

# Fuel Yourself with Hope

By Shobhna Hendry, MS, LMHC

As a concept, positive thinking has become popular. There are many books on how we need to think positive and be optimistic in life. Very simply put, positive thinking attracts a higher vibration of energy and this energy is the key to attracting what we desire in life.

Can one maintain positive thinking when worry and fear cloud the mind? Worry and fear consume the energy necessary for positive thoughts. Where there is fear there is limited hope and optimism. Without hope and optimism positive thinking is scarce. In order to maintain positive thoughts, one needs to harness the energy of hope and optimism. Truly optimism and hope go hand in hand.

Hope is the energy that offers us courage to confront our circumstances and the capacity to overcome them. The dictionary defines optimism as "an inclination to anticipate the best possible outcome." Where optimism lives in the mind, hope lives within our spirit.

When fueled with optimism we are led to set goals and achieve them. We are motivated to do what it takes to reach the goals. Optimism is a lifestyle, we focus our mind on the desired goal and through positive

thoughts and an optimistic outlook we set out to accomplish the goal. Some people find that being optimistic is a lot of work. Since optimism resides in the mind there can be many distractions along the way of making optimism a lifestyle or a habit. You are probably already aware of how distracted a mind can be. When we practice being positive, it becomes a training of the mind to be focused.

When fueled with hope we are led to feelings of compassion, peace and authenticity. Hope lives within our spirit. Hope allows us to be resilient and enduring in the face of serious setbacks. Hope encourages us to move forward and be open to possibilities as they unfold with no attachment to the perfect outcome.

When worry and fear become a distraction, that can become a clue, it is time to leave the mind and move attention to the breath or to the pulsation of the heart. The breath becomes the focus of attention. Through the breath, calmness can enter the body. Through the breath you are giving energy to hope. By taking away attention from your mind you are taking energy away from the worries. Your worrying mind is also calmed. Optimism can grow. To remain optimistic, one needs to also

## Beyond Mind and Body: The Power of Soul

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"Dear soul of the finances of mother earth: in every country and in every city, in every organization, and every family, we love you. We give you our love. We are delighted for you. We ask the divine, the saints, the Buddha, the healing angels, the ancestors, fathers and mothers, Mother Earth to heal the financial soul. We love all humanity. We send love, peace, and harmony to transform the world's financial blockage."

This is the wisdom I want

to share with the public. If we send the light, change takes place. But one person is not enough. We need millions of people to give love to heal the financial soul first. If you have a small company of 50 or 100 people, call all employees and the board members to connect with and give love and harmony to the financial soul 15 minutes regularly.

**Kwami: What is your most important message to your readers?**

Dr. Sha: After you have

read this article, after you read all my books, I want you to come away with the realization that you have the power to heal yourself. You can transform every aspect of your life by applying the power of the soul.

Learn more about Dr. Sha at [www.drsha.com](http://www.drsha.com).

Kwami E Nyamidie is a spiritual director and can be reached at [knyamidie@yahoo.com](mailto:knyamidie@yahoo.com).



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## Practicing Mindfulness

Cultivating mindfulness in critical times is challenging. Critical times are however an opportunity to cultivate mindfulness.

Some points to help you practice mindfulness:

- The practice of mindfulness is welcoming and forgiving. It is less tempting to be mindful when unpleasant feelings are on the horizon. When a day has passed and you realize you have not been in touch even once with your breath and within yourself then that moment becomes the perfect opportunity to practice being present. No judgement rendered.

- Since your breath is always with you, mindfulness is easily practiced with attention to the breath. Experience the air as you breathe in. Experience the air as you breathe out. Breathe in. Breathe out. You can breathe in to the count of four, hold your breath for the count of four

and breathe out to the count of four. As you continue to do this slowly and gently let go of the counting and just breathe in and breathe out. Naturally and with ease. Notice the sensations. Welcome the sensations. Watch your thoughts.

- Thoughts are not facts. Surrender your thoughts. Allow your thoughts to flow in and out. As your mind drifts away with a thought gently urge your attention back to your breath.

- It is with this gentleness that compassion grows. Compassion towards ourselves. Time and time again.

Practicing mindfulness at any given time creates space essential to practice a life of optimism. Cultivating mindfulness allows us to compassionately and courageously face the very fears that threaten optimism and hope in difficult and challenging times.

train the mind. Cultivating mindfulness allows the mind to stay in the present and provides optimism a fertile place to flourish. Mindful behavior and actions bring us to a level of awareness where hope can be renewed. With hope being kept alive optimism continues to grow.

Our current times have shown us that now more than ever we need to respond with hope and optimism. Respond with determination, enthusiasm, and collaboratively. These factors are dependent on the promise of hope. Hope

that by responding in this optimistic manner we will surely bring simplicity to chaos, economic security to our neighbors, peaceful communities and a brighter future to our youth and old alike.

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## How can I prevent signs of aging?

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lifestyle factors affected aging. Since twins are genetically programmed to age the same way, then any differences in how they aged could be attributed to external factors. They found that things like smoking and sun exposure did age people faster. But they also discovered that the twins who'd experienced more emotional stress aged faster, and those who had struggled with depression did so as well. And as I gazed at these photographs, I saw so much more information presented on their faces. In many cases, the twin who had aged faster had a face that showed she was holding on to anger or hurt, was seeing life through a negative filter,

so stuck in her belief system, she seemed barely still open to give or receive love.

So, how to avoid signs of aging on your face? Many of the signs that develop are wonderful indications of the depth of your own personal growth, and heroic journey through life, and no one should want to avoid those. And just because our culture hasn't yet embraced aging in this way, we're poised for change. One of the last legacies of transformation that the baby-boomers may leave for the world could well be a shift from viewing aging as bad to celebrating it as another powerful stage of being.

And how to avoid signs on your face that aging is causing your heart to close? Become aware of tension

anywhere in your face and allow it to shift. Soften your mouth, relax your lips, open your eyes, look at someone and smile. And most importantly, look in the mirror every day and say, "I love you."

*Jean Haner is the author of "The Wisdom of Your Face." With her 25-year background in ancient Chinese principles of balance and health, Jean places an emphasis on compassionate and affirming ways for people to live in alignment with their own true selves. Please visit [www.wisdomofyourface.com](http://www.wisdomofyourface.com) for information on workshops, consultations and Jean's free newsletter.*



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