

THE *Lemonade Mindset*

An exclusive magazine filled with all things positive, self worthy & deserving

AUGUST 2020

WAYS TO
APPROACH
CREATIVITY

CREATIVITY
& CREATION:
ENERGY



RLPPRODUCTIONS INC



Publisher

Rebekah L. Pierce Productions LLC.

Editor in Chief

Rebekah L. Pierce

Editors

Rebekah L. Pierce

Kahlil Hernandez

Creative

Marcy Lambert-Pellegrino

Contributing Writers

Sangeeta Bharadwaj Badal

Renee Charlow, MFA, MPS (ABT)

Vickie Griffith

Paula R. Flatts-Gray

Shonda Janell

Yemaja Jubilee

Makissa Lewis

Martina McGowan, MD

Penny McPherson

Celia L. Powell

Art work

Jon Bush

Submitting Content

Have feedback, ideas or submissions?

We're always happy to hear from you!

Deadline for submissions is the 30th,
two months prior to the publication date.

Please send to

Rebekah L. Pierce Productions LLC. at

Rebekah@rlpproductions

Address correspondence to:

rebekah@rlpproductions.com and

khadmin@rlpproductions.com and the
mailing address is

2532 Devenwood Road

North Chesterfield, VA 23235

Copyright 2019 Rebekah L. Pierce
Productions LLC. This publication is registered with
the Library of Congress:

ISSN# 1548-9477. The Lemonade Mindset Maga-
zine LLC assumes no responsibility nor
endorses use of any products advertised
in this publication. To subscribe,

LETTER FROM THE EDITOR



“Limit your ‘ALWAYS’ and your ‘NEVERS’”
(Amy Poehler).

We are heading into my favorite time of year: Fall. One of the reasons I love this season is because of the coloring of Fall. We get to see in real-time the changing of the environment around us; in short, we get to see re/creation in action.

Fall is also the last season of the year, which might not sound right to many because most have been taught that winter is the end. But winter is actually the beginning of the seasons: winter, spring, summer, fall. How fitting is it, then, that we should be surrounded by such earthy and full colors at the end of the cycle of the seasons? It inspires me so deeply to create new thoughts, new dreams and hopes – plans, for the future.

In this August issue of The Lemonade Mindset Magazine, we shift our focus to what has always been the center of our existence as human beings, and that is the ability to create. We have the power to create a new story for our lives, new dreams, new opportunities just by harnessing the power of our thoughts. We are creators. What we think, our hearts believe, our mind's eye sees, and our mouths create. And when the thought is spoken, the Universe goes to work in manifesting that thought. We are powerful! No wonder scripture says, “For as [a man] thinketh in his heart, so is he” (Proverbs 23:7).

But this is also a double-edged sword because if you think negatively of yourself, you create the space for negativity to live. The Universe will manifest those things as well. So, to avoid this, we must practice intentionality in what we create. We must mind and guard our thoughts. And, therefore, I am so happy to share with you some tips and strategies from our contributing writers on how to live and create intentionally. Soak up each word in the pages of this magazine. Be encouraged. Step into the last season of this year with creative intention – with a renewed sense of joy, energy, and purpose.

Namaste.

Rebekah



8 WAYS TO STOKE THE FIRES OF CREATIVITY

BY MARTINA MCGOWAN, M.D. IS A GYNECOLOGIST, WRITER, ARTIST, AND MINISTER



Each of us holds the capacity to be creative. But you will never know how creative you can be until you make steps to maximize it. Here are a few strategies to fan the flames of creativity.

1. Change settings.

Your regular hangouts will stimulate your thinking, but your creativity may not flourish in these places.

Some authors use hotel rooms. Many painters have studios. A new environment can spark your creativity. If you are feeling creatively stifled, try something different for a few days, even something as simple as going to the park around the corner.

2. Be fruitful.

Most of our ideas are relatively worthless. This just means that we need to generate a lot of ideas to unearth a few gems. Some comics report that they write a hundred jokes to get one worth keeping and sharing.

For whatever you are trying to birth, be willing to wade through lots of terrible ideas and iterations until you find a good one.

3. Leave breadcrumbs.

Every day will not yield your million-dollar idea or painting. Call it a day when you have run out of steam. This leaves something for your mind to ponder while you sleep, and for use the following day.

Know how you're going to proceed and then sleep on it.

4. Never stop learning.

Studying the masters of your field will give you a greater depth of knowledge and increase your chances of developing meaningful ideas.

Take a different path to work. Cook new foods. Change your nighttime routine. Shaking up your world can stimulate new ways of thinking. Discomfort forces us to notice new things and look at old things in unusual ways.

