

*Sometimes You
Need a
Bridge*



to Peace of Mind

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*“Sometimes, to get where you’re going
you need a bridge.
If there isn’t one nearby, build your own.
Then get over it.” (anon)*

But YOU DO HAVE A BRIDGE. And it's with you all the time.

"The most valuable piece of real estate you own is your mind." Joey Reiman

My father has been here for four days now. Which is pretty amazing since he's been dead for more than 30 years. In fact, he's only really appeared to me once before – and that was in a dream shortly after he died. His message then was to assure me that he was o.k. and to assure my mother that "her faith was right."

That was a big deal for him, because although he attended church regularly with her, he never really had a deep knowing about God. But apparently God got the last word!

Now, he's back and it is not in my dreams. His presence is palpable. It's been four days, as I said, since he showed up and it has taken me that long to figure out why.

He wants me to focus my writing in a positive direction. He wants me to channel my own thoughts so I do not surrender to the fear based energy that is permeating this planet right now. He wants me to do what I can, in my own small way, to make a difference.

Because that's what he devoted a lot of his life to when he was alive.

Dad was a big motivator for others. He believed in the powers of the mind to control our reality long before it was a popular topic. Many times he would have the entire family sit down together after dinner and listen to his latest motivational 33 1/3rd record album. We would roll our eyes and oblige him, but usually we would all get inspired before the end of the recording and be happy he had insisted.

Now he's back.

I'm not really surprised. My dad was also very aware of what was wrong in government and big business when he was alive, and if he can really see what's going on now, I'm sure he's horrified.

So, he's dropped by to inspire me to control my OWN thoughts, hold my vibrations high and he might even be happy to see my open Bible on the desk now that he's experienced God up close and personal.

So this morning, I "got the idea" to write this little recipe book for peace of mind. I'll keep adding to it, so watch my newsletter every week for more goodies.

If we all become good stewards of our minds right now, we will be able to create the realities we desire – regardless of external circumstances.

Allow me to share a story with you from “Autobiography of a Yogi” by Paramahansa Yogananda.

Paramahansa was walking with his guru in a small village when some teen boys came up and grabbed his guru’s little purse. They ran away and yet the guru was nonpulsed.

A few minutes later they boys came back and returned the purse. Nothing had been taken from it.

Paramahansa asked his guru what had just happened. His guru advised him that because he held himself in a “certain vibration of love and thought” that nothing less than that vibration could interfere. So the boys returned the purse and no harm was done.

What a great reminder for us now!

So this is the first installment of
“Sometimes You Need a Bridge” – Recipes for Peace of Mind”

If just do ONE THING different every day, you will see amazing changes!



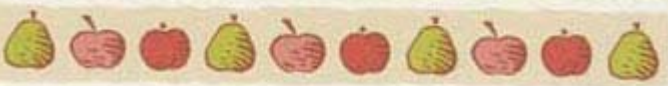
Recipe _____ *Serves* _____

Tell your loved ones
you love them
Add a hug



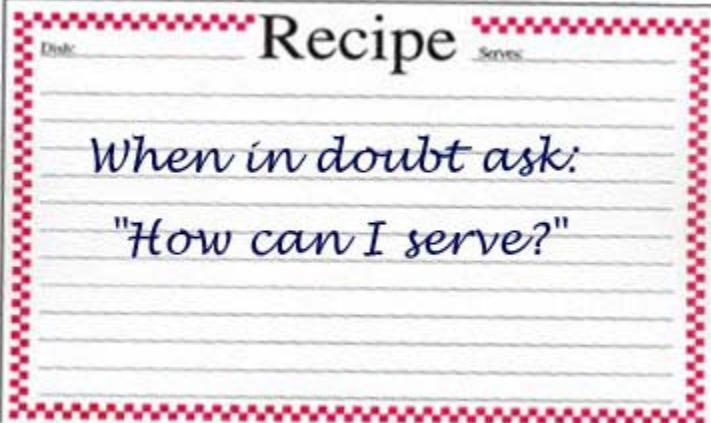
Recipe _____ *Serves* _____

Believe in your angels
They believe in you!




Dish: _____ **Recipe** *Serves:* _____

When in doubt ask:
"How can I serve?"



Recipe _____ *Serves* _____

Treat your mind
like a "TV"
When you have a
negative thought
"change the channel"




Dish: _____ **Recipe** *Serves:* _____

Spend 10 minutes
every morning
and every night
visualizing your dreams
as already "real"

Recipe _____ *Serves* _____

Make a gratitude list
add to it daily




Dish: _____ **Recipe** *Serves:* _____

Learn to "re-frame"
everything by asking:
"Where's the gift in this?"

