Be Willing to Transform

If you have heard of the movie The Secret you are well aware by now that your thoughts create your reality. The things that we focus on with feeling are brought into our reality because it is the same vibration. It is just like radio waves. You tune into a certain station because the frequency matches those numbers and then you get a certain program.

The same is true with our thoughts, because even though we cannot see our thoughts they are energy, which transforms into matter in our material reality. When you are able to understand and truly grasp this concept you can begin to recognize the thoughts that are creating your reality.

When we know what these thoughts are then we can change them if we do not like what is showing up in our experience. When you are willing to change your perspective on things your life begins to change also. There is nothing about YOU that needs to change. It is your perspective, thoughts and beliefs that need to if you are not satisfied with your reality.

You and you alone are responsible for what shows up in your life. You are responsible for your relationships, health, finances, activities and so forth. Often times it is our unconscious thoughts that drive us to do what we do and create our experience.

Once you begin to uncover these unconscious beliefs you can decide if they are serving you and what you want out of life. When you are willing to see that you are responsible for what shows up, that is when you feel empowered and are able to create your experiences with intention.

Tips to get started:
Pick up a copy of The Secret. It will expand on the concepts I have touched on here and open your mind up to new possibilities. Look for synchronicities in your life. If someone mentions a book or a movie to you, pay attention and follow direction. It is the universe working in your favor to expand your perspectives.

Expand Your Awareness & Increase Your Knowledge

It is so important to keep energy moving. The energy I am talking about here is your mind. A parachute works best when it is open and that is the same with your mental state as well. Times are always changing and new discoveries are being made everyday.

Most humans fear the unknown and are therefore afraid of change. One of the reasons why K-Mart lost so much business and Wal-Mart took off was because K-Mart refused to change over to a more
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efficient computer program. Wal-Mart understood the need to change and in the long run has become more efficient with their business.

People that refuse to change or see other perspectives get left in the dark. Eventually, they come around but sometimes they miss a golden opportunity. The rate of expansion on all levels is phenomenal these days. Get in the habit of learning something new. Our soul wants to grow and our mind always wants to learn new things. It is our ego that has resistance to growth because it means death to it.

One of the reasons people are bored and feeling unfulfilled is because they are not stretching their minds or expressing their talents. The more you learn, the more interesting you are and the more you have to share with others. It was said to me at a very young age that if I was bored it meant that I was a boring person. Was it a mean thing to say? Maybe. The thing that matters is what I did with that information. I could have let it chip away at my self-esteem but instead I took it as a challenge to stretch my imagination and my knowledge. This is an example of turning adversity into possibility.

**Tips to get started:**
Start reading books, taking dance classes, attending workshops or learning a new craft. Find something that interests you and pursue it. By keeping your interests alive you will be an interesting person with something to offer. If you have resistance to starting a new talent, ask a friend to join you or as the saying goes; Feel the Fear and Do it Anyway, (which is a great book by the way).

One way to conquer your fear is to write it down and then read it back to yourself. Ask yourself what is the worst that could happen. Usually you will find that when the fear is shared it doesn't seem as scary and the outcome isn’t as bad as you thought it would be.

**Spiritual Grounding**
This subject gets kind of touchy with some people. I am not suggesting that you join a cult or go to church every Sunday. That is more of a religious nature. What I am talking about here is SPIRITUALITY. This is different from religion because here there are no rules, no doctrine, no sin and no guilt.

It is a relationship you have with an energy or source outside of yourself. It is with the same energy that created the universe. Some call it The Divine, Universal Energy or God. It doesn’t matter what you call it. What matters is your relationship with it.

Each relationship is as individual as the person having it. I really think that a lot of discontent and frustration and loneliness are because of the lack of this relationship. I have found it has made my life more meaningful and purposeful and fulfilling. Each person is different and spirituality means different things to different people.
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Along with self-expression being the key to happiness, so is spiritual fulfillment. When we are connected to The Divine, Cosmos or God, whatever you call it, the void that we are trying to fill up with our addictions becomes full of serenity and peace.

