



Our Thoughts and Desires

Channeled By Olga Fienco

Do not dwell so much on the things you don't have but allow your heart to be your guide for increased abundance and health. There can only be that which you see in your mind's eye. For if you continually focus on lack you will only receive that and if you continually focus on abundance you will receive that. Be mindful of your thoughts for they are creative and enduring. It is therefore a prerequisite of your growth as spiritual beings to take responsibility for thoughts you allow yourself to have. Nurturing thoughts of abundance, positivity, love and peace fosters that within you and within each of your fellow man. It is doubly important that the presence of your mind be cast in a pool of positive upliftment.

Although it may seem an arduous task for it is seemingly impossible for you to conceive the idea that abundance is also present, accept it and affirm that you are abundant no matter what your circumstances for that increases with time, the state of your cellular makeup. For whatever you imbue with your mind also passes through to your cellular structure.

Therefore, if you keep replenishing your mind with thoughts of poverty, lack, and inability to create or have, then your physical body and DNA also take on this and recreate what you have already cast within your thoughts. This is then translated into your aetheric for there is also the attraction of what comes to you. For the aetheric picks up immediately and attracts to it that which is planned and programmed. So it is as you can see a greater advantage to remember that what you impart within your mind is also part of your physical and aetheric being.

Would it not be more appropriate and loving to allow your mind, body and aetheric to create abundance rather than poverty? It is all as they say a state of mind, is it not? Can you not see the difference in your physical self when you attune to more uplifting and positive thinking for your whole being is uplifted and in turn your aetheric and spiritual natures dance with the rhythmic flow of your thoughts. Stay in tune with that which is your potential and power source.

The mind is very much a misconstrued and misunderstood part of your being. It is somewhat like a transmitter and follows the waves it has been given in output, so remember to switch onto the positive station when you are having thoughts of lack and sorrow and fear. In regard to your health, it is important than when focussing on any matter of health it is only a state of your mind, for the physical always translates that which the mind has been processing. It is like putting one in a situation when one only sees beauty, positivity, joy, how can you then experience anything else when put in another environment for it is programmed within that beings whole system of DNA, thought and physicality. There can be only that which you focus on and desire.

Desire of desire. So in your quest for knowledge of your situation it is mostly up to yourself to attain that which you will. Nothing is attained without thinking or planning. It is as though you would like to attain all by just sitting and not making any effort. As well this may be, it is important to give thought to that which you will create with your life for you are the creator and navigator as well as the instigator of what occurs in the drama of your life as a being. There are many roads to travel and although we would all like to travel on the safe path, it is sometimes the detours that give us greater advancement of our souls.

It is important that you continue in your meditations and spiritual quest, for your source of knowledge. We recommend that you take on the task of being in yourselves in the present moment, as often as possible and to record your daily meditations and learn from your own beauty and wisdom that which you seek in other avenues. Because you are all spiritual souls, you already understand and have knowledge of all that there is to know.

All wisdom is available to those who seek. Create within yourself a sanctuary, a place of respect, love and uphold your sanctuary as the beautiful and sacred space that you have. For this place is your lasting and all purpose being.