



# Noticing What You Notice

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The joy of creating a vibrant life, the kind of life you desire, is that you are in the driver's seat of your life. You get to decide what "vibrant" means to you, how you go after it, and when you've attained it. Have no doubt that it's possible. I believe you're already fully equipped to create that life right now. In fact, you may already have quite an amazing life and just not be fully aware of it.

How is that possible? How could you not realize the totality or fullness of your life? Well it depends on what you notice. What is getting your attention, captivating you, holding your focus? Have you got a clear sense in your heart about what is good and great and stupendous in your life? Or are you mired in the muck; anxious about what tomorrow will bring and sleepless with worry about the things going "wrong" that you can't control?

What you notice can really do you good ... or do you in. For example, are you noticing the horrible traffic or the number of green lights you slide easily through? Are you paying more attention to the person who cuts you off than you do to the many people who let you in? Are you still carrying a charge about the waiter in the restaurant who gave you mediocre service, or are you grateful for the hundreds of times the service was exceptional? Did you notice the breeze, a full blossom of new rose, a bunny munching along the trail you walk, or a hummingbird dancing in your garden. And if just now, all you could think to think was, "I don't have a garden," this message is especially for you because you're noticing the wrong things.

Every time you give energy to what you don't want, every time you lament, moan, and groan about the things that don't work for you, the people who let you down, the food that tasted bad, the boss who doesn't "get" you—every time you emotional charge that stuff and then keep your attention there, you are asking for more of the same. It's like tuning your radio to an AM station and waiting for your favorite FM station to start playing. It won't happen. It can't happen. They're on different frequencies.

"I am unmoved by appearances and therefore appearances move."

—Florence Scovel Shinn

One of my most favorite mentors had me adopt this affirmation as a reminder to keep my internal vibration steadily focused on attracting my good, no matter what I was experiencing in my environment at a given moment in time. If you want to create more of the things you want, focus your emotional attention and intention on those things, and those things only. You have to tune the vibrational energy that you emit to the vibrational energy of the good you seek. Release the need to weigh, judge, and condemn people and situations in your world. Allow what is ... to be what it is, and stay centered in the wisdom that a higher power is at work on a plane that isn't necessarily visible from your vantage point.

So check-in with yourself now on how you're experiencing your life moment by moment. Take inventory. Make two columns on a piece of paper and for one week, capture the good and great and stupendous that you notice; in the other column, capture all the "less than" you notice. The column that's longer can tell you a lot about your vibration. What are you noticing? How are you engaging?

As spiritual master Esperanza Universal teaches, "If you want your life to be different, you have to make different choices." Always, always, always choose feelings and thoughts which serve your highest good—no matter what outer appearances suggest.

Keep a Pocket Full of Positives!

"The happiness of life is made up of minute fractions. The little, soon-forgotten charities of a kiss or smile, a kind look, a heartfelt compliment, and the countless infinitesimals of pleasurable and genial feeling."

—Samuel Taylor Coleridge, 1772–1834, English poet

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