

Law of Attraction

LawOfAttractionMag.com

HAPPY
WEALTHY
HEALTHY

Love Yourself More

- Step Into Your Power
- Feel Centered & Balanced

Money

- Create a Truly *Rich* Life
- Bring Your Best Self to Work (and Watch Your Income Soar!)

Relationships

- Ramp Up the Romance—and Feel More Relaxed, Sensual & Beautiful
- How to Have a Kid-Friendly Divorce
- Why You'll Want to Get Naked (Emotionally!)

Well-Being

- Feel-Good Food! Your Body Really Can Benefit From *Everything* You Eat
- Clear Clutter... Feel Happier... and Lose Weight?!
- Drug-Free Pain Relief

A SOURCE INTERLINK MEDIA PUBLICATION

\$5.99



SPRING 2013 • DISPLAY UNTIL 3/26/2013

Happy From the Inside Out

FOR MOST OF MY LIFE, I WORE A PROTECTIVE ARMOR MADE OF HAPPY OPTIMISM, BUT MY INSIDE IN NO WAY MATCHED MY OUTSIDE.

BY RENAE ROSSMAN

TWO YEARS AGO, I FOUND myself in a dark place, mentally and emotionally. Something inside me snapped. After decades of pushing her down and hiding her away, my evil twin escaped to rear her ugly head. It wasn't pretty. Everything was inside out. For the first time in my life, no amount of positive jargon could save me from the depths of despair I was feeling.

HOW DID THIS HAPPEN?

Positivity and optimism are the fundamental building blocks of a happy life. This has always been my firm belief. Throughout my life, I have earned the nicknames Sunshine, Smiley, and Lucky. Friends and family even say my words inspire them. For that, I am grateful and humbled.

But life isn't always what it appears. Positivity doesn't flow through my veins instead of blood. And no, my heart doesn't beat instinctively with optimism. Quite the opposite is true, in fact.

No one knew that on the inside, I waged a bitter war against myself. Outwardly I was confident, happy, outgoing, and positive. But on the inside I was insecure, cruel, skeptical, and negative. My inside was diametrically opposed to my outside.

I certainly could talk the talk, but in no way could I walk the walk.

"HAPPINESS IS WHEN WHAT YOU THINK, WHAT YOU SAY, AND WHAT YOU DO ARE IN HARMONY."

—MAHATMA GANDHI

As far back as I can remember, negativity swirled throughout my mind like a violent tornado. "You're not pretty enough. You're not smart enough. You're not tall enough. You're not funny enough. You're not skinny enough. You're not good enough."

As this tape played endlessly in my mind, I never questioned these self-inflicted wounds. I've always been an ambitious girl, so I chalked it all up to the high standards I demand of myself.

My childhood was the best. Praise, love, and support were all I knew. My parents would chant, "You can be anyone. You're beautiful. You can do anything. You're intelligent." If I heard it once, I heard it a thousand times. Fun and happiness followed my every move, so I couldn't blame my upbringing for my conundrum.

When everything completely shattered, I was forced to acknowledge my evil twin. Yes, the one living inside me who whispered terrible things in my ear even when everything appeared rosy on the outside. This frightening encounter had me questioning how or why I could be so cruel, hateful, and

downright violent with myself. I wouldn't speak to my worst enemy the way I commonly spoke to myself.

With some time, I realized it really doesn't matter how, when, or why. It was time to buck up and face reality. I mustered the courage to admit I had been wearing a protective armor made of happy optimism, and it was no longer working.

I thought that as long as I said positive and optimistic things, then my life should be happy. Upon self-reflection, I realized it wasn't enough to simply *say* things. Words are just words. I had to feel them in my bones.

Life is an echo. Each thought is a wave that reverberates out into the world. Thoughts become feelings, feelings become things. Life shapes us. Character defines us. Attitude makes or breaks us.

It was time to put down the mask and get down to the business at hand. With determination, I became the CEO of my great attitude makeover. My focus was on transforming my inner thoughts from negative to positive. How did I begin doing this?

"YOU MUST LEARN A NEW WAY TO THINK BEFORE YOU CAN MASTER A NEW WAY TO BE."

—MARIANNE WILLIAMSON

Awareness was the first step to my transformation. Next, I set out to conquer my evil twin and to make my insides just as happy-go-lucky as my exterior. My plan was to use affirmations, gratitude, and writing to manifest a change within myself.

