can seem rough and challenging and often times, it's hard to know where to turn for help. You can talk to your friends about what's going on in your life, but eventually, they get tired of hearing you. If they are helping you, then you know that the help will only last for so long. Yet everyone always seems to have something to say about how you do things. Not enough of that or too much of this. Have you ever just felt like saying "shut up and just let me be"?

See the thing is that we cannot expect other people to be able to help us in the midst of their own misery or disappointments. A lot of people are walking around in life, holding on to the things that have hurt them the most. A lot of people in life are holding

on to old grudges and judgments against people from their past because they feel that somebody owes them something. Somebody should did such and such for them. But when, just when are you going to take responsibility for what you have created in your life? When are you going to stop crying, pick up your feelings from the ground and take control of your life? Let's get one thing straight, it's not going to happen by you feeling sorry for yourself. It's not going to happen by you staying on the phone for hours and hours at a time, yapping with your friends and gossiping about others. It's not going to come by laziness or the oh whoa me syndrome neither. Your life change comes by you having the courage to stand up to yourself and claim what is rightfully yours.

Your change comes through the God-given power that dwells within you. Your change comes by the grace and the favor that God has granted you to use your own free will. God did not give you the Spirit of Fear, but the Spirit of Power and of Sound Mind and of Good Judgment of the things that are yet to come. If you continue to dwell on the things that hurt you the most in life, taking your frustrations out on all of your children and the men you have slept with, then you will get nowhere.

Oh, and speaking of men in your life, if you don't have your stuff together, just why would he want to be with a woman like you? Are you sloppy? Clean? Persistent with your dreams and goals in life? Do you have temperance, patience, compassion for YOURSELF FIRST and then others? Do you act with wisdom or discernment or honest? If not, then how do you expect God to bring to you what it is you need? All things do come to pass sooner or later. However, the longer you take to get yourself together, the longer it is going to take for your birthright and your blessings to come to you.

You know, one day while I was sitting there, kind of minding my own business, but I was in a particular frame of mind that made me say - ok, what else do I need to succeed? Just saying that quietly to myself and you know what? I heard the Creator say to me, I have ALREADY given you everything that you need to create your success. And you know what? God is right. What is interesting is that the thing that stood out the most was that God said "I gave you what YOU NEED to CREATE your success". That said a lot, right there. I GET TO create. I GET TO make up my mind, literally about my life choices and the things I want to experience.

The goodness and glory of the Holy Creator showed me that nothing is absolute but a world of possibilities do exist. When we trap ourselves within an absolute way of thinking or believing, we are limiting what God can do. The power of God pervades all things and cannot be contained within human expression. Therefore, it is only natural for the human being to "think outside the box". In fact, a famed healer once said "why not just REMOVE the box?" Why not step back and see things differently than you normally do? I mean, if things were working for you with how you are doing things now, then your life might be exactly where you want it to be.

Sometimes people get so stubborn and they become content with the discontentment. It's kind of like working overtime at a place that underpays you and even though you are disgruntled with the circumstances, you stay within that position. Then on top of that, you talk about the problem with other disgruntled people who are content with the discontentment, expecting to receive words of wisdom or encouragement from them. Since when do people who are already down or depressed or just unhappy with

their lives speak highly of opportunities when they can't find the strength within themselves to do what they know is right for them? It'll be awhile.

The first step to making the change is actually to believe that you can make the change and it is right for you to make the change. The first step makes you say to yourself "I am more than this and I am worth it and I deserve it!" When you get to this point, your tears will begin to have meaning that goes deeper because of instead of sorrow and pain and frustration, they become tears of determination and sacrifice. You start saying to yourself "what does it take for me to make it and how can I get it done or what do I need to work on to change the situation in my life?" Changes don't come by looking for some hero to come and rescue you or by snapping your fingers and wah la - here you go! It comes from hard work and dedication to the purpose that you are serving in life. If you don't know your purpose in life, then through taking steps to make yourself feel more positive about yourself and your life, that doorway opens enough for you to see a little something and then when you are ready to step forward and move through it, it becomes clear and vivid. It becomes a part of your shadow, your soul, your memory because you know that God has called you for a higher purpose. A higher purpose doesn't always mean oh it's going to be super spiritual, but it is definitely higher than what you are doing now or how you are feeling now. Any time you feel low, you are not just feeling low, you actually have what we call a low vibrational frequency. The reason it is a vibrational frequency is because all of life operates off of their thoughts. All of the things you experience in life is operating off of your subconscious thoughts and if you are not careful about what you think or believe and what you have accepted, then you can go on a merry go round of confusion, pain, and ignorance.

Take little steps to change your life if you need to, but by all means, do something about it! The heaviness gets peeled away like onions or a rain shower falling down the side of a mountain - it's going to clean something. You have got to believe that you can make a change and if you don't know how to make a change then you take the money you have and instead of spending it on getting your nails done or doing your hair or toes or whatever, take that money and invest in your internal health, your internal wealth. If your inner immune system (emotional, mental, spiritual) is not in balance then you will never experience truth wealth. The state of your mind and your emotions affects your overall health. It has been proven through science many times over. We know that stress, anxiety, depression, and many other things cause physical ailment.

Everything that you are dealing with right now in your life, including your physical health was first manifested in your energetic body. This is the other you that you don't hear much about because you have been too closed minded to open up to what God has shown you. But if you were made in the image of God then you must know that you are more than what meets the eye. You are more than what can be accomplished with a bottle of vitamins. You feel things, you hear things, you see things and it is for a reason. It is because that is a part of who you are. You have specialness about you that you don't even understand yet. You have specialness about you that you have read about with other people, but you never even considered that maybe, just maybe that special person could be you. You see, we all had to work hard to get somewhere in life, but when your hard work is going towards unhealthy circumstances, then you got to take what is left of you and remove the poison out of your sore.. Then your body can heal. The body includes your mind and emotions and you can do so much more with it than you already have.

Read up on things that are encouraging to your efforts. Find ways to stay motivated and if you can afford it, seek professional help from someone, like a Theta DNA Practitioner, that can help you take control of your mind again.

This is Denika Laurie saying that, hey I have been there but I no longer have to suffer or sacrifice my happiness in order to elevate. If you want to know more about who I am and my services, make sure you check out my web site. It's been a heck of a journey, but I am just getting started regardless of how much has already happened. Won't you join in on the fun?