**Teachings of the Week**

My Dearest Friends,

Thank You to all of you who have stayed with me and are READY to UPLEVEL their mindset in 2021!

As we approach the end of the first trimester, I make it my aim to serve you with the best skills, knowledge and passion that I have for you to continue mastering a positive mindset by the end of 2021!

Whoever knows me well, knows that I am a great believer in the Law of Attraction. The book that had the first impact on my life was The Secret by R Byrne. When the Daily Teachings book came out I bought it without reservations because I knew it will continue to transform my life, as The Secret did.

Every week, until the end of the year I make it my commitment to share with some Teachings from the book.

After I finished going through the teachings myself years ago, I had the inspiring thought to build my own business, to create my own success. I didn’t know at the time HOW I was going to do it. Reflecting back I can see the steps I took: qualify as a Personal Development Coach and then as a Counsellor, so I can better and deeper serve my clients. The next logical step was to launch my coaching and therapy business. First, I launched “Create to Soar” back in 2017 and after a few years of self-discovering and challenges I navigated towards opening my own coaching the therapeutic centre in London, The Consciousness and Guidance Centre in 2019.

My deepest desire is to share with you each week some of the teachings that R Byrnes describes in her book “Daily Teachings”, so that you will find your inspiration, motivation and positivity to create the life that you want for yourselves.

Here’s the 1st **Teaching of the Week** 23 Feb 2021

“The Secret contains clear principles on how to live your life in accordance with the natural laws of the Universe, and the most important thing for any person to do is to LIVE IT. You can only become the Master of your life by LIVING IT!

As we travel through a year of teachings, the clarity, understanding, and wisdom you will receive every day will help you live the laws that govern human beings, so you may truly become the Master of your life!”

Gratitude and Love,

Adina x

PS If you have not read or watched the SECRET video, please do so. I highly recommend it.

**Teaching of the Week**

“To change your life fast, use gratitude to shift your energy. When you put all of your energy into gratitude, you will see miracles take place in your life.

To change things quickly, commit to writing 100 things you are grateful for each day, until you see the change. And FEEL the gratitude. Your power is in the FEELING that you put into the words of gratitude.”

Gratitude and Love,

Adina x

**Teaching of the Week**

“Whatever feelings you have within you are attracting your tomorrow. Worry attracts more worry. Anxiety attracts more anxiety. Unhappiness attracts more unhappiness. Dissatisfaction attracts more dissatisfaction.

AND…

Joy attracts more joy. Happiness attracts more happiness. Peace attracts more peace. Gratitude attracts more gratitude. Kindness attracts more kindness. Love attracts more love.

Your job is an INSIDE job. To change your world, all you have to do is to change the way you feel inside. How easy is that?”

Gratitude and Love,

Adina x

**Teaching of the Week**

“The Universe is guiding you and communicating with you in every second of your life. It is responding to your thoughts and it is giving you invaluable feedback through your feelings. Your feelings are cosmic communication! The good feelings mean, GOOD FOR YOU. The bad feelings are to get your attention so that you will change what you are focusing on.

Tune in to cosmic communication that is with you every day. You are never alone, not for a second. The Universe is right with you at every step, guiding you. But you have to listen.”

Gratitude and Love,

Adina x

**Teaching of the Week**

“Look for the gifts in everything, especially when you are facing what appears to be a negative situation. Everything that we attract causes us to grow, which means that ultimately everything is for our own good.

Adjusting to a new path and a new direction will require new qualities and strengths, and these qualities are always exactly what we need to acquire in order to accomplish the great things ahead in our life.”

Gratitude and Love,

Adina x

**Teaching of the Week**

“No matter where you are, no matter how difficult things might appear to be, you are always being moved toward magnificence. Always”

Gratitude and Love,

Adina x

**Teaching of the Week**

“Happiness depends upon ourselves” (Aristotle)

Gratitude and Love,

Adina x

**Teaching of the Week**

“There are two words that, when spoken, have the most unfathomable power to completely change your life. Two words that, when they pass your lips, will be the cause of bringing absolute joy and happiness to you. Two words that will create miracles in your life, wipe out negativity and bring you abundance in all things. Two words that, when uttered and sincerely felt, will summon all the forces in the Universe to move all things for you.

