



11th Allure Article – for Sunday, June 8, 2008

Envisioning a New Earth

I've been challenging you to gain clarity on what you are hungry to create in your life. I've asked you to start dreaming and imagining again. It's wonderful to receive your emails and hear how many of you are beginning to put the ideas I'm sharing into action! This is a marvelous starting point.

What we focus our thoughts on is what we attract into our lives. If we focus on our fears, we experience fear. If we focus on gratitude, we see things to be grateful for. This is true at the individual level. It's also true in the world at large. We have to remember as we clarify our dreams that we are connected to everyone: our families, our community and our world. As we continue to develop our vision, let's pause to consider our thoughts and our feelings towards "the others."

We humans often focus on what separates us –the shape of our nose, our clothing, financial status, education, cars and houses. From a broader perspective we see ourselves separated by oceans, country borders, language, disparate economic condition, skin color, religious expression, and national holidays. We are more similar, more connected to one another as citizens of the Earth than we have even begun to realize. Consider these ideas: Your well-being impacts mine. My emotional state feeds into the global disposition. Our inner strife (or inner peace) feeds the vibrations of turmoil (or peace) that ripple across the planet.

If you are to experience well-being, you must appreciate it wherever you see it. If you resent success others are experiencing, you will block yourself. On the other hand, when you start to make conscious your thoughts about others it can become overwhelming for you also become aware of great pain, suffering and negativity in the world.

So how do we deal with this?

I recently read a thought-provoking book called, *A New Earth* written by one of my favorite authors, Eckhart Tolle. Oprah chose his book for her most recent book club and did 10 on-line sessions via Skype so readers all over the World could join together in deep discussion. (If you go to www.oprah.com you can access the recordings from these 10 weeks and download them free– I'd highly recommend that you do.) In his book, Tolle challenges readers to begin change across the Earth by focusing on bringing about changes within their own minds and hearts.

This past week, my mother, a brilliant, scholarly woman, took me on a wonderful trip to a breathtakingly beautiful state park. She, of course, had read the book and joined in on all the book club sessions. As we drove through the mountainous areas of rural Pennsylvania, she asked me a poignant question, "What would your vision be of a brand new Earth?" She started by sharing what she'd like to see all citizens of the Earth experience in their daily lives. She spoke of plenty to eat, of clean, comfortable beds in pleasant rooms, of all having a sense of safety and opportunities to use creativity to build an enjoyable life. Then she let me talk about the changes I wanted to create for all people.

The question got my juices flowing. I focused my energy, thoughts and words on expressing what I WANTED each person across the globe to experience. As I expressed my vision aloud, I felt excitement, joy, and inner peace. In those moments I could feel that massive change is possible. I saw clearly that what must happen for this to occur is for each and every person to begin focusing energy, thoughts, words

and actions on what they DESIRE for our world, rather than on what they DISLIKE about the current state of the globe.

Unfortunately, we've all been trained to concentrate on our fears, our disappointments and tragedies. Listen closely to the conversations you participate in or hear going on around you. Are people applauding the success of others or are they finding opportunities to criticize them? Are people talking about the suffering of the Chinese earthquake victims and feeding their fears or are they extending thoughts of peace and healing towards them?

Look and listen to media news stories and take notice this week of what their reporting focuses on. How many headlines highlight good things happening? Aren't most directed toward crime, tragedy and natural disasters? Why does the media do this? Because those are the headlines that get our attention!

Bad news is the hype; sensationalized fear is in vogue. CNN focuses on scandals and disasters. Carefully listen to the music they play behind the stories. It's no mistake that it evokes sadness and anxiety within us. We keep coming back to their channel to see what else might make us afraid.

When is the last time you heard a media report about a person who is creating positive change? When did you see a story that inspired you and brought you pure joy? Why not begin to look for stories about people making a difference in their community?

Now consider again the idea: What we focus on is what we create and perpetuate. When will we finally comprehend this idea and realize the power we have as individuals, as communities and as nations to bring about massive, uplifting, positive change?

We've gotten into unconscious patterns of thought. We buy into what we are fed by society as well as the dramas our friends and families offer us. We take this in without even considering what we are pouring into our minds. Then we feel depressed and uneasy.

It's time to become conscious. It's time to awaken from the sleep walk. It's time to stop allowing ourselves to feel victimized. What is at stake if we don't do this? The Earth's well-being is at stake. Nigeria's well-being is at stake. Your personal well-being is at stake.

By changing the focus of our thoughts we can move the world towards constructive change.

When you find yourself involved in conversations that harp on what you dislike, stop. Be a leader. Change the discussion to something hopeful, helpful, full of possibility. When you listen to news with a negative focus, turn your thoughts towards what you would envision as a hopeful outcome for those involved. You might even want to whisper a prayer or picture some help or healing coming about.

You are powerful. You can share in the creation of a better world.

Your assignment this week is to observe the voices you allow to influence you. Notice how often you encounter bad news and drama. Begin to make conscious choices of what you put into your mind. Choose to shift the direction of your thinking and conversations if you feel negative, draining energy.

Most important, take time this week to describe your vision for a happier world. Consider the question my mom asked me, "What is your vision for a new Earth?" Then take the time to drop me an email and share your thoughts.

It starts with a simple shift in thought. Why not be the first to step forward and use your personal power, your creative ability, and your intuitive sensing to start a wave of change? You are ready.

Food For Thought

Wake Up!
Now is the time---
To emerge
Into your full responsibility
To change your world.

No longer focus on
 Self Alone,
 Selfish Interest,
 Self-Centered Ambition,
 Using power to push someone below you,
 Using possessions to make a show of yourself.

Change of Focus!
Shift to a Vision of All Humanity.

You have the Opportunity
 To use your Gifts,
 To use your Resources,
 To use your Love,
 To change the World.

Wake Up From Your Deep Sleep!
Your time has come
In humble but full power
 You will serve
 Giving Love.
Do not leave your responsibility unfinished
To fall on the shoulders of your children.

Wake Up!
Now is the time ---
To emerge.
No longer blame forces outside of yourself.
Blame only keeps you from seeing
Your responsibility.

Wake Up!
Now is the time—
To Take control of your thoughts.
Use your thoughts to focus your vision,
 Your Divine vision.

Wake Up!
Now is the time—
To bring forth the Changes
Needed for Our World.

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Patricia Omoqui is an internationally recognized inspirational speaker, life coach and writer. Patricia's mission in life is to inspire people to move beyond fear so they can reach their full potential.

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