

CONSCIOUS COMMUNITY

Performing the Midlife Reboot

Excerpt from: *THE REAL BRASS RING, CHANGE
YOUR LIFE COURSE NOW*



by Dianne Bishoff James

In this excerpt from her book, ***The Real Brass Ring: Change Your Life Course Now***, Dianne Bishoff James reveals some of her secrets for a midlife reboot. As a businessperson Dianne gets excited by executive summaries, so she put together 14 consumable rules based on the metaphysical practices she'd studied over the years and her initial reaction to them appears below in blue. After years of practice these rules have become her 'cheat sheet', which she calls **The Shortcuts for Happy Living**

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Rule 1: It's All Good

The Universe is already in order and in a state of wellbeing. We didn't come here to fix anything, because nothing is broken.

If the world is complete and abundant, why do I keep running around trying to improve it and worrying about my next dime? Does this mean I can stop working so hard, relax, and just enjoy being here.

Rule 2: What You Think about You Bring About

We are always attracting. Everything you think about, talk about, and pay attention to is coming your way, so make it good.

Dianne says: I was raised by second-generation fear-based survivalists, which is why positive self-talk is a whole new skill set that I am required tremendous practice on my part.

Rule 3: Leverage Your Alignment

When you're aligned physically, emotionally, and spiritually, you'll experience joy. Connect vibrationally with who you are so that your Earthly part, the body, joins with your spirit, the Source part. This connection will allow you to readily attract whatever you want.

I'm pretty sure I've never been aligned because I rarely feel like a "fountain of well-being," singing Hallelujah and waving my arms back and forth.

Rule 4: Use Your Emotional Radar Detector

What feels good is good because emotions are the message center of the body. The thoughts that make you feel light and breathe easy are the right ones. Move away from anything that feels bad. And pay attention to the warning signs displayed through negative emotions.

As a strong-minded professional woman, I've been too busy "doing" things to ever acknowledge my emotional center. It's been much easier to ignore exhaustion, sorrow, and frustration than to go into those scary "feeling" places.



Rule 5: Manage Your Wave

Everything has a vibrational flow and we are all connected through energy waves. Create harmony and synergy by focusing on the positive side of the wave.

It won't be easy to grab at the merry side of the "it's all good" stick. I'll need to redirect my thoughts and look for the small positive things that happened during the day.

Rule 6: Tend to Yourself First

The only person you need to please in life is you. Take 100 percent of the responsibility for your words, actions, and experiences and take care of yourself, first and foremost.

Abraham tells us to act like a cat. Well, my cat is orange, fat, furry, demanding, and only sits on my lap only when he feels like it. He is, however, quite satisfied with life and always takes care of his needs.

Rule 7: Focus on Receiving

Sit back, remain positive, and let the Universe deliver what you want. Allow yourself to receive.

I am a professional "earner," so I don't know how to receive without effort and exertion. But it sure would be nice if the Universe just dropped things into my lap.

Rule 8: Choose the Ending to Your Story

Reality is yours to create. Use clear intentions, desires, and positive feelings to manifest whatever you want and watch unlimited futures unfold.

If my life is a movie in the making, perhaps it will end in love, romance, and travel. Now that sounds pretty exciting.

Rule 9: Manage Your Circle

There are only three "circles" of influence: (1) your circle, (2) other people's circles, and (3) the Universe's circle. Your only job is to manage your circle. Get out of everyone else's business and let them manage themselves.

Does this mean I'm not responsible for other people and their issues? Can I stop feeling guilty and just let everyone enjoy their day or be miserable, as they have chosen?



Rule 10: Feeling Good Is the Mecca

Lighten up. Move away from resistance and be able to say, “I love how this feels!”

I mostly feel push-back and strain, but emotional bliss is a terrific future goal.

Rule 11: Learn Your Lessons

Process your issues now. Learn your life lessons and work everything out in your interpersonal relationships.

Although I’ve made some progress in learning lessons, I’m sure I still have a bumpy road ahead.

Rule 12: Speak Your Peace

Say everything that needs to be said. Always speak your truth in the moment.

My tongue is a well-trained cover-up artist and I’m much better at saying what people want to hear rather than what’s on my mind.

Rule 13: Live Your Authentic Self

The highest experience of love is the realization of what you believe in, who you are, and what you love to do. The only thing that’s stopping you is you.

I am totally committed to discovering my true desires and pursuing what I came here to do.

Rule 14: Love Your Life

Learn to love your life because you are the “dance.” And in all aspects, pursue the wisdom of the heart.

Love your life and follow your heart. This statement I completely understand.

Dianne Bischoff James, M.S. is Life Reboot Specialist and a dynamic motivational speaker who encourages audiences to create a reality that is prosperous, deliberate and meaningful. She’s the author of the award-winning book, ***The Real Brass Ring: Change Your Life Course Now***, a novel that encourages others to recognize their own personal power and potential as well as a SAG actor, empowerment coach, marketing consultant and founder of lifeyoueverything.com, a sanctuary for life-enhancing transformation.

