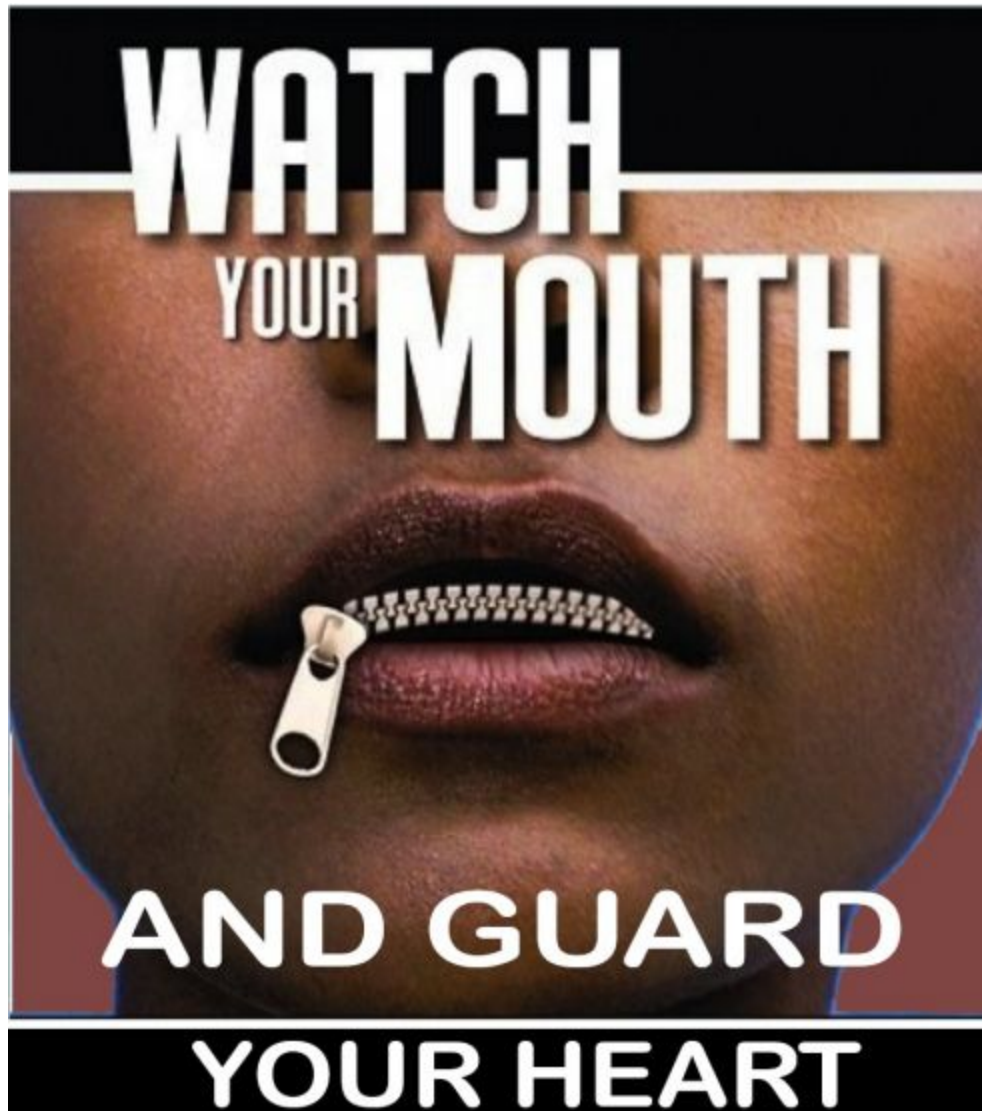


You Shall Have Whatever You Say...



Dr. Elona Sanders



Action Guide

Tools To Enhance Your Audio Experience

Watch Your Mouth and Guard Your Heart!

Scripture Texts:

PROVERBS 4:23

Keep and guard your heart with all diligence and above all that you guard, for out of it flows the springs of life.

PROVERBS: 18:21

Death and life are in the power of the tongue, and they that love it shall eat the fruit thereof.

PROVERBS 21:23

Whosoever keepeth his mouth and his tongue keepeth his soul from troubles.

PROVERBS 23:7

As a man thinketh in his heart so is he.

