

Manifesting *Thoughts*

A Newsletter on the Art of Manifesting Your Heart's Desires Using the Law of Attraction

Ring Your Own Freedom Bell

July 2008



Who doesn't want more freedom? Aside from love and money, freedom has to be the undisputed winner when it comes to wanting more of what you don't have. Think about it...what does that exotic one-week vacation, those two "golden" days at the end of the week, dining out, or a travel inn bring you? A promise of freedom. A glimmer. A glimpse. Something to hold you over until you come to that next much-anticipated event that will make you feel **freeeeeeee**.

The problem is freedom can't be found in faraway places; it can't be penciled in at the end of your weekly calendar; or discovered at a restaurant or in a travel lodge. Freedom is simply a feeling that you feel, and you can have it any time of any day. But why don't we? Why do we spend so much of our lives waiting for something...*anything* to make us feel free?

Have you ever noticed that profound wisdom often comes packaged in the familiar when you look at it in unconventional ways? Case in point is the phrase, "Let freedom ring." Being a U.S. citizen, for me that phrase is associated with Philadelphia, Pennsylvania's Liberty Bell, a symbol of independence (freedom) in the United

States. From a figurative viewpoint, however, "Let freedom ring." suggests to me that freedom actually rings, resonates or vibrates in our being. Like a pebble thrown into a pond, freedom ripples and expands outward in direct proportion to the object—or thought—that created it.

But how do you remember to think the thought? I have often been blown away by a wonderful book, seminar or CD that presented positive, life-changing principles that I wanted to implement in my life. But, unfortunately, sometimes within a week, or surely after a month had passed, so had my commitment and I actually forgot to apply the procedures that had so inspired me.



That is why I have created "**free-minders**" to help me be cognizant of and really *feel* the freedom that is already mine. A free-minder is a tool that gently reminds you to feel free. How? By taking you to that place of well-being in your mind that recognizes that freedom is an inside job. For example, if an island getaway is a symbol of freedom for you, put a seashell on your desk at work as a free-minder. You can also use a bottle of suntan lotion (The clean, fresh scent will quickly take you there, too, wherever you are). A small potted palm tree or a bottle of white sand would be good free-minders in this case, too. Or if gardening spells freedom for you, free-minders could be packets of seeds, essential oils or fragrant flowery perfumes. Favorite songs, pictures, quotes and affirmations are fantastic free-minders, as well. The gist of this is that real freedom is a state of mind not a physical destination, be it person, place or thing.



But how can you live your life, work your job, feed the kids or run a company while you are constantly focusing on free-minders? Remember the pebble in the pond? The ripples—or vibrations—that expand out from the drop point last a long, long time. So does the residual feeling of freedom that free-minders spark in you. Be open and apply the process and soon you will be feeling totally relaxed, peaceful, at ease, **FREE**, on a continual basis.

No matter whether it is a diminutive ting-a-ling, a hearty ring-a-ding or a resounding, bodacious BONG, let freedom ring in your life and your heart every minute of every day!

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Art for Kids



Freedom. It seems too often that we forget to apply the concept of freedom in our lives. In honor of Independence Day, during the month of July, reintroduce freedom into your child's life.

Talk about what freedom means. Come up with some examples of freedom. Explain that we should be grateful for our freedom; some people in other countries do not have the freedom we enjoy in the United States. Next, talk about the freedom of our emotions. Explain that this is a freedom that everyone in the world has. Good or bad, we chose our feelings.

Have your child make a Feeling Freedom Flag. Start by giving her a piece of white construction paper. Have her fold it in half, vertically. Next, have her decorate both sides of the construction paper. When she is finished, have her apply glue to half of each side of a Popsicle stick. Finally, slide the glued side of the Popsicle stick in between the two sides of construction paper. Your child now has her very own feeling freedom flag. Have her practice checking in with her feelings, using her feeling freedom flag as a reminder that she has the freedom to choose how she feels!

Manifesting Tip

Heart Projects, LLC's **featured product** this month is our **Manifesting® Gemstones**. Red agate tumbled freeform (approximately 1.25" x 1.5") gemstones are etched with words of wisdom to meditate upon or to gently prompt your awareness. Choose from Faith, Happiness, Peace or Success. Priced at \$6.95 each. Order today by visiting our website at www.Manifesting.us!

