

A GIFT FROM THE SAN ANTONIO PROFESSIONAL COACHES



This month's technique

Creating Lemonade from Life's Lemons

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"The greatest discovery of any generation is that human beings can alter their lives by altering the attitudes of their minds." ~Albert Schweitzer

When life throws you "lemons" it may be the Universe's invitation to transform your life!

Your Awareness: When we are born, we come from Source (some call God, Spirit, etc.). By age 5, most lose the awareness that we actually come from the Source and also lose awareness of our True Self. Hafiz stated, *"I wish I could show you, when you are lonely or in darkness, the astonishing light of your own being!"*

Instead of the bliss of connection, we begin to see life as just our physical bodies, limited by our five senses, believing we are separate. Our reality changes, fear moves in. Forgetting the love and joy that we came from - fear, control, greed, and judgment take over. Nothing is ever enough. We have now entered the hell of living in the world of Ego.

Life's lemons shake things up, inviting us to dig deeper for answers and turn within. A broken heart is the doorway to the soul. Pain pushes us to reflect on what is happening. By going within, you can start to remember your Higher Self and your connectedness to the unconditional love of Source.

Your Perspective: Your awareness leads to your perspective. The challenge becomes reclaiming and strengthening reconnection with your soul. Life seen only from ego is miserable. Reawakening to your True

- Self, seeing through that lens, life becomes an entirely different experience. You become the hero/heroine of your life's journey, rather than the victim. You realize that life is about your spiritual self in a physical body. The world is a school for your soul to learn, grow, evolve. Looking at everyday events through the lens of your soul you ask very different questions. Instead of, "Why me?" you ask, "What is the hidden meaning of this? What soul qualities is this asking me to develop? What can I learn from this?"
- **Your Experience:** Your new sense of meaning and purpose connects you to everything and everyone. Pain of separation is replaced with inner peace. Flow replaces struggle. Fear is replaced by trust, faith, curiosity in what is emerging and your part in the whole. You recognize and experience miracles, previously overlooked. Self pity shifts. You become aware of a mysterious, wonderful presence of grace always with you. You feel grateful for the unfolding, evolving gifts from life's challenges. You have learned to transform and transcend losses, to become a whole new being, reconnected with Source. This is true joy, independent of external daily circumstances. "The truth has set you free". Your lemons have become your lemonade and you are blessed.



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