

How do you create your life by design?

How – Adverb, in what way or manner; by what means?

Do – Verb, to perform (an act, duty, role, etc.)

You – Pronoun, one; anyone; people in general

Create – Verb, to cause to come into being, as something unique that would not naturally evolve or that is not made by ordinary processes

Your - a form of the possessive case of you

Life – Noun, the condition that distinguishes organisms from inorganic objects and dead organisms, being manifested by growth through metabolism, reproduction, and the power of adaptation to environment through changes originating internally

By – noun, over the surface of, through the medium of, along, or using as a route

Design – Verb, to prepare the preliminary sketch or the plans for (a work to be executed)



The above definition makes it real simple to explain exactly how to answer this question; Yeah right! As always, Kat has come up with a real great theme that takes a bit of thinking if we really take the time to ponder how we do such a thing for ourselves.

Do I have an answer to this one? Yes and no. *LOL* I can only speak what works for me and not suggesting that it will be for you.

These creations come from my life experience.

My path has taken many turns as most of you readers are well aware and I will answer this question as of today, not last year, not last career but today.

I will attempt to explain my design by using some of my random thoughts on who I am. First off, I am Wayne, a five and half decades old that has literally packed a lot of experience under my belt. One of the first things I do each and every day upon waking is to say a huge appreciation to the universe for waking up on this side of the grass. I do not dread any single day but appreciate that I am Wayne and alive today.

A friend of mine actually gave me a scheduled wake up call today and stated not only did I grab the phone fairly fast but I seemed happy and alive. Her words may have been a bit different but that's the words I am using now to tell a bit more about my life. You all get the picture. I just am under the impression that if you start a day off in a good frame of mind, the rest will tend to follow the same way all day.

For those that really do not know me at all, I am the glass that is always half full kind of guy.

It really does not matter whether it is water, beer or wine. Mind you, if the wine glass is only half full, I need a refill. *LOL*

I try to say hello to as many people as I can in a day and always smile when I orate those beautiful opening words to a casual being, crossing my path. When out for a walk, I carry my head up high, unless searching the ground for pennies from heaven, but I never pass another person with that friendly smile a big eh, to them. After all, I am Canadian and that's how I talk. Eh you; how you doing, eh? Bottom line whether they respond or not, it just makes me feel good.

Speaking of feeling good, I am a very positive person in most aspects. One example I always love to use is when I go to Vegas. Mind you, I love to gamble, if you call the penny slots gambling, it is fun at such low stakes. I go in to the casinos with an attitude that I am going to win. Basically in my experiences there, I have always come home with more money than I went with allotted for gambling. I am just pre paving my desires for the universe to hear them and respond back in a positive vain.

I am only human or so I have been told and I do have my off days also.

Even on my off times, there is always some positives that come out of it that make it so much better for me. My basic philosophy is that if I maintain negative thoughts, I will get the same in return. And the reverse, have feel good thoughts and positive stuff comes back to me. Just plan and simple from my vantage point but remember this has taken a few years of practice to get to this level for me and I am still catching myself falling into the trap that most people fall into.

I limit myself from watching the news on TV as most of it is negative in some way shape or form. This seems to attract the viewers that want to see what is going on in the world. Some TV stations put out there what most wish to see. How long would a feel good supper news program last in today's society. Not very long I bet..... So I tend to avoid most TV to start out and especially the news stuff.

Listening to music, whatever style that feels good is a positive in my life. I would much rather be listening to a great CD and working around the house than watching TV or having dead silence. Something about music and Wayne will always stir me up. I do a lot of work on the computer and sometimes I get stuck on something like having to do some code or maybe even writing an article like this. If I pull back and relax in a different form such as doing dishes, a hobby, talking on the phone to a friend, reading or listening to music, I find the stuck

thing is released and new information comes to me to complete that previous task.

Some days, the universe just astounds me.

I am a good listener most of the time, I do not jump to conclusions right away and I am generally a very happy and positive person. Life to me is what you make of it and for me to be able to play and have fun daily is a priority. I do not consider arguing as an art form but would rather do a sensible debate or discussions where differences are coming up. To me arguing does not resolve a situation but more than likely will cause further negative remarks. Not my bag when there is a simpler solution for me.

Gratitude and appreciation really, I repeat really works for me. Years ago, I started an experiment with my friend Kat and we challenged each other to think of 5 appreciations that we had for a day to say at bedtime. This was to last for 30 days, every single evening, and boy did it start a massive change in thought patterns and what I really saw happening each day. After the first 30 days we added in 3 more appreciations about ourselves and then two more about the other person. WOW, two months later I was seeing things in a whole new light and that was the real start to a different life for me.

So to this day, I create my life by design and know that I am a much happier, laid back, a peaceful soul seeking out my next newest by design that will amplify my life even further.

Okay everyone, sing along with that old James Brown great, I Feel Good, YAHHHHHHHHHHH, the way that I should.

Till the next featured theme.....

Peace and Love

Wayne

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