

Living Responsibly...It's Only Natural!

Sheryl Eaglewoman

Welcome! This week our topic of choice is “thought matters”. And it does. Thought is everything...and it becomes matter. That’s right. Our every thought dictates what becomes manifest in our lives. Every “thing”, all matter, all that matters, was first a thought. OOOOF! What to do? Choose our thoughts carefully! Allow only the best and most positive thoughts to remain alive. All other thoughts, cancel. Yes, cancel. How? It is as simple as saying “cancel-cancel” every time a negative thought slips through to our conscious thought process. It is that simple, yet extremely important, to let go of all negative thoughts. Like I was saying, thoughts matter. That is, they become matter. Thought becomes what “is”. Thought is the first step in the process of becoming manifest in the physical. It is just like in gymnastics...where the head goes the body will follow. We’ve all heard the phrase, the body-mind connection. It is for real! We’ve seen it in ourselves and those around us. Feeling sorrow? It shows in how we carry our shoulders. Feeling joy? Everyone around us can see it. Is someone standing on your last nerve? I assure you, most of us can see it, right there, in the tense expression on your face.

So what does this mean? It means that the more often a thought crosses your mind, the denser it becomes. In time, the density becomes so tangible that the thought is now “alive” and manifest in the physical world. Many spiritual traditions maintain our faith will heal us. Our faith? What is faith? Faith is our thoughts reflecting our trust in the universe. It is all so simple...yet so dang hard to practice some days. So we practice, practice, practice until we can keep our thoughts clear and full of light. Remember, we are vibrations of light waves. These light waves will crystallize according to our thoughts. So, be careful to not let your feelings of heartbreak become a heart attack. Be careful that the irritations you feel with those around you not become skin inflammation or blocked emotional patterns become fibroids. You get the picture. Our thoughts are that which we will become, right down to our physical body. It is laughter that can break up these dense crystals, allowing the clarity of life and love to flow forth, so REMEMBER TO LAUGH, especially at ourselves!

What other ways do we see thought manifest? How about when we think of someone, then run into them or receive a phone call from them? Did we manifest them or they us? What about wish lists? I have one on my refrigerator. Why? Because every time I see what it is I want to manifest, I make it a denser vibration, eventually being able to manifest it here in the physical. For instance, I want a mountain bike and a kayak. I keep a picture of a bike and a kayak on my refrigerator so that I can keep my focus, my thoughts, clear on what it is I want. The clearer the focus, the faster and stronger is our ability to get what it is we want. A teacher once said, “The secret to life is the removal of all *doubt*.” Why is this? Doubt is diminishing energy. Doubt weakens our ability to manifest because it diffuses our focus. When we doubt, we question and when we question we waver and when we waver we weaken the vibrational directions we give to the universe. Yet it is so easy to do.

Like we already stated, we must keep a disciplined approach to our thoughts. We must be on a constant vigil to maintain healthy, positive thoughts so that we have the best chance of achieving the goals in life we choose. Want a good friend? Be one. Your thoughts of good feelings and expressions of comfort and love will show the universe your desires...and worthiness of a good friend. What comes around goes around. We’ve all heard it. It is because your thoughts precede every thing you are and want to be. You put it out there in the universe and it always hurries back. Be sure your thoughts are good ones because you will see them soon, coming to fruition in your life as your health, your friends, your work. In short, your life is your thoughts manifest.

To summarize, thoughts matter because thoughts become matter. Matter, physical stuff of all levels, is equal to density of thought which is equal to consciousness. Clear, focused, uplifting thoughts make for a life full of light and laughter, good food, loving relationships and healthy living. So, some thoughts to ponder...a healthy planet is a good thing; laughter is the best medicine; simplicity can solve the world’s dilemmas; love your neighbor. To finish...let your thoughts revolve around the love of the earth and its’ inhabitants and the world will then revolve you. How cool is that?

Question of the week: What is a good choice for blood purification, particularly, for helping to cleanse the herpes virus from your system?

Answer: I really love Pure Planet’s Red Marine Algae!

Book of the Week: *Emotional Anatomy, The Structure of Experience*; Keleman, Stanley; Center Pr.

Have a question you'd like to see addressed by Sheryl Eaglewoman? E-mail your question to sheryleaglewoman@livingresponsibly.com for "The Question of the Week".

Sheryl Eaglewoman is a Natural Health Consultant, Author and Publisher. Working in the Natural Health field for over 20 years, Sheryl has an extensive knowledge base, specializing in all areas of natural health, including herbal and homeopathic therapies, midwifery and organic lifestyle. Contact her at www.livingresponsibly.com or 406-892-1116.