6. Withdraw occasionally.

It is impossible to remain in a creative mindset when there are constant interruptions. Find a quiet, inspiring spot to do your creative work. Turn off your devices and work.

7. Embrace boredom.

Boredom and tedious activities encourage daydreaming and reduce the activity of the deductive mind. With your logical centers resting, creativity can peek through.

8. Tap into non-alertness.

If you are a morning person, your best ideas will come at night. That means you should make good use right before falling asleep and after awakening.

We can learn to make the most of our creative energies. You do not know when a brilliant idea will strike, so tip the odds in your favor by trying these strategies.

MARTINA MCGOWAN, M.D. IS A GYNECOLOGIST, WRITER, ARTIST, AND MINISTER. VISIT HER AT MARTINAMCGOWAN.COM.

**I get to be, not as you but as me,
I get to breathe, one breath in, one breath out.
I get to see, that each moment is given to me is a gift from the almighty
Yessssss, a precious gift, from thee!**

**I get to sit in the sweetness of a brand-new moment called TODAY,
I get to witness the inner longings that arise from the depths of my soul,
I get to listen to the sounds of ringing, the roaring, and the hunger of knowing the
The Source of the One who created me from the imagination of its mind.
And even though Mama carried me in the middle of her belly for 270 days,
I believe it all was meant to be, and I get to be free as I choose to be!
I get to live now exploring the inner terrain of this human
called YEMAJA, where I dared not gone before,
In the recess of my Soul there still lies more to uncover and more
to me than what the natural eye can see.
I get to say, I can do this earthly adventure not by your rules,
but by the guidance of LOVE DIVINE!**

**I get to play every day to please only me though the passage of time.
Whether, walking barefooted in my earth day suit in the wet grass in my yard at 5:00
AM or along the shores of Buckaroo beach, with the sea gulls swirling above my head
and a wide brimmed white hat to block out the burning rays of the sun.
I get decide if I am going to hang out with those who do not agree with my inner phi-
losophy, and who are always trying to fix, change and clearly not accept me as me.
HA HA, HAAAAA!**

**The joke is not on me, cause Now I see,
I get to be what I choose, Tis I alone who describes my reality,
My perception is the key coupled with my imagination to being me.
Whatever I desire, whatever I can dream, whatever I can vision, I get to create ME!
And I get to BE! I get to be ME!**

**MAGGIE'S
CUPCAKE
CAFE**
SWEET CUSTOM TREATS



Place Your Order Today! Contact Rebekah Pierce at rebekah@rlpproductions.com

FREE YOUR MIND...WITH CREATIVITY

BY RENEE' CHARLOW, M.F.A. (THEATRE), M.P.S. (ART THERAPY) (ABT)



According to Torrie Asai, “Creativity is nothing but a mind set free.” With the state of our world, filled with circumstances we can’t control, we must find new ways to tap into our creativity. Humans are creative by nature; we are surrounded by inventions and entertainment that prove this. However, many of us have found ways to express that creativity and make it work. From self-publishing to YouTube, there is proof that we are ALL creatives. Here are 10 ways to develop and nurture your creativity:

1. Expose Yourself to the Arts

Do this daily. Take a few minutes and listen to something different music, read a poem, watch a dance performance, or just make a personal doodle. It doesn’t have to be an extensive project. Just surround yourself with some art.

2. Ask Questions

I always tell students the only bad question is one that does not get asked. Feel free to ask questions about processes, ideas, or activities you are interested in. If you ask a person something and they deem it is too personal, they always have the option of not answering.

3. Increase your Productivity

Set a daily schedule with breaks built in. Give yourself a timer; place tougher tasks first and watch your productivity increase.

4. Express New or Repurposed Ideas

If you have an idea, don’t be afraid to look deeper into it. You never know when you have tapped into previously uncharted territory.

5. Go on Adventures

Take a trip to a place you have never visited, even if it’s a department store or the local library. Make certain to wear your mask and practice social distancing, but just take a short adventure and expose yourself to different surroundings.

6. Observe

I teach stage and screen acting to students of all ages. One of the major exercises I ask students to do is watch someone for about 5 minutes, and then come back to class and imitate that person. The study of people is amazing, and simply being observant of others and your surroundings can keep your creative fires stoked.

7. Practice Mindfulness

I know this seems to be a buzzword lately, but mindfulness is simply being present in the moment. Often, we are multitasking

and not fully engaged in our primary task. Staying in the moment helps you focus and give that moment all the attention it deserves.

8. Embrace Risk (full disclosure---this is one I am still working on)

Do not be afraid to take chances---risk equals rewards.

