

You are a...



Hello **Totally Fabulous Woman**:

With the First TFW Gathering of the New Year just two weeks away I thought now would be a good time to review the three Acts of Empowerment we've already discussed. You will receive another Empowerment on Sunday and the last on Monday. Enjoy!

1. **A Totally Fabulous Woman gets comfortable with what she doesn't know and what she can't control.**

Probably 90+ percent of the time, behind our need to know and control is fear. Fear tends to be the human being's default response to life. It shows up in many forms; sometimes posing as responsible behavior; sometimes as "loving" concern and even as fearlessness; but if each were to "peel the onion" on any of these claims, underneath is the impulse to "manage" your self and your environment in an effort to control the amount of fear or pain you "might" encounter, or to control circumstances as to not be caught off guard and overwhelmed by the unknown and hence feel uncomfortable or out of control. Though many would deny it, humans are often looking for the other shoe to drop. We feel that if we're prepared for the drop we will be better able to survive it.

To get comfortable with what you don't know and what you can't control is to replace fear with faith. Faith is acknowledgment of the presence of Universal Intelligence. In our everyday lives, Faith shows up as trust, acceptance and freedom. You can only become comfortable being with the unknown as you begin to trust that the Infinite is more powerful than your finite experience; and that Infinite power, presence and influence is everywhere present, including right where you are challenged. Then you can trust that no matter what comes your way it can never be bigger than Universal Order and Intelligence. As you begin to see life as the Divine teacher bringing tailor-made lessons to your life, then you can accept that what occurs on your path is for you. Not to hurt you but to service you and through you service all. Such a point of view brings with it the gift of freedom—freedom to watch Universal Intelligence get it right every time.

Exercise: Practice choosing to "let go". When you find yourself tight with worry and/or issues of control say, "I surrender my limited finite mind to Infinite Intelligence and trust and accept the highest and best Good for myself and everyone concerned."

Our next Gathering is Saturday, January 21, 10am to 12:15pm @ Cabrini's located at 5664 3rd Street, just east of LaBrea, across Third from Ralph's. Visit our website @ www.totallyfabulouswoman.com to register.

*The YOU inside your life matters.
When you know yourself you are empowered. When you accept yourself you are invincible!™*