

May 2008 'Food for the Spirit' by The Hip Hop Life Coach

Written by Minister Server - The Hip Hop Life Coach ID4359
Wednesday, 14 May 2008 09:37 -

Peace and much love! The divinity in me salutes the divinity in you! The spiritual gift for the month of MAY is POWER

Your spiritual gift of POWER gives you the ability to transform energy from one level of consciousness to another. In ancient wisdom it is written that, "ye are gods and sons and daughters of the Most High". What does that really mean? It means that there is a POWER within you is greater than anything that is in the world! When POWER is realized within and accepted in consciousness, divine energy rearranges itself into an outer manifestation according to the new realization. Divine energy can become anything you believe in and put your attention on, that's why you must be aware of how you're thinking and what you're saying!

Within you there are various stages of POWER in action: Silence is your pure POWER, Thought is your formed POWER and the word is your expressed POWER. In the pure POWER of silence, there is no vibration. It is spirit as absolute POWER waiting to be recognized by you! When a thought enters your mind it registers in your consciousness formed as a vibration of POWER. Your word has the POWER to bring into manifestation anything you speak with spiritual authority.

It is a recognized fact that lowering your thought waves, elevates your creativity and spiritual awareness. The lower the vibration, the more POWER in your thoughts. Anger, hate and fear are very high vibrations. Peace, love and faith have lower vibrations. This is why meditation and prayer are so closely aligned, both allow you to lower your vibration and reconnect to your higher self.

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POWER gives you the ability to make wise choices between good health or sickness, love or hate, awareness or ignorance and prosperity or poverty. As with all your spiritual gifts, you must remember the importance of balance between your thoughts and the feelings behind them. Unfortunately, most people give have been programmed with ideas and emotions that have been repeated so often that some people forget they have the POWER to change their thoughts, words and actions according to their consciousness.

Here's an easy exercise that will assist you with using your spiritual gift of POWER. The next time someone says or does something that makes you angry, frustrated or upset, before you react, just stop for a moment, get still, take some deep breaths and start smiling. Think about how at that very moment, you have the POWER to decide how you're going to respond, After a few moments, you will be amazed how you begin to feel better about the situation.

It is True, let It Be and there It is, Word!

Forever a Humble Intuitive Person Helping Our Problems,

I am Hip Hop!

Minister Server – The Hip Hop Life Coach

Temple of Hip hop,

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