My personal new venture with entrepreneurship and creating opportunity frightens me, but I am looking forward to a new chapter in my life. Remember: nothing ventured, nothing gained.

9. Think BIG...Dream BIG

What would you do if money were no object? Where would you live? Where would you work? How does your dream workspace look? How does an event that celebrates YOU look? Dare to dream. Outline these dreams and place them on a vision board to keep them visible and in the forefront of your mind.

10. Create

Take a small journal with pens and color pencils with you everywhere (again, remember to take your mask and socially distance). When you feel creative, write---sketch---doodle or plan. Spend 20 minutes a day doing this. You will be glad you did!!

Take good care,

Renee' Charlow, M.F.A. (Theatre), M.P.S. (Art Therapy) (ABT). Visit www.mycreativespirit.net to learn more about Renee and her work.

Believe in me. Shoulder me, hold me up! Comfort me. Acknowledge me, help me rise above. Support me. Encourage me push me forward. Abide with me. Fill me with your positive energy. Root for me. Strive with me. Show me love. Strengthen me. Teach me. Guide me. Lead me, down the path that helped you find your way. Give me all the knowledge that got you where you are today. Sister to sister we are all one. Women to women, together an invincible force. Learn of me. Commune with me that I may rise above so that United we can be the change the world is in need of.

RAINBOW

BY MAKISSA LEWIS, FOUNDER OF MY SEESTER, INC.



When I left the military for the first time in the late 1997, I struggled with juggling a new college life while abandoning my former military career. The mental health struggles I was facing no one truly had a name for. I know now that it was Post Traumatic Stress

Disorder. This transition was made especially difficult because I also had to prove that I was the veteran. The confusion the school officials had was, how could I be a veteran and not be in the Selective Services? The only logical explanation to them was that I was mistaken when I said I was a veteran. It did not help that I was a female either.

the exception but rather it was the norm for a female leaving the military. To make matters worse, my story was not told by me. The healthcare worker who heard my story interpreted it and re-told it for me. I learned a valuable lesson from that experience. To prevent others from telling my story (especially incorrectly), it was necessary for me to take ownership of it and tell it myself.

This was not an easy endeavor. I felt fear because I knew once I told my story, there was no more hiding. My Post Traumatic Stress Disorder was due to Military Sexual Trauma. But I decided to face my fears. I shared my story. The act was like seeing a rainbow after a rainstorm. I hope that sharing my story is the motivation needed for the next female veteran to tell their story and be a reason to see their rainbow.

“Be the reason others see their rainbow.”

~Makissa Lewis, founder of My Seester, Inc. To learn more, send an inquiry to Founder@myseester.com or call 305-878-9207.

This “quandry” started me on my quest to do more for female veterans that come after me and for myself. My story was not



Freedom and Momentum Coaching

Do you want to create freedom and momentum in your business and your life?

These are trying times for all of us. We have two choices: we can let our fear control us or we can control our fear.

In the Freedom and Momentum Coaching Program you will:

- Learn how to let go of the hold fear has over you.
- Create space for new ideas and actions.
- Create a plan to fulfill those actions.
- Stay accountable to your plan.
- Adjust and modify as the situation changes.

The Freedom and Momentum Coaching Program consists of:

- 10 coaching calls over a 3 month period
- 5-10 minute spot coaching calls as needed
- Fear release techniques • Learn share powerfully
- Create space to allow new ideas • Identify actions • Create a plan

Contact us to schedule your Freedom and Momentum Coaching at 703.981.3157

LovasConsulting.com





THE 'NO REGRET' LIFE

BY PENNY MCPHERSON

Why did I dislodge myself from my comfort zone, to move abroad? I wanted to live a no regret life. In 2018, I left the United States, my family, friends, career, church, and volunteering to move to Costa Rica. Gratefully landing in Costa Rica were 7 suitcases, me, and my husband. I had a productive, and rewarding life, in the states, but there was more to experience outside of the box of school, career, retire, and done.

What is a “No Regret Life?” It is a life where in the end, we do not wish we had attempted something different because we did it. There is a quote: “Time Waits for No One.” I ignored it in the beginning because my zone was comfortable. My comfort zone was a place I knew well. I knew well how to use my time and energy to show up for work, support the community, make time for hubby, and spend time with the family. Notice that I did not mention anything about cooking, cleaning, laundry, bills, work outside of work, committees, projects, family issues, emergencies, or dealing with micro-aggressions. Some of those things made my pot of life boil over. I would stop, handle it, and get back to my safe place, the comfort zone.

