

## Living with Awareness

### Interrupting

Remember how you felt the last time someone interrupted you? Were you able to feel your feelings and still listen without allowing your anger or frustration to be in the way?

Can you imagine feeling the internal chaotic energy when someone interrupts you, and let it run through the system without getting caught up in it? There's nothing else to do. Just be aware of the sensations and simply return your attention to listening to the person speaking, who also wants to be heard.

Noticing your unsettled feelings, and not adding blame and accusation, you may find you can listen and feel at the same time.

Actually, you might remember how it feels to be interrupted the next time you want to speak when someone else is speaking, and not do it!

Remembering awareness is a gift to your self and others. Please take care.

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## Think Wellness

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or an observer. Without interference or interruption, we allow our deepest held beliefs, life diminishing attitudes and fearful emotions to be truthfully rediscovered and better understood. Such insight therapy allows us to work directly and honestly with our deepest hurts, and honestly and fully release trapped

emotional toxicity. When we have such internal subconscious clearing, we can fully and permanently give life to wonderful new and healthy understandings and emotions.

Thus, we live life with a mind holding healthy perceptions, life thriving attitudes and balanced feel good emotions. We have the right foundation to manifest a well functioning body and create a successful life, just the way we desire and dream it to be. There is no thinking

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involved, just a beautiful response from our internal program.

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*Helga Rahn Dengler is a certified hypnotist and owner of Inner Harmony Hypnosis. Her full time practice in hypnotism is dedicated to assist individuals to regain control of their lives, and live a healthy, happy and emotionally secure life. Helga is a graduate of Omni Hypnosis Training Center with Gerald Kein and a Certified Hypnotist of Banyan Hypnosis Center 5 PATH. She is a member of the National Guild of Hypnotists and National Federation of Hypnotists. To schedule your appointment, please call 585.242.9710. You can visit her website at www.innerharmonyhypnosis.com*

## Possibility

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*tion, no matter how stark the necessity to go for the short-term goal, no matter how fearful people are, and no matter how urgently the wolf may appear to howl at the door. It is to have the courage and persistence to distinguish the downward spiral from the radiant realm of possibility in the face of any challenge.*

Who would have guessed Jason McElwain, a senior high school student born with autism would have been able to score twenty points during the last four minutes of his first varsity basketball game with 6 three pointers and then be asked to walk arm in arm with the President of the United States who wished to congratulate him?

There is possibility in every moment.

Surgeon and best-selling author Bernie Siegel shares the story of a man who had a horse. He was a farmer and farming was his livelihood. One day in the field his horse dropped dead. All his friends said, "Oh, you poor farmer!" And he said, "We'll see". A couple days later someone was feeling very sorry for him and they gave him a new horse. And everyone said, "Wow, how lucky you are!" And the farmer said, "We'll see". Then a couple days later the horse ran away. And everyone said, "Aah, you poor fellow!" And he said, "We'll see". Two days later the horse showed up with another horse, and the people said, "Ah, what good fortune you have!" And the farmer responded, "We'll see". He and his son decided to go riding and because they

had never gone riding together before the boy fell off the horse and broke his leg. And all the villagers said, "Oh, that's awful!" And the farmer replied, "We'll see", because the next day the militia came through town grabbing all the young men for military service and they left his son alone because of his broken leg. And everybody said, "That's terrific!" and the farmer said, "We'll see!"

Every moment holds within it possibility. When you focus on the possibility, no matter what the situation or challenge, you will increase in your life whatever it is that increases your happiness.

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