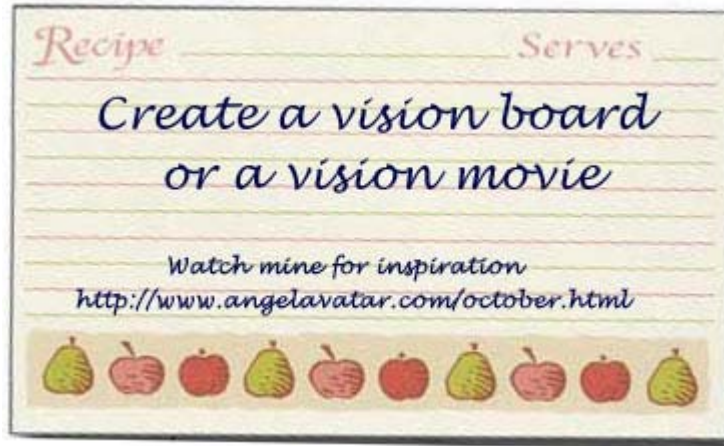
Recipe _____ *Serves* _____

Every day do
just "one thing"
to make it better for
someone else

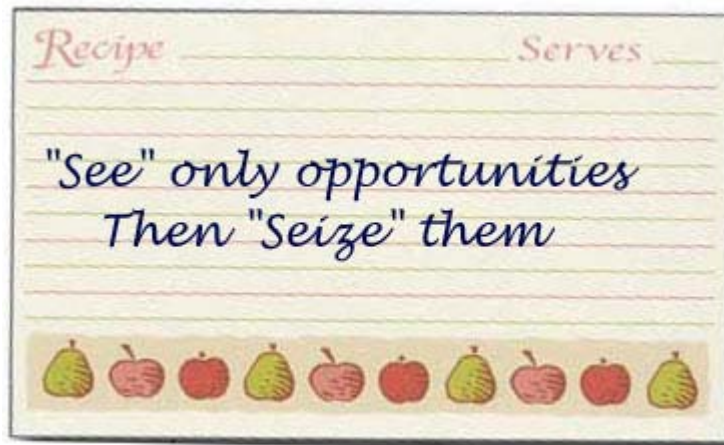


Dish: _____ **Recipe** *Serves:* _____

Stay in touch
with the God you
believe in



Visit my most recent Vision Movie
<http://www.angelavatar.com/october.html>
Then create your own!



Dish: _____ Serves: _____

Recipe

Forgive yourself
for everything
(God does - be like God)


Dish: _____ Serves: _____

Recipe

Forgive everyone else
then let it go

Recipe _____ Serves _____

Read books of power
Try "Unstoppable" by
Cynthia Kersey




Dish: _____ **Recipe** *Serves:* _____

Get some motivation
go to www.youtube.com
type in "inspiration"


Recipe _____ *Serves* _____

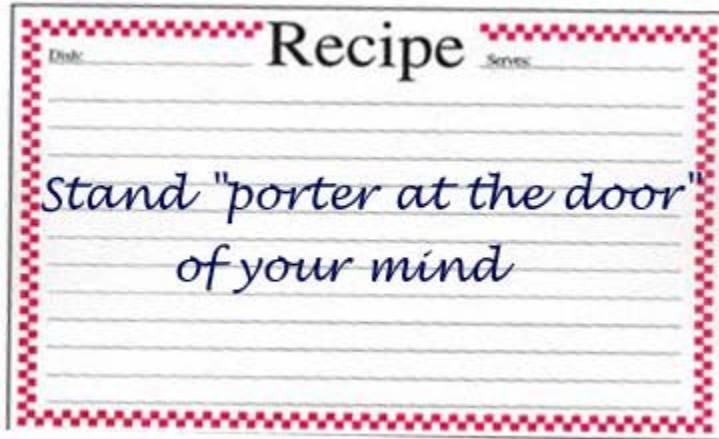
Get into nature
Thank her for her
many beautiful gifts



Recipe _____ *Serves* _____

Ask yourself
"what is the right thing?"
Then do it!







I "stand porter" at the door of my mind

Montana Gray is an author, internet marketer, workshop leader and intuitive life change coach. Her specialty is helping others identify and live their dreams. A blend of Entrepreneur (previous owner of three large financial companies), Spiritual coach and Intuitive, Montana's greatest joy comes from empowering others to live their fullest lives.

Montana Gray is the author of the forthcoming book, *"Hope = Healthy Opportunities Personally Engineered – A Guide to Creating Abundance and Joy When All Seems Lost."* A self-proclaimed "Guru of Change," Montana's mission is to help others who want to make a difference find and live their passion. A speaker, workshop trainer, and intuitive and marketing consultant, Montana helps you develop and market your BIG IDEA.

Visit <http://www.givingyourideaavoice.com> and <http://www.guruofchange.com> for free motivational information and free e-courses to help you develop your mindset for living the soul-filled life you were meant to live.