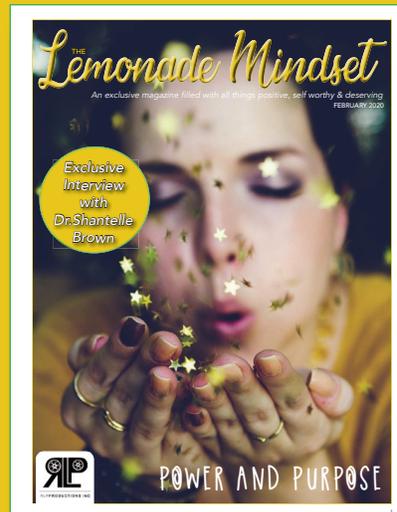
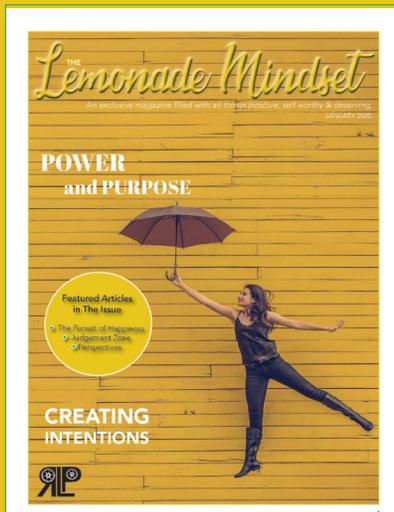
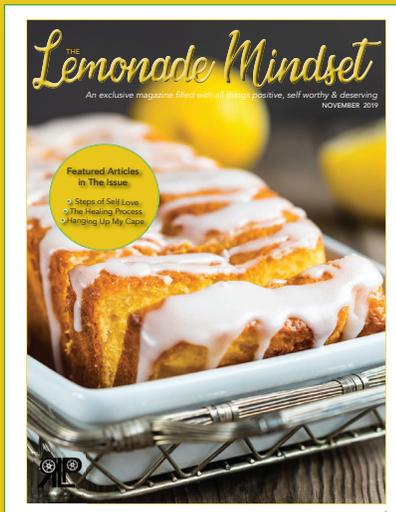
I cannot lie; leaving my comfort zone was painful and extremely stressful. We had real estate, careers, bills, and family, including some that lived with us. Fortunately, my husband and I were on the

same wanderlust page. We advised our large and close family of our intentions. We then, simultaneously, sold the real estate, paid off our debts, gave notice at work, resigned from boards, and simplified our lives. But there is a back story for each step. Simplifying our lives of the mammoth load of crap we had owned was difficult, yet freeing. It would have been simpler staying in my prescribed box of life. Dislodging from societal expectations and familiar living was a significant challenge. However, this was a tremendous opportunity to channel my energy to feed my soul. In the end, no car, clothes, or career stood in the way of experiencing a peaceful, simplified life abroad.

Where is my time going? The days, weeks, and years have passed. I often marvel at the fact that it is just Sunday. Now, it is Hump Day, or New Years, and now Thanksgiving! God has been with us because we have survived some truly nerve-wracking experiences. There are absolutely no regrets, though! Unless you count the mosquito bites!

Sometimes, we focus so much on what we give up, we miss the opportunity to embrace what we can gain. Who knows how this journey will end, but I am incredibly grateful to say, I live a no regret life!

~Penny McPherson is from Richmond, VA. She and her husband live in Puerto Viejo, Costa Rica. Follow Penny @PlantBasedPennyLife on IG and FB for updates on their life abroad. Plantbasedpenny1@gmail.com.



SUBSCRIBE TODAY TO THE LEMONADE MINDSET MAGAZINE AT WWW.RLPPRODUCTIONS.COM

YOUR ENERGY MATTERS

PAULA R. FLATTS-GRAY IS THE AUTHOR OF THE B.R.A.G. JOURNAL: BIGGEST REVEAL ABOUT GOD



Have you heard the phrase, “You can’t give what you don’t have”? Well, you cannot give energy to anything or anyone when you are depleted, worn out, and even hopeless. Creativity suffers. Communication lacks. Self-expression dwindles. You are unable to inspire and connect to others.

During the pandemic, many had to do a lot of adjusting. Some had to slow down. Others had to make some changes, while others were forced to revamp. When change comes, it can be exciting. But it can

also be exhausting. There can be a lot of adrenaline pumping. Yet, plenty of energy is wasted from worry and doubt. A lack of energy can cause you to tire of the things that once brought you joy, peace, and satisfaction. I know this from personal experience.

Do your best to avoid unrealistic expectations, added distractions, and people who do not belong on your journey. They zap your energy. Find what fuels you. Prayer, purpose, and preparation keeps me moving forward. Prayer keeps you focused, preparation keeps you from

spinning your wheels, and purpose keeps the fire lit. Figure out a method or routine that will support you.

