

My message from the universe today

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I get an email a day from the Universe (you can too.... [Thoughts become things... choose the good ones!](#) ® © www.tut.com ®) and today's message just zeroed in on my thoughts and musings this week. ***For all things and non-things that you may ever want, Shari, understand that sometimes the fastest way to get them is to forget them, and to focus instead on just being the most amazing human being you can be. At which point all of your heart's desires, spoken or unspoken, will be drawn to you more powerfully than a magnet is drawn to steel. Have an amazing day,*** ***The Universe*** It is a good thing that the universe knows my name... I have recently retired from 40 years in the corporate world, and there have been adjustments that I did not even imagine I would be making. Going on 4 months retired, I have really loosened up my expectations (including my level of income) and the changes are all worth it. I have never been happier, and have given up a lot of things to the Universe, especially since we are on a first name basis. Things have been coming to me, not all at once, but coming up as my anxiety level is starting to increase over various issues. All that I need to do is let go and what is meant to be will come my way. So much better than the driven, hurry up, corporate mindset! This morning I got up and fed the cats (my daily first thing in the morning task), had my cup of tea, and was reading email when I realized that I was sleepy. Even though I had just got out of bed less than a hour ago, I went in and stretched out on my bed and just relaxed. I was not able to go to sleep, but I spent time looking at the incredibly blue, cloudless sky and admired the Ficus plant that is taking over my headboard. After that refreshing interlude (only about 20 minutes) I got up invigorated and took my morning walk. If I am involved in email, facebook, etc. I often do not take this walk, so I was proud of my self for taking time (two days in a row) to walk. Just having the option of going back to bed, in case I need to, is a very freeing feeling and I LOVE IT! BTW if I am not booked in the afternoon I sometimes take a NAP! Love that too...

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