

## Untitled Document

Restore to me this year the locusts have eaten! We throw our hands up in the air – Christmas is coming!  
Well, actually, yes. But, if you focus on lack-of-time, then that is what you'll get more of. Christy Whitm

Christy explains it as follows: Think of a goal you are working towards and then say, out loud, 'I wa

The act of wanting something intensifies our experience of not having it. We trigger a feeling of unl

In this vein, Nick Ortner tells a story about a blind boy. It was the day before Christmas. The boy sa

Then a man came up to the boy, took his sign, turned it around, and wrote some words on it. He p

And, low and behold, the boy heard more clinking of coins in his hat. Later that day the boy heard

The man replied, "I said what you said but in a different way." I wrote, 'Today is a beautiful day, bu

The first sign simply said that the boy was blind, while the second sign helped everyone walking by

Everything is about perspective. Changing your perspective will change your life. If you're resistan

Then how would you change gears so that you can move into a state of enough-ness? You start b

The secret to getting is having, says Christy. By declaring what you want, not as an expression of f

And you are, girlfriend! Just think of the green of new leaves in spring, the smell of jasmine, your fi

So, how do you put it into practice this time of year? Think of something you want for Christmas. D

Ask yourself why you want it. What is the emotion you think you'll feel when you have it? Security?

Then go think it, girlfriend, because – to paraphrase Roy L Smith – she who has Christmas in her he