If you could create your life any way you desire, what would you choose? Often times when we hear a question like this, we imagine a bigger house, a nicer car, more vacations... tangible things. Nothing wrong with that! And, what about the “feeling” of your life? What would you like to have more of? Would you like more joy? More ease? More fun and laughter? What is it for you?

What if, creating the life you desire is possible? Not matter what. No matter who your parents are. No matter how educated you are. Whether you live in luxury or poverty, what if you could begin to create your life exactly as you would like it to be? We often have our list of excuses. “If my partner would be more supportive then I would be happier.” Or, “If I could finish my college education, then I could have money.” Whatever it is, we often place our power in the hands of someone else.

What if YOU are the source for your life? What if it’s not true, that someone else must do or change something? What if you are far more capable than you’ve been willing to acknowledge?

When we are living our lives on autopilot, something else is in control. Perhaps the people we blame for past events. Perhaps the blame we place on ourselves. Whatever it may be, when we are blaming, we are functioning on autopilot. And when we are functioning on autopilot, we are not creating our lives.

Would you like to stop the blame game and create your life? Here are 5 tools to begin:

1. Interesting point of view
   Did you know that your point of view creates your reality? It truly does! Let’s say you have the point of view that you can only have lots of money when your kids are grown and have left the house. Your reasoning is that kids are expensive and whatever you make, they take. Guess what? You will end up not having lots of money while your kids are home. You’re point of view says it’s so. You’re reality will prove it’s so.
   Would you like to change this? Change your point of view! Here’s how. For every point of view that you have say, Interesting point of view, I have that point of view. As you do, you begin to let go of the points of view that limit you. This opens possibilities you haven’t even considered.

2. Is this mine?
   Ninety-eight percent of the thoughts, feelings and emotions you experience aren’t yours. You pick up on the thoughts, feelings and emotions of others and buy them as yours.
   Here’s an example. You’re at the park with your kids. You have this overwhelming sense of tiredness. Your mind says, “Being a parent is exhausting!” In that moment, ask a question. Ask, “Is this mine?” or “Where did this come from?” If you have a sense of lightness when you ask, it’s not yours! You can simply say, “Return to sender.”

3. Questions Change EVERYTHING!
   The next time you come up against an obstacle, ask a question!
   Here’s an example. You get a bonus at work. You are so excited until you get home and find a bill you weren’t expecting that’s more than your bonus. Excitement gone. Ask a question! “What else is possible?” Or, “How does it get any better than this?” Questions open the door to infinite possibilities!

4. Choose every 10 seconds
   Imagine that you had 10 seconds to live the rest of your life. What would you choose? That lifetime’s over. Again, imagine you had 10 seconds to live the rest of your life. What would you choose? Keep choosing every 10 seconds. This stops autopilot and puts you in the now! Choose. Choose again. Choose again!

5. Do something every day that nurtures you
   Choosing to include you in your life creates dynamic change. What can you do today that would be fun for you? What would nurture you?
   Getting out of autopilot and creating your life is possible. The creation of your future starts now!

Dr. Dain Heer travels all over the world facilitating advanced classes, workshops and seminars on Access Consciousness® and a healing process called The Energetic Synthesis of Being. He has written multiple books including Being you Changing the World. In his unique approach, he offers tools that empower people to move beyond their current limitations and into the life they truly desire. Dain is conducting workshops in Sydney & Melbourne in April on these themes - for details visit www.beingyouclass.com

Considering Circumcision?

Did you know the foreskin...
...has thousands of erogenous nerve endings
...is the most sensitive part of the penis
...keeps the glans healthy, moist and sensitive
...protects the urethra from contaminants
...is there for a reason

He might want it some day
Please do your research

Australian medical authorities actively discourage circumcision. Safe sex prevents sexually transmitted diseases, not circumcision. Leaving him intact preserves his right to a natural, complete body.