

Title:

Personal Alchemy: Three Steps To Positive Transformation

Word Count:

785

Summary:

Lately, I've become intrigued by the idea or process of "alchemy." Funk & Wagnall tells me also

Step One: Dissect A Past Transformation:

It's easy to fee...

Keywords:

health, wellness, spirituality

Article Body:

Lately, I've become intrigued by the idea or process of "alchemy." Funk & Wagnall tells me also

Step One: Dissect A Past Transformation:

It's easy to feel overwhelmed when thinking about the process of making a personal overhaul. T

Next, break down your transformation into its components: mind, body and spirit. I tend to loo

Mind: Was your mind committed to making this positive change?

Body: What daily actions did it take to make this personal transformation effective and perman

Spirit: Was there a spiritual component at hand guiding you toward your positive goal?

Step Two: Begin The Uncovering Process:

Now that you've dissected a previous transformation, the uncovering process is simple. This pr

When you've finished, scan your list for one worthwhile goal that is achievable. If you are un

According to Louise Hay in her book "You Can Heal Your Life" these components will help you li

Nurture The Body: Practice sound nutrition. Aim to make the best choices for your body and cho

Practice a sound exercise program. Find a form of exercise that is appealing to you and is one

Nurture The Mind: Add to your daily practice, visualization, guided imagery, affirmations or d

Nurture The Spirit: Find time to practice prayer work, meditation, forgiveness and uncondition

Step Three: Find Answers In The Silence: Then Take Your Goals One By One

We can't possibly do everything. For as someone once told me "you have only, all the time ther

Silence. Why does it work? From a physics or scientific standpoint, the electrons within the m

Grace, balance and growth are often natural extensions of this process. When you take some tim

When in doubt, there's always help! For a creative boost and further direction in your discove

The Artist's Way: A Spiritual Path to Higher Creativity By Julia Cameron.
Sacred Contracts: Awakening Your Divine Potential by Caroline Myss.

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