There are just two words standing between you, happiness, and the life of your dreams….

THANK YOU.”

Gratitude and Love,

Adina x

**Teaching of the Week**

“We attract to ourselves what we hold inside. Every circumstance, every person, and every situation that we attract and experience is based on what is inside of us. Could you ask for a more magnificent system than this?

Your life is a reflection of what you hold inside you, and what you hold inside you is always under your control.”

Gratitude and Love,

Adina x

**Teaching of the Week**

“You are a unique and magnificent human being. Of all the billions of people on the planet, there is not another YOU, and your very existence is vital to the functioning of our Universe, because you are one part of the whole Universe. All that you see, and all that there is, could not exist without YOU!”

Gratitude and Love,

Adina x

**Teaching of the Week**

“Here is a simple, powerful process that you can do every day to bring yourself into positive harmony with the Universe and the law of attraction.

Sit down comfortably. Notice how you are feeling, and now relax your entire body. When you have relaxed your whole body, then relax it some more. Now relax it even more. And relax it more! Repeat this deeper relaxing seven times, each time relaxing as much as you can. When you have finished, notice the difference in how you are feeling, compared with how you felt when you began.

Now you are more in harmony with the Universe and the law of attraction!”

Gratitude and Love,

Adina x

**Teaching of the Week**

“Persist, persist, persist, and you will reach a point where the principles of The Secret become second nature to you. You will become so aware of the words that people speak, especially when they speak of things they don’t want. You will become so aware of the words that You speak.

When you reach this point, it is a sign that you are becoming more and more aware! You are becoming more consciously aware!”

Gratitude and Love,

Adina x

**Teaching of the Week**

“Each of us is attracting in every moment of our lives. So when you feel that the law isn’t working for you because you don’t have what you want, realize that the law is responding to you. You are either attracting what you want or you are attracting the absence of what you want.

The law is still working.”

Gratitude and Love,

Adina x

**Teaching of the Week**

“The greatest revolution in our generation is the discovery that human beings, by changing their inner attitudes of their minds, can change the outer aspects of their lives” (William James)

Gratitude and Love,

Adina x

**Teaching of the Week**

“Beginning to ask questions about life is a sign you are having a major breakthrough.

The Truth of Life is right here for everybody, as it has always been, but only the ones who ask questions receive the answers and discover the truth. When we ask questions, deeply wanting to know the answers, we will attract the answers in a form that we can understand.

To receive answers in life, you must begin to ask.”

Gratitude and Love,

Adina x

**Teaching of the Week**

“Love is the highest power we possess to be in complete harmony with the law of attraction. The more love we feel, the greater our power. The more selfless love we feel, the more unfathomable our power.

The law of attraction has been called the law of love, because the law itself is a gift of love to humanity. It is the law by which we can create incredible lives for ourselves.

The more love we feel, the greater our power to create a magnificent life of love, joy, and harmony.”

Gratitude and Love,

Adina x

**Teaching of the Week**

“What does it feel like to be in harmony with the Universe?

It is the same feeling as when you float on water. If you are tense, or if you resist the water, you will sink. If you surrender to the water, the water will support you and you will float. This is the feeling, and that is how you harmonize yourself with the Universe.

Let the tension go and float!”

Gratitude and Love,

Adina x

**Teaching of the Week**

“According to the law of attraction, the path to eradicating disease in not to fight it. If you decide you are going to fight a disease, your focus is on fighting the disease, and we attract what we are focusing on. Allow the doctors you have chosen to do their work, and keep your mind focused on well-being.

Think thoughts of well-being. Speak words of well-being. And imagine yourself completely well.”

Gratitude and Love,

Adina x

**Teaching of the Week**

“One of the biggest things you can do to change your circumstances around money is to take 10% of what you receive and give it away. This is called the spiritual law of tithing, and it is the greatest action you can take to bring more money into your life.”

Gratitude and Love,

Adina x

**Teaching of the Week**

“Why is it that most often you find that top-quality cars are kept immaculately clean and tidy by their owners, while the older cars are often dirty and messy inside?

The difference is the evidence of appreciation.

Appreciation is what you have brings what you want.

That is how those people attracted the better cars to them.”

Gratitude and Love,

Adina x