The world needs your creativity, inspiration, and energy. Remember: you can’t give what you don’t have.

CREATIVITY AT WORK

BY SANGEETA BHARADWAJ BADAL, SOURCE: CREATIVITYATWORK.COM,
ADAPTED FROM ENTREPRENEURIAL STRENGTHSFINDER (GALLUP PRESS)



Creative Thinkers are alert to changes in the external business environment — new technologies, shifts in customer needs, industry trends, or competitor actions. You constantly evaluate new possibilities, revise your expectations of the imagined future, and formulate fresh action plans to achieve your goals. This endless cycle of new information, new opportunities, and new action plans helps you start ventures or grow existing ones.

As a Creative Thinker, you are quick to act. You seize opportunities and are usually the first mover in the market. Your unique ability to take an idea and quickly transform it into a business that generates revenue helps you stay ahead of the competition. And your proactivity garners your business high profits, allowing you to establish your brand and capture market share ahead of others in the industry.

Highly creative entrepreneurs are rule breakers who don't like to conform to norms and traditions of the industry. You refuse to be bogged down by established practices, bureaucratic structures, or arcane business processes. You like to work autonomously, outside the

established organizational practices, where you can think and create freely.

You constantly push the boundaries, always experimenting with new ideas to sort the good from the bad. It is this ability to experiment, usually in the face of acute uncertainty, that gives you the potential to generate innovative paths to profits.

Maximizing Your Creative Thinker Talent:

Balance current and future customer needs. It is easy to be tied down with day-to-day business management and focused on delivering what your customers expect from you. Set aside time to disconnect from the present, and feed your creativity to imagine your customers' future needs. This will help you dream and plan for the future and maintain your competitive advantage.

Use measurement to evaluate your ideas. When weighing which idea to implement, ask yourself, "How can we measure this?" Pick ideas apart to identify issues that could crop up during implementation. If the results show that a project isn't viable, then modify or abandon the idea and move on to the next one.

Minimize potential pitfalls by releasing your new product or service incrementally. Implementing new ideas is risky. Iteration is key. Launch the prototype, gather feedback from customers, make necessary changes, and test again. Using this low-cost approach, you can turn your novel and creative ideas into products or services without much potential downside.

Maintain a simple organizational structure. Fewer layers of hierarchy will enable easier information flow between you and your team. A simple organizational structure will also increase employee involvement in implementing ideas, encourage employees' creativity, and lead to quicker execution and understanding of new ideas.

Balance efficiency with creativity. Process management techniques, such as total quality management or Six Sigma, which can increase your growing company's efficiency and productivity, are also likely to decrease your ability to innovate. Don't let efficiency-enhancing practices act as barriers to exploring new ideas. Nurture your natural creativity. Continue to invest in new ideas as you increase operational efficiency.

Mobilize resources to fuel your innovation process. You need two things for successful innovation: diverse experiences that spark your creativity and resources to drive the innovation process. Tap in to your existing network or build new alliances internally and externally to stimulate your creativity and access shared resources.

Learn from your failures. When carefully planned new initiatives fail, the potential to learn from them is immense. Don't let this learning opportunity go to waste. Conduct a post-mortem, make sense of what happened, and add what you have learned to your knowledge base. Fostering intelligent failures will help you learn what not to do as you dream about the future.

HEALTHY MANTRAS

COMPILED BY MARCY LAMBERT-PELLEGRINO

The creative adult is the child who **survived**.

Ursula Leguin



Everything you can **imagine** is real.

Pablo Picasso



Creativity doesn't wait for that perfect moment. It fashions its own perfect moments out of ordinary ones.

Bruce Garrabrandt



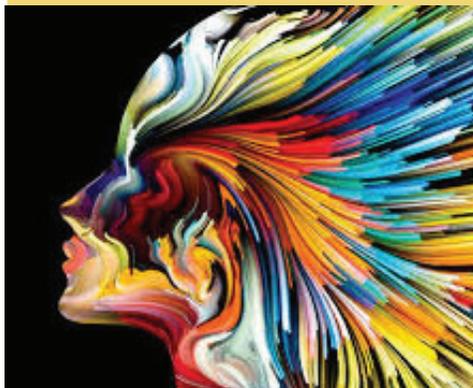
The **desire** to create is one of the deepest yearnings of the human soul.

Dieter F. Uchtdorf



You can't use up creativity. The more you use the more you **have**.

Maya Angelou



Creativity is intelligence having **fun**.

