

Richard Gee

From: peoplemail@getresponse.com on behalf of Phil Evans [peoplemail@peoplestuff.com.au]
Sent: Sunday, 9 September 2007 7:23 p.m.
To: Richard Gee
Subject: Richard - PeopleMail from Phil



Hi there Richard,

Welcome to this week's PeoplEmail

I have just returned from an incredibly gratifying experience whilst presenting 9 Workshops to Small Business groups in Victoria and Southern NSW this past week. The purpose of the tour was to inspire and motivate people who are living in regions where very little rain has been experienced for about 11 years. The tour was arranged by the Government Small Business Field Officers in Bendigo, Swan Hill and Echuca, and they were an absolute delight to work with due to their commitment to their roles, and to the people and huge regions they service. I applaud each of them for their passion and commitment towards supporting the people and business communities in their respective regions! Well done team!

To the people who came along and listened; and who allowed yourselves to be open to some new views on life, and coping with adversity; well done! I am so grateful for all of the wonderful feedback while in your area, and since returning home; Thank You!

Another big welcome to the hundreds of new friends who joined the PeoplEmail list this week

Sweet Anticipation or Not!

I absolutely love the excitement of sweet anticipation don't you?

Some of you will know exactly what I mean and some of you won't! Perhaps life has taught you to only expect the worst (?), or even if you do manage to hope for wonderful things to happen, you often end up feeling disappointed, because it usually seems to go wrong for you (?).

The truth is that is: Anticipation itself is not always seen as being a sweet experience for many people.

The anticipation of not-so-good results is actually a habit for a large percentage of people, regardless of where we live on Earth.

Another interesting thing is this: Even those who are currently learning about the Law of Attraction (and many are!) and learning to ask for certain results in life, are walking a fine line between sweet anticipation (total belief) and being so attached to the outcome actually happening (right now!) that the experience can often be neither exciting or sweet!

We've all been taught different things about expectations or anticipation: some of us have been taught to expect the best - but to also accept that the best isn't always exactly what we expected it to be! And some of us have been taught to expect the worst - and that we don't deserve any better anyway! And some of us have been taught to hope for, and anticipate, absolutely nothing; to simply go with the flow of whatever cards life happens to deal us! And some of us are now learning to anticipate great outcomes in life - but NOT be attached to them so much that we obsess about them, and crash emotionally if they don't happen exactly as, and when, we

expected them to!

This story today was prompted by two separate conversations I've had today regarding this topic: One was with someone in Brisbane, and one with someone in Adelaide. Thank you both!

I feel that the best model for creating exciting and sweet anticipation is this:

Set your intentions for what you would like to create in your life (share them with as many people as possible); Focus on your day, your energy, your health, your gratitude (and be grateful for absolutely everything you have); Create balance between giving and receiving in your life; Make sure that you have routine physical exercise (daily if possible); Create and maintain a Mind/Body/Spirit balance in your life; Do good for as many people as often as you can!

Have an attitude that allows you to create intentions for good things; but don't be attached to the outcomes! Enjoy the journey; rather than just being focused on reaching the destination!

Maintain that attitude of gratitude - regardless of what you haven't got!

That's a choice you know; we can either focus on what we've got - or we can choose to focus on what we haven't got! I know which I prefer: but I had to learn to think and feel that way!

Work on you; get you better; that will in turn have a positive impact on everyone in your life!

If you can keep yourself feeling good about everything in your life, then you have a huge potential to be able to experience the feeling of sweet anticipation in everything that you do!

My experience this week with the extreme parched conditions of Rural Australia have led me to send out this timely bit of information for those extremely open-minded individuals amongst you:

Weather Experiment

My close mate and co-author of our successful Creating Abundance 1.01 book, Ken Graydon, is launching a weather experiment to see if we can help out people who are experiencing hardship through a severe lack of rain. Using the same spiritual principles as a "rain dance", and with the help of a spiritual healer from the USA with experience in this field, we are inviting people to participate in an internet weather experiment. We need six ! people from each location. [We don't just want someone who wants it to rain on their ex-girlfriend's wedding!]. The whole experiment will be done in total privacy and with 100% confidentiality. You don't have to paint yourself blue, or dance naked, although if you decide to - send us photos. If you want to improve the rainfall where you live send us an email with your name and location. We'll then get all the details to you on what this is all about, and how you can participate. We are also suggesting that if amazing results are gained from this experiment, then you will probably want to go public with the news, rather than wanting it to be kept private and confidential. Of course you would want that and why not!

Please send your details to: Ken Graydon; kgraydon@erskingrove.com.au

Have a great week of being good to yourself, and to others, and I'll be with you again next week.

Remember: "What others do or say is their stuff; how we react, or not, is our stuff!"
And: "True Happiness in life isn't having what you want, but wanting what you have!"

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