

Timeless Transformations

Be Transformed By the Renewing of Your Mind

It's the New Year and most people are talking about New Year's resolutions. Research suggests that most of us set resolutions but only 8% actually stick to them. It's hard to find motivation strategies to change how we go about our daily lives. I've now experienced over 40 years of working with New Year's resolutions, decisions, and transformations. I've observed everyone around me do the same. Few have the consistency and persistence. It's natural to fall into a slump and let our goals fall by the wayside. I'm motivated to share some strategies that I've appreciated throughout my life, and am still working on to this day, in an effort to support you in the best way that I know how.

My inspiration title is **Be Transformed by the Renewing of Your Mind**. It comes from one of my favorite Bible New Testament quotes in Romans 12:2, *do not conform to the pattern of this world, but be transformed by the renewing of your mind*. This quote is not in the Gospels. It is said to be quoted by Paul, an apostle of Jesus Christ that supposedly wrote his letters in the mid-50s and then became part of the New Testament. Paul is known to write about a systematic theology with practical teachings. He supposedly said this as he was introducing Christianity and what it means to those that were *followers of the way*, the name of early Christians. I've taken this saying and kicked it up a notch with an updated practical approach.

Embrace - The only world that we can experience is one we can embrace. If we can't conceive whatever we are wanting to bring into our lives, it's not going to happen in reality. We at least need a conception or a vision. The world will only give us what we perceive when it is filled with belief. Think about the metaphysical book and movie, The Secret. It was a huge best seller in 2006. What it said was *just change your thoughts*. There's other examples but it is so much more than just changing our thoughts. We can change our thoughts and nothing is going to change for us. We have to speak and take action according to our thoughts. We have to align everything within ourselves without any hesitation and embrace deep conviction with persistence and consistency. That is when things will start to change. We can't just think about being different or wanting to be different. We have to treat our minds regularly. Earnest Holmes used the term *treatment* rather than prayer. He said treat the mind to see things differently. Treatment is the time, process and methods necessary to change our thought. That is how we embrace anything new and shift our consciousness.

Shift – We have to believe with all of our might that we can change our lives through the renewing of our minds. Until we shift our mindfulness with this belief, nothing in our lives will change. Think about those that start a new exercise regime or diet in January. Where are they in February or May? The problem is they haven't shifted their mental capacity. They haven't shifted their words, followed by the thought shift, followed by the action shift. All of those shifts drive the process. It has to start with a vision of an image that we create in our mind then shift everything we do towards that.

Value - We must know our unique values. Some of the best work about how to define your values is John Demartini's. In summary, until we know our top 5 or 6 values, we are living by someone else's values. We can't know our life purpose until we know our values. When we are spiritually connected, one of the first things to learn is to meditate so we can be at peace. Meditating can be easy. It may just be thinking quietly. Reflecting. Contemplating about life. Pondering the future. In the greater scheme of things, we are in the world to create and bring forth our gifts. Those can be enhanced through meditation. We have to build from that foundation. We must base our meditations on our values so we can direct our thinking toward our purpose. That is where our power is. It is enhanced through meditation.

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Sustain – This is the deal breaker. We have to sustain ourselves. It's easy to fall into a survival mode. This is a trap I fall into all the time. This is when things *go by the wayside*. Think about when you are stressed out about your job. Think about when you have an argument with someone. Think about when a tragic event occurs. Think about a big life change that ripples through everything you've known in the past. All of the goal setting and positive thinking goes out the window. Our "treatments" are the first thing to go. You can bet that if I got a call the something happened to someone I loved, it would be very difficult to prepare an inspiration message. When we are in survival mode it's hard to find our safe place. I've been there so many times. Think about others in your life that are less fortunate. Everyone has to have food, water, shelter, and enough money to survive. How can you think about spirituality and find a way to make a connection at a higher level when you don't have your basic needs met. Even the most fortunate of people have conflict. No one has a perfect life. Everyone is dealing with their struggles. When we are in a survival mode is when we need to sustain our spiritual practices the most. How many people have you seen get busy and go to church when things are not going well? How many people bring out the prayers when a tragic event happens? The key is finding spiritual methods that work for you and will sustain you all year long. When we do move into a survival mode or we are faced with challenges, staying connect to a power within is the best way to move through conflict. Conflict gives us the ability to see the light and arise new.

