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Newsletter – August 2007

"We are either the cause or the effect of things that happen in our lives."
NLP Principle

What Happens at Cause?

Keywords: Momentum/Empowerment/Maximum Opportunity/Maximum Potential/Create Outcomes

At cause you **focused within on your own resourcefulness** – often creating momentum, and empowering yourself to your full potential to create opportunities to make things the way you want them to be. Examples are:

- Asking yourself the question "How do I get the results I want"
- Asking yourself the question "What do I have to change or do differently"

The Great News - You Have a Choice That Is More Empowering – Moving to Cause!

Once we have the realization that by being at cause – where we are making things happen - is so much more powerful than being at effect, where things seem to be happening to us outside of our control - that is when we start to really accelerate the change in our lives.

The Benefits of Moving To Cause

1. We are Now Responsible Fully for Everything in Our Lives

We suddenly become responsible for everything; a very powerful step. We no longer give our power away to others. We are saying to ourselves "I decide, I am responsible, I create, I am in control of my own life, I back myself, the buck stops with me."

2. There are No More Excuses – No-one to Blame

We let go of those old stories we have dragged around for so long about why we can't be who we want to be, or do what we want to do. We get to stop blaming others; we get to stop all the excuses! And we become more masterful communicators and more attractive to others as a result.

3. We Become Much More Forgiving of Others

We become more forgiving of others. Now we can see that others too are living their lives at cause/effect. We realize they are doing the best they can with the resources they have available. This is truly a bonus and our relationships improve as a result.

4. We take Centre Stage of our Lives

Now that we are in charge – we are more at center stage of our lives than ever! We are the directors, producers, and actors in our own lives creating the scripts we desire. No more waiting, wishing and hoping! We become "men and women of action." We become magnetic to others because we are passionate.

The New You – Shift Your Focus, Look Within, Change Your Beliefs, Move to Cause, Take Action!

Your August Challenge – Practice Makes Perfect!

Congratulations! You are now the master of your destiny and the creator of your reality! Welcome to this exciting place where you choose empowering beliefs to assist you to get there. So, your challenge this month is if you do find yourself slipping back into the old ways - the effect-mode (i.e. blaming, justifying, stories, reasons, & excuses) stop. Notice you are focusing on external factors. Take some deep breaths. Now change your focus onto what it is you have within you to shift this! Switch your beliefs to empowering ones. Fantastic! You are now ready to move to cause and take full responsibility! What an exciting month you are going to have! I can't wait to connect again soon and hear your exciting changes that you are making each day in your lives now that you have captured one of the secrets of being the master of your destiny!

"I create everything that happens - I am the cause of all the effects in my world" (a new belief to try on!)

Warmest Regards,

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