

SN-L Consulting

Helping Individuals and Organizations
Reach Their Potential



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H.O.P.E. (Helping Other People Exhale) **Newsletter** Compliments of SN-L Consulting

The H.O.P.E. Newsletter features *matter of the heart topics*. Your suggestions for topics to feature are welcomed. **All Newsletters are posted on the website.**

This Quarter's Featured Topic: Power Thoughts: Have you ever wondered how many thoughts go through a person's mind in a day? You might be surprised to learn that the average person has 50,000-55,000 thoughts per day. I wonder how many are *power thoughts*. **Power thoughts are thoughts that are uplifting; they edify.** How many of your thoughts are uplifting? Think of your thoughts as an energy field that will either strengthen you or weaken you. I don't believe anyone would intentionally think thoughts that would weaken them. Therefore, make a conscious choice to think **power thoughts**. As a result, you will be choosing to operate in a high energy frequency that sustains you when faced with life challenges. I would suggest that you come up with some *power thoughts* that work for you and practice saying them throughout the day. One of the many life lessons I have learned is "I may not have control over all my life situations or circumstances, *but I do have control over how I allow them to impact me, just by being mindful of my thoughts*". Here are just a few power thoughts I contemplate daily that edify me.

Power Thoughts:

- I am not my thoughts. I am the witness of my thoughts.
- I can choose peace.
- I am never alone. Divine guidance is always available to me.
- When I say yes to what is, I become aligned with God.
- I am an infinite spiritual being having temporary human experiences.

Sondra-ism: Whatever you accept *completely* will take you to peace.

H.O.P.E. Session in Your Home. Invite guests to your home and select a *matter of the heart topic* you would like me to facilitate. *These sessions are free.* Call or e-mail if you are interested in more details about hosting.

Next Newsletter: November, 2014

In the meantime, keep on exhaling!

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