As we entered this year, we were instructed to “Rest.” We spent the majority of this year practicing how to do just that--Rest. We discovered that in order to truly rest, we had to come to a place of belief and, that the two are the same. If you are not **RESTING** you are not **BELIEVING**.

In order to **REST** effectively we have to do the following:

- Take your focus off the negative “*Realm of Appearance*” and become **allergic to negativity**.
- Watch Your Mouth and guard your heart
- Use the power of Divine Imagination
- Understand the subconscious mind and creative power
- Rest and activate the **Law of Emergence**

**THIS IS THE YEAR OF
TRUE EMERGENCE, MIRACLES, AND DIVINE TRANSFER!**

You must be willing to do whatever it takes to ensure that you end this year strong and enter the new year empowered to emerge “**As I AM!**” As He is above so are we here... now!

This is the year you will give up struggle, scarcity, setback, and sabotage. This is the year that you will see phenomenal results.

It’s time to really live the life you know you deserve to live. In reality, that is exactly what will happen. It’s all about what you **deserve, not the life you want. You will live the life you believe you’re worthy of living.** Think about that for a moment! Record your thoughts here.

Let's look at the points we listed above:

- **Take Your Focus Off the Negative “*Realm of Appearance*” and Become Allergic to Negativity.**

This is where so many people get stuck. You were programmed from a child to look at things in the natural and take it at face value. Isn't it ironic that the negative things seem to grab your attention and hold on to it for dear life? It is so much easier to look at negativity than it is to look at things in a more positive light. **Your job is to practice not getting stuck in the negative “*Realm of Appearance*”.**

Scripture reminds us that **the things that are seen are temporary**. Just know this--What you are looking at and experiencing today is temporary. **Right now, this moment that you are in, is truly your moment of power**. You must take this present moment very seriously because whatever you focus on now is what you will create. What you meditate and focus on today, you will see show up in your life tomorrow!

Training yourself not to plugin to negative circumstances is an exercise in discipline. It's not so easy to turn from what's in your face to focus more on what's in your divine imagination. It's simple but not easy! What's in your face is loud. It screams at you always reminding you what's not working. But, until you learn not to put your focus there, you will only create more of the same.

What are some steps you can take today to start you on the journey of not being moved by what you see in the negative *Realm of Appearance*?

- **Watch Your Mouth and Guard Your Heart**

Death and life are in the power of the tongue... I ask the question again, **what do you love talking about?** Whatever you love to talk about is what you are calling into your life. It has been said that **I AM** are two powerful words. Anything you attach to **I AM** you are calling into your life. You are literally asking it to show up! Take control of your mouth.

Only talk about things that will build you up, activate faith, and edify others.

You must also become vigilant in guarding your heart against negative influences. Rather it is from the news, television programs, social media, family, or friends, you must guard what you expose yourself to in this season.

When you allow your heart to be affected by all the doubt and negativity around you, there is an energy drain happening. The positive energy you need to create your destiny will not be available. This is the reason why you feel stuck at times. No matter how much you pray, you will not see lasting results because what you really believe is in direct contradiction to what you say you want. Learn how to maintain balance, peace, and harmony in your life.

Explain in your own words what it means to guard your heart.

- **Use The Power of Divine Imagination**

Use the power of **Divine Imagination** daily. You have been created with this awesome ability to see from another dimension. At any given moment you can shift your perspective, your point of view, and see something different. According to *A Course In Miracles*, this is what is considered and miracle--a shift in perception.

Do you realize how powerful that is? At any given moment you can create a miracle in your life by simply shifting your perception of what you are seeing. When you find yourself in a difficult situation, ask the question, **“How Can I See This Differently?”** The truth is things are usually not as they appear. Don’t read too much into things. Here’s another tip:

Practice the art of not attaching meaning to things!

In others words, when you are faced with any situation that feels threatening, uncomfortable, etc., simply refuse to attach any meaning to it. Just say... **“That Doesn’t Mean Anything” and, turn your focus away!**

Use the power of Divine Imagination to start creating the life of your dreams!

Take a moment and allow your Divine Imagination to show you your next reality. Record it here.

- **Your Subconscious Mind and Creative Power**

You have been given so many (what I call) “**Spiritual Success Tools™**” to help you create the life you desire to live. These tools are powerful and they will work every time. Your Subconscious mind is driving 97% of your decisions and behavior.

