



## *Manifesting All You Want — Even with Challenges!*

The world conspires to allow you to thrive! The key is to know what you want your life to look and feel like, and then discover ways to create that experience consistently. While I know that I can draw to me what I want to receive, I sure can get in my own way sometimes. I admit that I've found myself sabotaging my best efforts. I bet you know what I mean. So why on earth do we do that to ourselves?

The truth is that it's easier to do things the way we've always done them than it is to discover what to do differently and then follow through in a step-by-step process. In fact, it's easy to get caught up in old behavior patterns, even when those patterns lead to discomfort, not getting what you want, and maybe even something that isn't necessarily in your best interest.

The only way to change those patterns is to start observing yourself. Despite the inevitable noise of discomfort, you need to step back and observe what you're doing. Then you can intentionally do things differently. But figuring out how to do things differently than you've done them in the past can be one super perplexing process. It's hard to change!

And if challenges fall into the picture, you can easily feel frustrated and unsure of what to do next. Unfortunately, those challenges can all too quickly become obstacles. It's like running into a brick wall. Maybe instead of an seeing an obstacle, there's a way to see those bricks as something to lean on.

### **Things crop up**

Despite best intentions, unexpected events require us to make significant adjustments. Maybe you've experienced loss or a serious physical or emotional trauma. The challenge of navigating through transitions can be difficult.

These last six months sure have given me many challenges that could easily have created havoc in my life as I've transitioned in multiple ways:

- My mom passed away a month ago, and my grief over losing her surprises me at times.
- I'm selling my home after 21 years, and it's sad to let it go.
- I must get rid of so many things, and the decisions are overwhelming.
- I don't know yet where I'm going to move, and anxiety arises.
- I'm continuing to see clients, teach workshops, and develop new programs, and sometimes stress creeps in.



My world feels topsy-turvy. At times it's a challenge to keep it all together, but for the most part I'm able to flow with the transitions.

### **We need to stay in balance**

How am I making it through these days of so much to do and not knowing what's next? I am fortunate to have the skills of self-help acupuncture to help me feel joy and wonder. And every time I do my energy balancing, I'm boosting my immune system, helping my body stay healthy and vital. Energy needs to flow, and acupuncture connects with and moves energy, helping establish harmony.

I begin every day with an easy routine of self-help acupuncture. Then throughout the day I recharge my battery with self-care. A body that lives in balance and harmony will let go of any stuck, blocked energy.

The longest relationship a person ever has is with herself, so make it a good one! If you see and appreciate the possibilities in front of you, you can — and will — live the life you love! When you focus on you, you free your mind and open your heart to possibilities. While I go through my acupuncture poses, I affirm out loud: This is a new chapter, and the adventure is awesome!

### **It's all about attitude**

I have had several Aha's as I've moved through my world of not always knowing. My biggest insight has been to see the challenges, and even the obstacles, as unexpected events that will give me the opportunities to create change and allow me to land where I want to be in my world.

From that awareness, I created an affirmation that I repeat daily: I draw onto me all people, resources, and opportunities that bring me to all that is necessary for the next step.

To move beyond current challenges, it's useful to step into the future as if it's already happening. Are you willing to give up good for better? Your attitude shapes who you are. Maybe what you call luck is the residue of your design.

### **How to thrive even with challenges**

- Visualize what you want and how you want to be. Observe yourself. For me, it's important to experience joy and happiness, in the midst of everything, and feel the excitement of adventure.
- Plan your path to your destination. Be willing to do things differently than you have in the past.
- Bring into your world those who can help you move from where you are. This way challenges have less chance to become obstacles.
- Savor your wins along the way. Focus on what is going well and take time to celebrate.
- Welcome challenges as unexpected gifts in disguise. Recognize that things don't always go as planned and that challenges may actually be new possibilities.
- Spend time each day in gratitude. In that state of being, you will easily be able to continue to attract all that you want because you are in alignment.



### 3 Acupressure Energy Tips to Help Manifest the Best

Here are three super easy energy tips to help you flow freely toward prosperity without struggle or effort, even when you face challenges and obstacles. For each, hold your fingertips in the pose for several good breaths with a light, gentle touch.

1. Right hand: touch the area of the right kidney  
Left hand: touch the area of the left kidney
2. Right hand: cup sternum directly below your collarbone  
Left hand: hold fingers in a vertical pattern on your tummy
3. Gently cup each thumb and finger, beginning with the thumb

These energy movements help with expanding your breath, manifesting your destiny, and balancing your emotions. They promote a sense of calm, joy, and peacefulness so you can let go of worry and sadness.

### Reclaim Your Joy!

Our world changes every minute. Some changes bring smiles, while others trigger tears. We cannot control external events. However, we can control our responses.

Resilience in the face of challenges, difficulties, and obstacles comes when you know how to give yourself love and when you are prepared to live the life you love!



*A certified Acupressurist and Jin Shin Jyutsu practitioner, Deborah Myers helps you relieve pain, balance emotions, and increase vitality through private sessions, group classes, and workplace wellness workshops. She has created a self-help animated video program for kids to use at home and in schools, and Deborah's Productive Mindfulness School Program is making a difference for students, teachers, and parents! You can find her at: [www.deborahmyerswellness.com](http://www.deborahmyerswellness.com).*

## Get out of Pain

*gain ease*



*Deborah Myers Wellness*



*Acupressure for kids and grown-ups*

[deborahmyerswellness.com](http://deborahmyerswellness.com)



Step out of  
hiding onto the  
center stage  
of your life.

Rebecca Hall Gruyter