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| **Change** *for the James Van Praagh Special Chat Area*  No matter who you are, how many classes you may have taken, or how many certifications in metaphysics you might possess, we all have something about ourselves that we may not be so comfortable with, something we may want to change.  Change, however, does not come easy. I have always heard people say, "I've changed " or "they've changed". Change can come about, but it is usually a process brought about by trauma or drama.  Meaning, rarely do we as beings offer ourselves up for change. Quite the opposite really, as so many of us fight change. Most of us detest it so much, that we will remain in unhealthy patterns knowingly, rather than take one conscious step toward that which is unknown... change.  We have all experienced the unexpected, forced change where we have had to adapt and change our perceptions and therefore the outcomes. What if, however, we do decide to become more pro-active? How can we go about it?  I have heard of various affirmations, meditation positions, and a ton of books all suggesting how one can create positive change in their lives. I have attempted and tried several practices, and it just didn't work for me. For others trying the same procedures, they seemingly had great results, but not for me.  I just decided that the things I didn't care for in my personality would just have to remain. Each time I thought I had conquered them, they would return! The continuous failure I felt just made me feel more hopeless. I felt as if I could never make positive, lasting, and life altering changes.  One day I was discussing this with a friend, who is a remarkable healer, and she asked me very directly if I had "chosen" to release the things that I felt was holding back my personal and spiritual growth.  It was such a simple statement, but it rocked my world. In all the times I had asked for help in releasing I had never stated my intentions as strongly as using the words "I choose".  Now I am terrible at following programs, I am dedicated for the first few sessions, and then my attention ebbs away to other things, client's needs, children, writing my next book, or working on the next month's student lessons.   So, just like some of you, I don't see it through. I have to also admit I can rarely feel anything changing.  Perhaps I am not working on a program long enough, but if I actually cannot feel a change, I tend to loose interest. (I am a bit red-cheeked here discussing my downfalls).   I took the question to the Angels. "Am I not asking for positive changes in my life in an accurate way?"  Within hours I began to "feel" the importance of stating out loud, by intentions, to CHOOSE to release. Just as my healer had suggested! Sometimes ANGELS speak in a variety of ways, and they certainly use her often!  I began my own personalized 21-day program.  It began with the obvious LARGE as life items.... I choose to release anger.  Then I asked  I choose to release poverty consciousness.  I choose to release co-dependent behaviors.  I choose to release judgment.  You get the idea. What worked for me was to state these things out loud. If you attempt this program, you may at first choose the larger things in your life: deceit, control, dominance, insensitivity, and more.  I used the words: "I choose to release\_\_\_\_\_\_"  At first you will try to think of things about yourself you want to change. Some you will repeat several days in a row. Then, a remarkable thing will happen. You won't be able to think of anything in your conscious mind, but out of your mouth comes more subtle issues.  Things you may not have thought about: gossip, spite, envy, intolerance, stubbornness, and more.  Some days only 3 or 4 things will come out for "choosing". Other days there will be a barrage of traits that you wish you could remove from your psyche.  I have known for sometime that it takes 21 days of continuous behaviors to change a habit. And, many of the things I was hearing myself "choosing" to release were just that, negative habits.  Within several days I began to feel a difference.  Knowing yourself is a strong key in this process as well. My personal numerologist (Alison Baughman) confirmed to me that I "over-think" every step I make, so by knowing this, and having it confirmed, it allowed me to work on releasing that, and to stop thinking "did it work?" (Little joke there...)  Within days I felt myself begin to release a bit of that. Over the next week I could feel various parts within me changing. To be honest, I was amazed.  I remember the day I turned the corner.  On day 13 something strange happened. As I was saying my checklist of "I choose to release \_\_\_\_\_\_\_\_", I heard myself saying, "I choose to accept \_\_\_\_\_\_\_".  I felt a natural transition beginning.  I would hear myself say, "I choose to release sadness, and I choose to accept contentment". The transition felt smooth on my tongue and it was a natural feeling. The key being, I didn't think about it!  Your soul knows what you are here to work on; it lies just beneath the surface.  As I neared my 21st day, it was obvious not only to me, but to those close to me that change was in the works for me.  Is this mantra and claiming intent enough?  I would think not. I would think that this would be one of the first major steps in change.   I followed up with healing work.  As most of you may be aware, our bodies hold memory. Not only current life (including traumatic childhood events, physical jolts, and suppressed emotions), but also past life traumas and memories.   A dear friend, and most gifted healer **(((**[**Lynn Deen**](http://www.lynndeen.com)**)))** came to work with me. As she began to work on my body, I kept repeating my "I choose to release's" and "I choose to accepts". Lynn could actually tell my body was more accepting of the healing. Why? I was open to actual change.   As your energy changes, and your new "I choose to accepts" begin to take place you will see that you may have changes in several places in your life. Perhaps your career may become more exciting when you "choose to release apathy", and "choose to accept" interest".  Your love life can certainly heat up when you "choose to release a poor body image", and "choose to accept your own perfections".   Maybe you want more peace with your family during the next year and you "choose to release spite and criticism" and "choose to accept tolerance compassion".  As many of you know I am an Angelologist and an Angel Interpreter. The Angels that oversee every perception, action and intention will come to your assistance here. I can literally feel the Angel of Compassion flowing into my energy, standing beside me, encouraging me to make the choices that would align with the choices I was choosing.  Claiming your intent will focus your creative energies in your own life, as well as calling in your Angelic forces to assist.  Once your changes begin, you will be tested.   Due to your energetic shifts, that which used to align with you will come about again and again to see if there could possibly a change to reunite with you. For example: if you choose to release your addiction to gossip, you will get all sorts of juicy tidbits thrown your way.   Remember to reaffirm your intentions.   As time goes by, and your new energy becomes more grounded into your personality, you may no longer feel the pull towards certain friends you have had, or careers, or family events even.   Realize that change MEANS change. If one element in your life alters, it creates a ripple effect.   Even as you see yourself molding into a new person (hopefully more content), your natural default is always there. You can change the font on your computer, but if it crashes it reverts to the default font. You will then have to reset the font to what you are wanting.  Or, change the default to your choice (which in our case I feel will happen with learned behavior being reinforced over time). So, to maintain is very important when making positive changes in your life.  We are attempting to re-learn and re-train our behaviors to say to our personalities "we prefer to act like \_\_\_\_\_\_\_\_ when this situation happens". "Our preference is not to be attracted to \_\_\_\_\_\_\_\_\_, but rather to \_\_\_\_\_\_\_\_".  It is a series of unlearning old patterns and replacing them with positive aspects you are seeking. So, to summarize on bringing enriching change in your life for the New Year:  #1) Claim your intentions by choosing to release,  #2) Allow yourself to choose to accept replacements (remember no void goes unfilled).   #3) Follow up your releases by removing spiritual and physical blockages using an energy/body worker.  #4) Call in the Angels whose offices reflect the traits you are wishing to release and to accept.  #5) Don't become discouraged or afraid when changes do begin to come about. Depending on what you are changing, you may go through friendship changes, career changes, family attitude changes, and more.  #6) Stay aware that your personality will naturally default to what it has known for your entire lifetime. You will need to keep your newly rooted changes maintained.  Although this is a simple technique, the results are astonishing. So I of course, wish you well with the results. |

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