Albert Einstein



Source: happier.com

GOOD FRICKIN' PAPRIKA CHICKEN

SOURCE: ALLRECIPES.COM



While this is a pretty straightforward grilled chicken recipe, the vinaigrette at the end was a last minute touch that worked out nicely. I really like oil and vinegar-based sauces on grilled meats. They work beautifully with the smoky, caramelized exterior." said Chef Jon

Ingredients

- 6 tablespoons plain yogurt
- 3 cloves garlic, crushed
- 3 tablespoons ground paprika
- 2 tablespoons olive oil
- 1 tablespoon hot chile paste (such as sambal oelek)
- 1 pinch cayenne pepper
- 1 (5 pound) whole chicken, cut into 8 pieces
- salt
- 1/4 cup olive oil
- 2 tablespoons sherry vinegar

- 1 tablespoon ketchup
- 1/8 teaspoon hot chile paste (such as sambal oelek)
- 1 pinch paprika

Instructions

Whisk together yogurt, garlic, 3 tablespoons paprika, 2 tablespoons olive oil, 1 tablespoon hot chile paste, and cayenne pepper in a large bowl.

Mix in chicken pieces and toss to evenly coat. Cover the bowl with plastic wrap and marinate in the refrigerator for 3 hours.

Preheat an outdoor grill for medium-high heat, and lightly oil the grate.

Remove chicken from the bag and transfer to a plate or baking sheet lined with paper towels. Pat chicken pieces dry with more paper towels. Season with salt.

Combine 1/4 cup olive oil, sherry vinegar, ketchup, 1/8 teaspoon hot chile paste, pinch paprika, salt, and pepper in a small bowl. Set aside.

Grill chicken, skin-side down, on the preheated grill for 4 minutes with grill lid closed.

Turn chicken and grill with lid closed until well-browned and meat is no longer pink in the center, about 6 minutes. An instant-read thermometer inserted into the thickest part of the thigh should read 180 degrees F (82 degrees C).

Spoon sherry vinegar mixture over cooked chicken and serve.



**THRIVING
COMMUNITIES
START WITH
FULL PLATES**

Feed More collects, prepares and distributes food to neighbors in need throughout Central Virginia. With a service area that stretches across 34 counties and cities, Feed More's comprehensive programs and network of nearly 300 agencies helps ensure our communities have access to healthy meals year round.

**TO GIVE HELP OR GET HELP VISIT
FEEDMORE.ORG**

FEED MORE  SM

5 WAYS TO GET TO GET BLISSSED OUT OF YOUR MIND AND MONEY DURING UNPRECEDENTED TIMES

BY CELIA L. POWELL, CPA



Economists had predicted in 2018 that we were going to be in an economic recession. Leaders in the financial and economic sectors began to sound an alarm about this pending recession, predicting 2020 to be the year! They were correct with the forecast as COVID-19 has forced businesses and employers to close their doors and go into social isolation, leaving millions of Americans unemployed. A cruel outcome of mission COVID-19 is that it has left us uncertain about how many of us will move forward. Our homes have become makeshift offices if we are fortunate to still have jobs. We have found ourselves in financial positions that we've never been in before; we are seeing scarcity, hoarding, rioting, and looting.

Many of us are fearful, doubtful, and afraid of how we are going to make it through. I have even experienced some financial fall out and am currently in the midst of catching up, and money is the thing that I do professionally! No one has been exempted but I have begun to see glimmers of hope

and rays of financial sunshine lately because of my professional life. I am seeing pockets of abundance and prosperity for others and for myself.

Why is this phenomenon occurring during a pandemic, economic recession, and social unrest? It seems counterintuitive but, nonetheless, a reality documented by higher incomes and increased bank accounts. There exists what I've deemed "Bliss Money"; that is, money that creates joy, happiness, and fulfillment. Let us explore five ways that we can get bliss from our money starting today.

Breathe

Verb. To draw air into and expel it from the lungs.

The power of breathing is often overlooked and the impact of breathing with intent is oftentimes underutilized and misunderstood. Science has proven the benefits of meditation and breathing, the effects they have on our body and mental health. Science has found that mindfulness (being present), which utilizes breathing with intention, produces positive biological responses and produces a calmer state of mind. An oxygenated brain produces

increased energy to think with clarity and make decisions from a place of peace versus anxiety or a stressed mindset.

When we are dealing with any economic or monetary matters, positive or negative, we have to position ourselves to be clear of mind; breathing with intent can help us start the process and activate "Bliss Money" in our lives. Most people and businesses that are currently successful in this environment promote self-care and being spiritually grounded, which can be achieved with the support of breathing and practicing mindfulness.

Mindset

Noun. The established set of attitudes held by someone.

