

Blessings vs Adversity Insight

When you set your intention to improve your life, energy behind the scenes begins to move – resulting in side-effects.

The energy of Florence's words resonates with you, they stir empowerment energy within you and that energy takes off like a rocket attracting blessings to you – and life feels wonderful!

Today, through The Game of Life Empowerment Journal, you're actively anchoring your intention to improve your life. Diving deeper into Florence's teachings magnifies the movement of energy within you – and outside of you – making you a magnet for more of that brilliant, empowered energy within you.

You feel empowered from deep within, then next thing you know, there are blessings everywhere. Every time you turn around, you're face to face with another miraculous blessing!

Then ... adversity sneaks in and you get blindsided and triggered. Anxiety tries to grab you and drag you out of your blessing bliss. When - This - Happens ... it's not because the universe is dumping on you - and it's not the other shoe dropping.

The seeming adversity is a side-effect of shifting your energy to improve your life. You're moving the old negative energy out to make room for the new, positive, LOVE energy of believing and thinking. You're not being punished, on the contrary, the adverse experience is showing you beliefs/thought patterns that do not serve you. Yes ... it's forcing you through an experience of adversity, but the energy must be healed/transformed from fear to love in order for you to move forward creating your new life.

The wounds and painful experiences you've buried in your subconscious are revealing themselves so you can heal them. It's as if they've become tangible and they're waving a white flag, begging to be healed! This healing sets you free to live your happiest, most joy filled life.

When you understand this and are prepared, life doesn't feel so sticky, no instead, you're informed and prepared to face the adversity ... eye-to-eye and heal those painful experiences you had buried. When you observe energy, it reacts differently than when you ignore it.

To heal the uncomfortable feelings, first face the adverse experience. Florence teaches to bless the experience and people involved. I take her teaching a step farther and teach to infuse the experience, people involved and yourself with LOVE. Forgive what's been held in unforgiveness – remember forgiveness has nothing to do with others – forgiveness is the gift you give to yourself. LOVE energy and forgiveness will set you free to live the life that is yours by divine right.

If you need help doing this, I give step-by-step guidance in the Archive of Support Tools.