My grandmother taught me the power of affirmations. In my twenties, I found myself in her bedroom marveling at all her jewelry. Out of the corner of my eye, I noticed a small yellow Post-it note taped to the bottom right-hand corner of her large dresser mirror. It looked tattered and aged. The handwriting was comforting and familiar. With all the

letters, cards, and correspondence I had received from my granny over my lifetime, I would recognize her handwriting from a mile away. The Post-it note read, "Never waste one day of your life . . . living it in anger!" That lil' yellow Post-it note with its inspiring scribble spoke volumes to me. The most important relationship in this lifetime is the one you have with yourself.

Communication is critical to any successful relationship. The trick is to turn negative self-talk into affirmations. Every night before I go to bed, I repeat aloud: "I love me. I accept me. I am whole. I am worthy. I am lovely. I am perfect!"

Over time, these words have been seeping into my subconscious and quieting my negative internal tape.

"IT'S THE REPETITION OF AFFIRMATIONS THAT LEADS TO BELIEF. AND ONCE THAT BELIEF BECOMES A DEEP CONVICTION, THINGS BEGIN TO HAPPEN."

—MUHAMMAD ALI

One day after my emotional apocalypse, I saw a disheveled woman standing outside my apartment building. It had been a long day at the office, so I smiled and hurried inside. As soon as I opened my door, I felt compelled to return to give the woman some food. I looked around my one-bedroom apartment for money, and all I found was 35 cents. I returned downstairs, handed her a few protein bars, a bottle of water, and the change while apologizing that this was all the money I could find. She instantly smiled and thanked me repeatedly for my generosity. We chatted for maybe 15 minutes, and I learned her name is Sherry, she suffered two strokes, and she is homeless at the age of 60.

Our talk was brief, but it moved me. As soon as I walked away I started crying. She was so incredibly thankful

for 35 cents. That was nothing, but she was happy and she was homeless. How could this be true?

My chance encounter with Sherry taught me that affirmations weren't enough. I had to love my life. The best way to do this was to be thankful for what I had. As tears flowed down my cheeks, I brushed the dust off a gratitude journal my mom had purchased for me months earlier and I began to jot down a few things. I was determined to write in this journal each week. Sometimes my gratitude flows like a leaky faucet. Other days can be a struggle.

"AT TIMES OUR OWN LIGHT GOES OUT AND IS REKINDLED BY A SPARK FROM ANOTHER PERSON. EACH OF US HAS CAUSE TO THINK WITH DEEP GRATITUDE OF THOSE WHO HAVE LIGHTED THE FLAME WITHIN US."

—ALBERT SCHWEITZER

My fridge is nearly covered with quotable magnets that stare at me each morning and provide a gentle reminder of the commitment I made to myself so many years ago. But this, too, wasn't enough. My next step was to write inspiring thoughts and release them into the Universe using a blog. I write in an attempt to share words of inspiration with others. I created CandyCoated Reality.com as another daily reminder of what I choose for myself and my life. I'm thrilled when someone says the quotes, pictures, and motivational thoughts are a

life raft for them. My spirit soars when friends compliment me on how I've helped them out of a dark time. Writing certainly is very therapeutic for me, and if I help others in the process, then it is win/win. I've learned that by helping myself, I'm also helping others.

"IF YOU LIGHT A LANTERN FOR ANOTHER, IT WILL ALSO BRIGHTEN YOUR OWN WAY."

—NICHIREN DAISHONIN

Today, I'm a shadow of my former self. I've released the armor and, after much work, I'm calm, happy, and content—inside and out. Upon waking each day, I choose happy, positive, optimistic, and upbeat. This time it is more than just words; I do it in thought, word, and deed.

Have I silenced my inner critic? Well, it's not that easy. At least I've gotten her down to a dull roar. I'm still a work in progress. Each day is a challenge. For now, my evil twin cowers quietly in the corner, and each time she whispers, I remind myself there is a better way.

Over time, this inner metamorphosis has become easier. But still, innately, I'm nowhere near upbeat—it is something I consciously choose to emanate from the inside out.

"IT IS GOOD TO ACT AS IF. IT IS EVEN BETTER TO GROW TO THE POINT WHERE IT IS NO LONGER AN ACT."

—CHARLES CALEB COLTON

Renae Rossman is a sociologist by degree, a voice-over artist and successful corporate trainer by career, and a writer and motivational speaker by passion. She created her blog, CandyCoated Reality.com, in an attempt to provide herself and others with a dose of positivity, inspiration, and motivation through stories, ideas, quotes, wisdom, life lessons, and other food for thought.