So many try to fill up the empty feeling they have inside of them with drugs, alcohol, sex, shopping, TV or any other addiction and find that they are on a never ending quest and will never be satisfied. This is not a secret by any means. The key to happiness is not anything outside of you. It is found within you and your connection to a power that is beyond yourself.

**Tips to get started:**
Many people ask me where I developed my spirituality. It is a difficult question to answer because it wasn’t one specific thing. I knew from a young age that there had to be more to life than what I saw physically but as I grew older life circumstances closed me off to that quest for knowing about the Cosmos or God.

I was completely lost and had no faith whatsoever. I was driving home one night and was getting very sleepy. The last thought I remember was that if I crashed and died that would be ok with me but if I survived then I had a purpose here on earth. I fell asleep at the wheel and somehow survived going over 4 lanes of traffic and ending up on the freeway shoulder without hitting a single car or pole. I had survived falling asleep at the wheel.

This began my quest for truth. I knew I had a purpose to fulfill but wasn’t quite sure what it was and in trying to find out what that was I came across many opportunities to learn. I read books, attended seminars, went to New Thought Centers and eventually got my PH.D in Metaphysics. Everybody’s journey is different.

My point is if you have a willingness to learn more then things will come into your life to support your asking. Look for synchronicities in your life. If someone asks you to go to something, or suggest a book, do it. The universe is giving you what you are looking for. All you need is the desire.

**Developing a Relationship with Yourself**

This is one of the more important things to pay attention to if you are thinking about creating a space for a healthy relationship. How many of us go into a relationship not really knowing who we are, what we like or knowing our morals and values? Or we think we know who we are and when we get into a relationship we lose ourselves and become what we think the other person wants us to be.

We become a chameleon and compromise who and what we are. This is the last thing you want to do in a relationship because eventually it will build resentment. Granted, part of being in a relationship is finding out who you are but that is for someone in their twenties.
If you don’t know who you are, become the person you want to meet. When we get clear about who we are then we can get clear about what kind of person we want to be with. You will begin to set standards and not just date anyone and the dating nightmares will cease because you will be clear on what is acceptable to you and what isn’t.

**Tips to get started:**
Take time to spend with yourself without the TV, radio or reading material. Go to a movie, out to eat or shopping by yourself. It takes a lot of courage but it is a great way to build self-esteem.

Without having a good relationship with yourself how can we expect to have a good relationship with someone else? If we are constantly doing negative self-talk what do you think will be directed towards others.

If we don't love ourselves how can we love someone else let alone have someone else love us? Think about it, if you don’t enjoy spending time with yourself, what makes you think someone else would? Expand your horizons about yourself. Get to know who you are. If you have resentments, anger, or an addiction and your life is less than what you hoped it would be there is always an opportunity for growth.

Meet Dr. Lara...
Are you ready for transformation in all areas of your life? Dr. Lara has been helping people regain control of their lives, become at peace with themselves and find true lasting, healthy relationships for over 15 years. We could even go so far as to say that some of her clients have found their soul mate through the work she did with them and are now happily married to their right and perfect soul mate.

Dr. Lara has her BA in Human Services from CSUF. After she graduated she had the ability to go into her private counseling practice. She knew she received an extensive and valuable education and would be able to assist people with their lives, but she also felt there was something missing. She studied all the big psychotherapists and learned incredible techniques but knew there had to be more.

She began to explore alternative methods to “therapy” and embarked on a spiritual and metaphysical journey that completely transformed her perspectives on life.

This physical world is just one aspect of our reality and we are the creators of what shows up in our lives. Dr. Lara has discovered and uncovered many ancient secrets to life transformation. She is capable of transforming people on a cellular level meaning that when a change occurs it is permanent. It’s not like getting inspired and then the sensationalism wears off. No way, this is the real deal.

Dr. Lara has been teaching in a variety of ways. She has helped small children learn how to read, tutored elementary, middle and high school students in many subjects up to leading seminars to help adults manifest and fully absorb passion and purpose in their lives. She also has helped many individuals through her private practice completely shift their entire thought process so they may move forward to realize their dreams.

Her extensive knowledge about human behavior, metaphysical topics, ancient wisdom, energy healing and heightened intuition has helped her make her mark in the metaphysical, educational and seminar world. Her expertise is unsurpassed by few.

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