Shifts in our mindsets about and around money are a major turning point to getting to blissful money. Our mindsets are the key determining factor as to whether we achieve anything in life and finding the joy in our money. It is a must that we begin to take control and pivot our mind, thoughts from anxious, worried, fearful, and stressful mindsets, to calm, peaceful states of mind. We need to monitor our thoughts about lack, scarcity, reductions, losses, eliminations, especially during these uncertain and unprecedented times, as they pop up.

We are only human, and we are sensitive to the influences in our environment and sometimes find that we can be overwhelmed by what we allow to seep into our consciousness. We may find out that we need to distance ourselves from those influences. Along with monitoring our thoughts, it would be in our best interest to examine what we are thinking about and ask ourselves if what's on our mind is the truth. We all experience what mindfulness practitioners call "the monkey brain"; that is, the feeling when our minds

just go on autopilot. Most times, we are not really paying attention to our thoughts and we begin to think things that are left unchallenged, which may leave us thinking and acting in error that turns into our reality.

Let's challenge this by the example of a person who states that they are "always broke"; this is what the person believes about themselves, but if we were to challenge how poor the person really is, we'd probably find that this is a false belief and thought. Most Americans living today are not poor; we live better than most in the world, so if the "broke" person were to take inventory of their possessions, they would probably find that they are more well off than what they think!

Let's reframe the "broke" person's financial situation to this affirmation: "I may not have money at the moment to partake of or participate financially at the moment."

Making this mindset shift about our financial conditions will give us goals and/or a target and keeps us hopeful vs. being "broke." Simple shifts in our mindset will allow us access to blissful money, and a blissful mind can produce blissful money.

Alignment

Noun. A position of agreement or alliance.

To be in agreement, "Bliss Money," most times, requires the practice of alignment with our values, life goals, religious perspectives, but mostly, our purpose. Purpose is to understand what we were created to do; here, the perfect alignment exists between it and money. The blending of the two - purpose and money - makes for the quintessential existence.

It is a privilege to discover our purpose and why we are here. If we were to look around us, we will see nothing but fulfilled purpose, creations by creators. When purpose aligns with money, it produces and manifest the images we see in our minds. The gift of creating and producing what is inside of our purpose is a divine gift from God, and when it's revealed, we find a place of peace - a sanctuary that only the receiver of the gift can enter. All of us have divine gifts inside of us waiting to emerge once our purpose is unlocked and authorizes our prosperity to flow.

"A man's gift maketh room for him and bringeth him before great men" (Proverbs 18:16, KJ21).

We can be encouraged by this scripture today as it is still true; as we activate our gifts, we become unstoppable and it will generate prosperity. Alignment causes doors to open as great men and women will want to invest in our purpose, and as we bring forth our gifts, it will begin to produce "Bliss Money."

Affirmation

Noun. the action or process of affirming something or being affirmed.

The attainment of "Bliss Money" often requires positive statements and declarations in the form of affirmations about us, our conditions, and our money. Let us return to the example laid out in the second key about mindset and how the impact of "broke" thoughts affirms negatively about our condition; this works in the inverse when we declare positive statements to ourselves. We are creators and most creations begin with a thought that are then followed by words; a powerful dynamic begins to move what we speak.

"For verily I say unto you, that whosoever shall say unto this mountain, 'Be thou removed, and be thou cast into the sea,' and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass, he shall have whatsoever he saith" (Mark 11:23, KJ21).

It is imperative that we truly check what we say especially about who we are and our financial status. When we speak broke, we affirm it and it affirms lack and scarcity in our lives. Today, let's begin practicing positive affirmations about our purpose and financial conditions; it will produce "Bliss Money," expecting opportunities to start flowing in our direction. Affirm that "favor and blessings are flowing freely to me today."

Gratitude

Noun. the quality of being thankful; readiness to show appreciation for and to return kindness.

Being grateful can be a shortcut to having "Bliss Money." When we take a pause and offer gratitude for the present moment, our past times, and futures to come, we position ourselves for "Bliss Money." Gratitude in the present moment creates contentment and puts us in the position

of humility to be able to receive from a reservoir of prosperity and abundance.

Gratitude begets more and the opposite holds true as well. Generosity is an outcome of gratitude; it is an acknowledgement that we have more than enough, and to be able to share with others usually brings about peace, contentment, and more gratitude will overflow.

Continual offerings of prayer with thanksgiving to our Divine Creator God, assures a lifetime of abundance of favor and prosperity will produce bliss money amid a pandemic, recession, or social unrest.

May you experience blessings of bliss money!

