

## Michael Jones

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### **How To Change Your Life In An Instant**

There are times in our lives when things appear to simply not be working. Our life circumstances or present situations appear not to be unfolding as we may have anticipated.

It is at these pivotal points in life when you may be asking yourself, "What should I do?" This is a fair question, but it is the wrong question to ask ourselves. The question itself focuses the mind on action – on *what* to do.

When we experience challenging times in our life, often times *how we think* about the problem is part of the problem. Perception is everything! Sooner, rather than later, we come to understand the fact that energy follows thought.

What we think - the nature of our thoughts - influences the energy in and around our bodies. In fact, what we think about influences the very physiology of our bodies. Movie makers know this. By knowing this fact they can create made up senses with the right action and the right sounds to elicit different emotions and tensions within our bodies, even though we know the movie is not real.

Here are the most common mistakes I observe people make when they come face-to-face with life's challenges:

1. They tense up,
2. Their breathing either quickens or they hold their breath,
3. Their mind races through all the worst case scenarios,
4. They re-play the tape in their mind of the problem itself,
5. They re-tell *their story* to people over and over - reinforcing the energy of the problem.

By responding and thinking this way, the lower attributes of fear, anger, guilt, resentment (or any of their close cousins) can rise to the surface. While experiencing any of these for a brief time may not be the end of world, I encourage us to not get stuck on any of these points for too long.

What we resist, persists. Realize this, the moment we change what and how we are thinking is also the very moment our energy will shift.

I like the wisdom offered to us from the 13th century Persian mystic, Rumi. In one of Rumi's beautiful poems he writes, **"Welcome difficulty. Learn the alchemy True Human Beings know: the moment you accept what troubles you've been given, the door opens."**

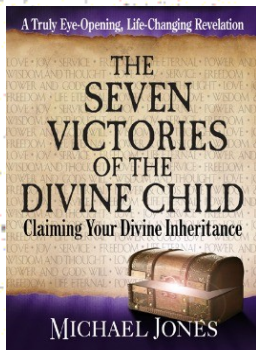
*(Quote taken from The Illuminated Rumi by Coleman Barks)*

When faced with life's challenges, I would like to recommend trying the following:

1. Relax and breathe,
2. Accept the difficulty (this does not mean you have to like it!),
3. Focus the mind on potential solutions - not the problem itself,
4. In your meditations and prayers, invite in Divine intercession to show you the highest and best path to follow,
5. Stand firmly in the belief that solutions are already on their way - in God's speed.

Manifesting goodness in your life is as close to you as your own thoughts -- it can begin in an instant!

In Love and In Light...Michael



For more information on this and other spiritual topics, read Michael's book, *The Seven Victories of the Divine Child* (ISBN: 978-0983778011)

**Michael Jones** is an ordained Spiritualist minister and founding member of Spirit Source, an organization dedicated to providing spiritual guidance and healing to those on a path of self discovery. To learn more or connect with him, visit Michael's website at:

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To purchase this book, click on [Amazon.com](http://Amazon.com)

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