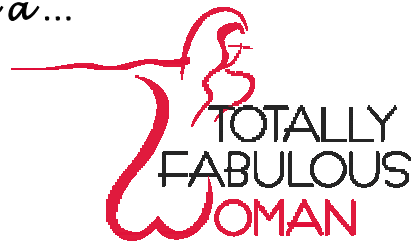


You are a...



Empowerment # 3

3. **A Totally Fabulous Woman asks where is my attention and how is it serving me?**
Your attention is your servant. Your attention, in the form of your thoughts, is creative by nature. Mind is the servant of experience. The life we create in our heads is in large part the experience we manifest. Therefore where your focus dwells is where you are actively creating or recreating experience.

I say recreating because so many of us allow the past to be the focus of our attention thus creating a future that has many of the same emotional components as our past. Arguments, hurts and disappointments from the past get replayed over and over again in the mind, keeping the emotional upset alive; turning those past moments into scabby wounds that never have a chance to heal, picked at with painful thoughts until they bleed again and again. And when we meet new people and encounter new circumstances we are unable to see them clearly and experience them as they are because we are so busy transposing our unhealed past onto their words and actions.

How does this way of experiencing the past serve us? You might say, "Well, it doesn't." But if we didn't get something from the relentless replay, we would have stopped the tape long ago.

Often the replay serves in a simple and sadly profound way: We hang on to pain as a way of saying, "I hurt." "What happened to me was unfair." "I didn't deserve it." "I don't understand why I was treated or seen in such a way." It is usually the little girl in us that is holding out for others to offer the two magical words that heal: "I'm sorry." What the little one inside doesn't realize is that we burden the rest of our life waiting for those who have hurt us to come to their senses and offer us a healing "I'm sorry." But while we wait for them, they are living their lives. They have forgotten us. Their own hurt and pursuit of "I'm sorry" from others, has them too busy to conjure up their vague image of us. What we remember in detail and replay daily is so vague in their memory that they can barely recall our face.

It's time to give ourselves the "I'm sorry," we need. It's time to place our creative attention on our fabulousness; let images of us as fulfilled, fabulous and free become our daytime fantasies. It's time we set the intention, "to heal what needs to be healed in our lives." In these ways our attention serves as our gateway to joy and joyous images and expectations that create the gratifying life we are all capable of living. Hence, **A Totally Fabulous Woman develops a way of thinking about herself and her life experiences that serves her dreams, her freedom and her joy!**

The YOU inside your life matters.

When you know yourself you are empowered. When you accept yourself you are invincible!™