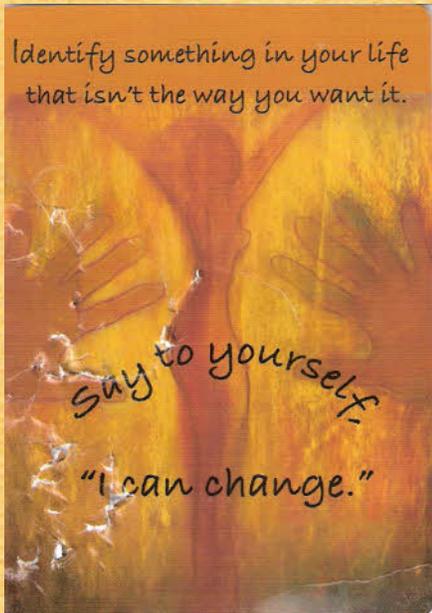
See our flyer on the last page of this newsletter to learn more about our **Manifesting® Gemstones**.



Still Appreciating Manny

In the June issue of *Manifesting Thoughts*, I wrote an article about our new puppy, Manny. Many of you have expressed appreciation for our article on Appreciation, and I thought a brief update on Manny's escapades would be in order, especially considering this morning's episode.

Identify something in your life
that isn't the way you want it.



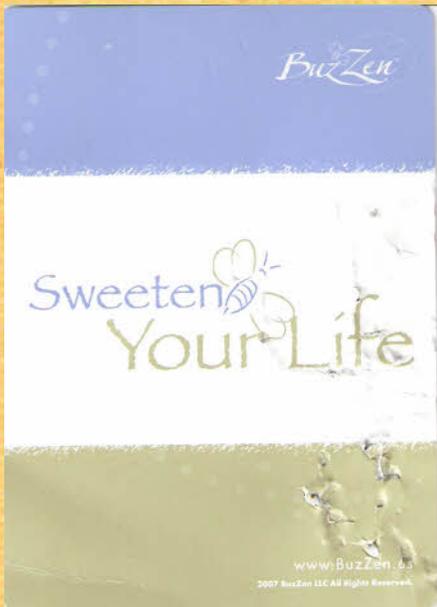
The front and back of my slightly
Manny-mangled BuzZen
"Sweeten Your Life" card

I am currently part of a women's empowering group called BuzZen (www.buzzen.us). The premise of the program is getting together a circle of friends—my group includes my daughters and a very special new friend, Debi—to advance spiritual growth and personal motivation. I highly recommend it. The reason I am bringing it up, though, is because part of the BuzZen Box program includes a deck of thought-provoking cards that you select on a daily basis.

I had all of my cards spread out on my bed this morning, just looking at how pretty they are and to see if any one in particular zoomed out at me. In a flash, Manny jumped up, stole one of the cards and went underneath the bed with it, where I could not reach him. I was highly upset to say the least; one of my beautiful cards would surely be ruined. After a lot of yelling and then pleading, the Manny-mangled card was returned to me.

Running late, I angrily thrust the card in my pocket and went on my way. The card was forgotten until I mindlessly put my hand in my pocket later in the day. I pulled it out and read, "Identify something in your life that isn't the way you want it. Say to yourself, 'I can change.'" The lovely but tooth-marred card brought tears to my eyes. With a business to run, articles to write, a book to finish, and aging in-laws that are both ill, I wholeheartedly agree that something needs to change. And that something is me. So today, I took some time for myself and read in the sunshine on my patio. I love words and as I read I wrapped them around me like a baby's blankie—familiar, soothing, safe, FREE.

What a change I felt! Thanks, again, Manny!



To learn more about BuzZen, visit their website at www.buzzen.us.

Manifesting® Gemstones



***Rock Your World with Gems of Wisdom
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Red agate tumbled freeform (approximately 1.25" x 1.5") gemstones are etched with words of wisdom to meditate upon or to gently prompt your awareness.

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