CHAPTER 1 EXCERPT FROM

YOU CAN BE RIGHT ABOUT EVERYTHING AND STILL HAVE NOTHING: HOW TO GIVE UP THE NEED TO BE RIGHT AND GET WHAT YOU WANT

TO LEARN AND READ MORE FROM VICKIE GRIFFITH'S NEW BOOK, VISIT BREAK-THROUGH.ORG



Everybody has some level of success. You're doing something right. You may have said you wanted to lose weight and then you did lose a few pounds. You've had some success. You ate what the diet told you to eat. You exercised as the plan said and you lost weight. That is a success. There is nothing wrong with the level of success you have already accomplished.

Everyone knows what it takes to be successful at some level.

We sat in the consulting room waiting for the surgeon who had moments earlier completed my dad's operation. We were all numb with shock. One moment he was at the doctors for a headache and the next moment he was in surgery for a brain tumor. We wondered, worried, and fretted about what all of this meant. The surgeon said the surgery had gone well. My dad was doing fine and would be in his room soon. We all took a deep breath. It was going to be okay. Until it wasn't. Another doctor came to speak to us. Dad was not breathing on his own; they needed to put him on

a respirator. He was in a coma and the outlook was grim.

The next morning the surgeon met us by dad's bedside in the intensive care unit. Again, he told us the surgery had been a success. All of the tumor had been removed. The care following the operation was in the hands of the other doctor. We never saw the surgeon again. Just like you, he had risen to the level of his experience and knowledge. He was successful in his task, even though his patient remained in dire straits.

Everybody knows what it takes to be successful at some level. It doesn't mean you know everything, but you know enough to be successful at the level where you are. Wouldn't you agree? I am also willing to bet you already know enough to be successful at the next level. If you know what it takes to get you to the next level, then why aren't you there, yet? Breathe into that question.

Why aren't you at the next level? You know what it takes to get to the next level. You know how to improve your health, wealth, happiness, career, business relationships,

and even how to let God into your life. You know exactly what it takes to achieve more. And you try. Sometimes over and over again. What is missing? What is keeping you stuck?

Your need to be right.

Yes, everything that is sabotaging your efforts to achieve more success stems from your need to be right. You believe that you can't get to the next level and you are looking for something to prove that you are right. You want to prove to yourself and everyone else that your failure to get to the next level is not your fault. It is more important to confirm what you already believe rather than to accept information that would make you stop, think, and do something differently.



RLPPRODUCTIONS INC

THE POWER *of* SELF LOVE

*How do we create the life we were meant to live?
By changing your thoughts to change your life,
and that journey begins with loving YOU!*

We may be living in the midst of a "new" normal, but some things never change ... like being afraid to look in the mirror because we don't want to see what might be looking back at us.

Yet, this is the PERFECT time to create new possibilities for our lives starting with the way we think about and see ourselves. Join us for The Power of Self-Love, a special course on how to change your thoughts to change your life, and it all begins with loving yourself.

This interactive 4 session course is hosted by Rebekah L. Pierce, Writer, Educator, Mother, Business-woman, Veteran, and survivor of domestic violence. Rebekah is ready to share her story of her journey to self-love and purposeful living, and in this course, she is going to show you how to start your journey as well.

Questions?

please call Rebekah at (804) 549-2884
or email rebekah@rlpproductions.com.

REGISTER AT [HTTPS://WWW.EVENTBRITE.COM/E/THE-POWER-OF-SELF-LOVE-TICKETS-112898640874](https://www.eventbrite.com/e/the-power-of-self-love-tickets-112898640874).

COURSES AND DATES

Week 1 - Chasing Ghosts: Words DO Hurt!
Week 2 - The Red Flag Syndrome: Believe Your OWN Eyes!
Week 3 - Get Lit! Turn Your Self-Critic into Your Hype Wo/Man!
Week 4 - Cinderella was a Jumper! How to Jump into Your Best Life!



REQUIREMENTS

You must be available every Tuesday or Thursday evening from 8p-9:30p EST starting July 28-August 20, 2020. You must be open to change. Come with pen and paper ready to take notes.



COST

\$125 (includes all 4 sessions and the following):

*Free Subscription to The Lemonade Mindset Magazine
*A complimentary copy of Rebekah's memoir, I Love Me More
*Kryptonite Killed Superwoman: A 30 Day Journal to Self-Love



*****Five scholarships of \$65 are available for veterans ONLY.

**THERE ARE ONLY 15 SPOTS AVAILABLE IN THIS 4-WEEK COURSE.
YOU MUST MAKE A COMMITMENT FOR 30 DAYS. SECURE YOUR SPOT
AND REGISTER AT THE LINK ABOVE.**