



AnnMcGillPotentialist
explore, discover, release, expand, become

messages from the Universe

Breakdown Begets Breakthrough

via Ann McGill - 09-9-2005

This is the last message of “The Time is NOW!” series
that began Jan. '03 - see www.annmcgill.com/messagesFromUniverse.php.
It focuses on Breakdown and Breakthrough as Essential elements
of the Unfolding Perfection of Life.

If you are Experiencing Breakdown ...

the challenges continue, seem worse, nothing seems to work ...
have you considered **this could be Good News!?**

It is the natural cycle of life for things to fall apart, loss and chaos to occur.
It creates the tension needed to instigate required–desired change.
When life gets so bad, things get so difficult, we're willing to take a
deeper look and discover new truths, this is good news indeed. It leads to
different actions, more fruitful ways of thinking, accepting and relaxing.

*Remember - God–Life never ever gives us more than we can handle.
Believing this truth, believing in our ability, is another matter.*

*Remember the Power of Prayer - “Ask and ye shall receive.”
The more heart-felt the message the greater it's impact.
It may not happen right away.
It can't happen unless we're open to receiving.*

*Remember the Power of Action - God can't help us unless
we're willing to help ourselves. Even wrong actions are positive
steps,
for each one moves us that much closer to finding a better solution.*

*Remember - Life is but a series of course corrections.
If you don't know what to do, how to do it,
seeking assistance is an appropriate-valuable action.
Life is not meant to be lived alone.
No one is expected to know everything.*

If you are Experiencing Breakthrough ...

feeling more at peace, a deeper contentment with self and life ...
here are some thoughts to **keep in mind**.

When positive progress goes unrecognized, is not appreciated,
it makes further-future improvement more difficult, possibly impossible.
It's important to acknowledge our successes, major and minor.
So let me ask: ...

*What progress have you achieved lately? The past few years?
How has your life improved? How are you better off?*

No progress? *Is that your report?* Don't believe it.
Minimally you now know a lot more about what doesn't work;
it's time to try something different.

*Have you celebrated?... How?
Have you expressed gratitude?... To Self, God, those who assisted?*

Appreciation makes us more open to receiving more.
Lack of recognition often leads to repeating what's already been
accomplished.

**Whether you find yourself in Breakdown or Breakthrough,
it helps to recognize the Perfection of Life is always unfolding.**
It makes living so much easier when we do.

When we believe Life is less than Perfect,
we act as if there is something wrong – with us and the world.
*It certainly doesn't make us feel good–better about ourselves.
Negative thinking makes us less effective and productive.*

Wrongness siphons energy, depresses, undermines.
Each imperfection clouds our seeing and thinking.
*It discourages us from believing in possibilities, trying new avenues.
It makes it more difficult to believe in ourselves, to pursue our dreams.*

Guilt, rejection, running away, blaming others for what appears less than
perfect only makes it more difficult to accept, flow with and grow from
our challenges.

On the other hand ...

When we learn to welcome whatever comes as fodder for what's next,
it enables us to look for opportunities and positive benefits.
*It enables us to find the hidden gifts which always exist
within even the most difficult of situations.*

To experience Peace, to know Perfection, it must be chosen.
We must choose to know Truth if we're to release suffering.
In every NOW! moment we are free to choose again.

*Future "Messages from the Universe" elaborate on the
ever-unfolding journey of awakening and Self-discovery.*

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n/ Joy ... b/ Peace ... w/ Love ...



Ann McGill - Potentialist

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