You may have to reprogram your subconscious mind to become aligned with the next version of yourself. Most of what you are responding to in your life is due to old programs in your subconscious mind. Those programs were recorded in your early years, before age eight. By the time you were eight years old your personality was already formed.

It will take focused, concentrated effort to purge old programs and create new ones. Repetition is the mother of all learning! That is how you create new programs/habits--repetition. (See more details in my workshop....

“RESET YOUR MINDSET FOR SUCCESS” at <http://elonasanders.com>.

Make a list of old programs/beliefs that no longer serve you.

- **Rest and The Law of Emergence**

Finally, you must learn to **REST**. Meaning this... you must learn to let go and let God... Trust that all things are working together and fitting into a plan for your good! When you **REST IN FAITH...** things will begin to manifest very quickly.

You will begin to see the **“Law of Emergence”** become activated and you will easily and effortlessly start experiencing more of your true heart’s desires.

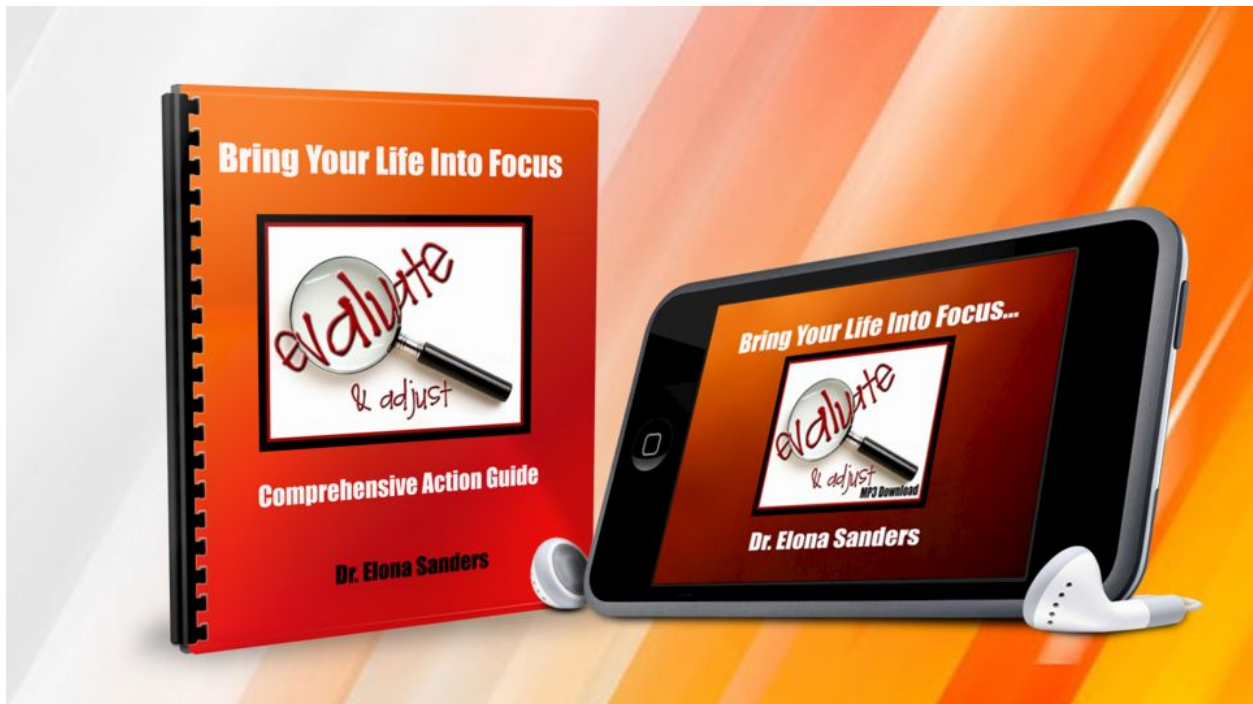
ACTION STEPS!

1. Take time to sit and reflect on where you have been and take note of what is working for you and what’s not working.
2. Make a commitment to release all negativity from your life.
3. Make time every day to meditate. Sit quietly until you are calm and at peace.
4. Learn how to use **“Creative Visualization”** to start seeing your life the way you know you are meant to live.
5. **Let go and Let God.** The entire Universe/Ministering Angels are designed to help you and assist you in fulfilling destiny.