Direct – People that I've observed that are successful in sticking to their resolutions invest little energy on their problems. Rather they focus their attention and energy on what they desire. They consistently see opportunities where others don't. They have mastered their ability to direct their attention. Their thinking is more than positive thinking. What is positive for you may not be positive for me. What is negative for me may not be negative for you. It is direct thinking about what you want not what someone else wants for you. Never live up to anyone else's expectations but the ones you desire for yourself.

Relate – Relationships with others keep us connected. One hard lesson to learn is that relationships may not be meant for life. They are meant for support. They come and go throughout your life based on what you need for support at that time. If the relationship is no longer growing or supporting us, there is no purpose for the relationship. If the relationship is dragging us down or not supporting us in meeting our goals, consider letting the relationship go. Relationships take up time. Some relationships are a waste of time. Marriages that last are when the other is supporting the other. Things may not always be perfect but at its core, the reason any relationship is sustained is because of the mutual support. Your dad supports me and helps me grow to be a better wife, mother, and person. Our values may be different but they support each other. They are interwoven and related. Same in all relationships. If you can't relate in the relationship consider letting the relationship go. Be grateful it served you at a time in your life when you needed its support.

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Individualize – Live with your individual uniqueness not by the law of averages. Why allow yourself to be a statistic? Statistics matter in herds or in groups. Statistics don't apply to individuals. Who would have thought Kendall would be an assistant principal at 27? Who would have thought Kevyn would graduate as a family nurse practitioner by 26? Who would have thought Karsyn would walk in and get the first job she applied for at 21 even before she graduated or was a certified teacher? Who would have thought your dad would be awarded three Exxon patents without having a college degree? Think about health statistics. As an example, we hear 25% of all people will develop cancer or heart disease. What does that mean to healthy individuals like us? Well, 75% will never develop an illness. We individually get to choose how we live and it is probably much different than the rest of the groups. A statistic is a mental image that groups fit into. If something negative happens to us, it's a reminder that we need to live in a different way. It's just a wake-up call.

Transform – To embrace our transformations and bring them all together means to take the time to formalize our goals. It's your life plan and strategy. What is more important? Write them down. electronic form. Post them somewhere. Put them in your phone. Do whatever works for you. That doesn't mean share them with the world. They are your transformations and no one else's. Remind yourself every day what your transformations are. That is the level of effort it takes **be transformed by the renewing of your mind**. I'm sharing my transformations with you three only. These are not something that you prepare overnight. It takes years of work, thought, and refinement. Also, this work is never done. I'm still working on updating these including adding my goals for 2017. I've found for me, images work best. It is a mental reflection for what I'm trying to bring forth in my life. Then for each of my values, I have six related goals. That is a total of 36 goals each year. Some I accomplish, some I don't, and some stay the same.

<u>Vision</u> <u>Mission</u> <u>Purpose</u> <u>Beliefs</u> <u>Intention</u>	<u>Values</u> - <u>Inspiration</u> - <u>Relationships</u> - <u>Health</u> - <u>Wealth</u> - <u>Contribution</u> - <u>Service</u>
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You really only have three choices in life. You can flat line and stay the same where you are now. You can wander around aimlessly and let the natural pattern of life steer you. Or you can choose your path, move forward and evolve. We can't go backwards in time. If we don't have goals, I believe our minds dwindle a little each day. When we are growing and moving forward there is a reason to be alive. When we renew our mind with these simple strategies we live life to the fullest and bring about the greatest change.

I love you more than all the transformations that I will set in my lifetime as you three are the basis for all that I seek to renew and transform -
Love Mom!