

“Living In Your Faith”

By Dr. Cindy Brown

In Today's ever changing, expanding and unpredictable world, **how do you stay calm, positive and have things turn out the way you hope for?**

There are many things we can't control in our environment and in our world at large. The one thing we can control is ourselves, our thoughts, then our emotions.

On a recent traveling experience I was tested to learn these very lessons. Today I'll share with you what I learned that works and what I believe doesn't.

Last week while traveling to Mammoth, CA, a high sierra city in the snow, our plane got diverted to Reno, NV. While we first reacted to the sudden change in disbelief, we remained calm. See what happened that tested our relationship and faith...

The 3 lessons I learned and practiced that got me what I wanted:

1.) Remain Calm, neutral, not negative, so opportunities are presented to you: There's a saying "When Emotion is High, Intelligence is Low". So as we remained calm while our plane was being diverted, from our luxury resort in Mammoth and the planned trip, to Reno, NV, we were able to brainstorm about our next strategy. We started thinking of all the scenarios and what we would talk to the airlines rep about as we exited the plane. Because we used our time to think positive, and kept our energy optimistic, we were able to exit the plane fast and get the 3rd position in line, behind great people, who got us all paid accommodations, meal vouchers and a seat on the next day's plane.

2. Focus on what you want, vision for the picture you want, and feel what it will be like when you get it. So, we were not out of the woods yet. The next day, as we boarded the plane to see if we could get to skiing that night, the airline informed us it would be a 50/50 chance we would be able to fly into Mammoth, due to low visibility, AGAIN! We had a slight reaction, but continued to think, vision and hold the energy of us getting to our beautiful hotel and sitting by the fire that night. That's the vision I held as I entered the tiny plane with nervous passengers that night. See what happened next...

3.) Hold onto your faith, pray, talk to your Angels, God, your Source, yourself as a way of staying calm, positive focused on what you want and plugged into the channel of opportunity. As the plane left Reno flying towards Mammoth, I continued to vision us sitting in front of the fire at Mammoth. I kept praying, talked to my angels, mom and dad, and focused on what I wanted with an unwavering commitment to it. As we made a pass and the landing gear went down, a smile came over my face and my partner and I looked at each other. Then the landing gear went up again, and we both looked at each other nervously. I kept the vision and the captain came on saying he was going to circle around and try again. I prayed and talked even harder and guess what? He made his way down with the grace of God. We made it. Boy did we and the other passengers let

out a roar of appreciation and love when the plane safely landed. **Keep the Faith and push Doubt out!**

Remember: In order to be the person you have never been, in order to have the life and relationships you have never had, You must do what you have never done before: Give me a call 310-202-1610 or email me so I can support you further!

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