[Read more here:](#)

Resources

CLICK ON EACH IMAGE FOR MORE INFORMATION

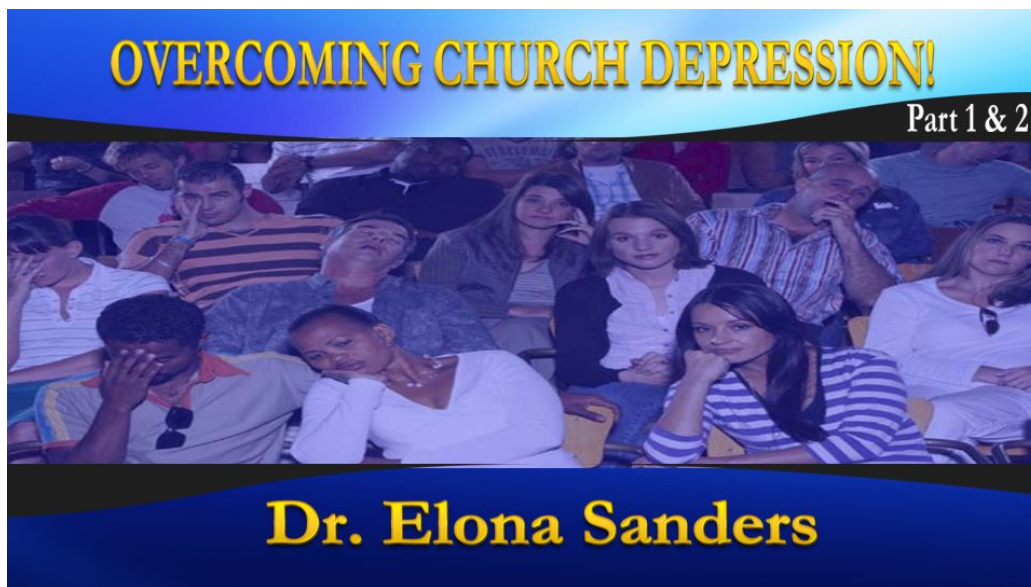


<http://elonasanders.com/evaluate>



<http://elonasanders.com/expansion>

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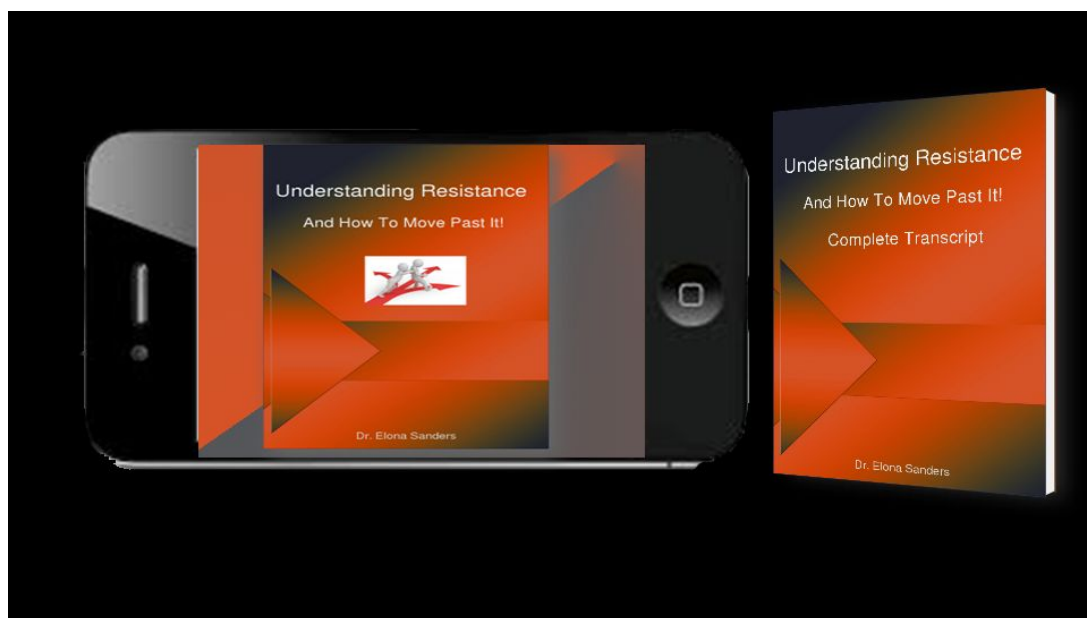


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UNDERSTANDING RESISTANCE AND HOW TO MOVE PAST IT!



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