

## **Frequently Asked Question**

### **Questions that are frequently answered by Stephanie Wilson-Coleman**

#### **1. How do I start to love, heal and care for myself more?**

You start by setting aside regular times for you to just “be”. Always use the “good dishes” for yourself, discard anything that makes you feel unloved and unworthy, look in a mirror twice a day and tell yourself “I love you”, and pick one of the things you want to accomplish and commit to completing it.

#### **2. What is the quickest way to get through a painful experience?**

The quickest way to get through a painful experience is to ask the right questions. Because all experiences come to give us additional information about ourselves, asking “why me”? is an absolute waste of time. Instead, ask “what is the lesson”? “What am I suppose to learn”? Write down your initial reaction to these questions. As you act upon them, you will see the situation quickly dissolve.

#### **3. How do I find my purpose?**

You discover your purpose by answering the following questions: 1) what games did you play as a child? 2) What would you do for free? 3) If you only had six months to live, what would you do? 4) What special skills do you have?

The answers to these questions will help you find out what you really enjoy doing and where your special talents are. But if after answering these questions, you still are not sure, write your obituary. What does it say? Then list the seven most important things in your life.

This should get you on the right track.

#### **4. How do you know when you are on the right path?**

One of the ways to determine if you are on the right path is to identify the emotions, feelings and thoughts you are experiencing because our feelings are jammed packed with information. Analyzing them will reveal the information we need to determine if we should change directions or not.

#### **5. How do I rid my life of financial problems?**

Money is the easiest thing to create. You start by understanding that everything in your life is a relationship and your financial state is a snapshot of what you believe about money.

By identifying your core beliefs about money, such as, do you believe you have to work hard for every dime you make, only the rich succeed, it is a sin to be rich, etc.

After you identify these beliefs, you can start to eliminate them from your consciousness using various techniques and exercises discussed in my book.

## **6. What is the Law of Attraction?**

The law of attraction, which dates back to the early 1800's, is a belief that dominant thoughts, conscious and unconscious, emotions and beliefs interact to manifest in your lives' experience. In other words, what you focus on the majority of the time, will manifest, positive or negative.

## **7. Do I need to be involved in a church or religious practice in order to have the Law of Attraction work for me?**

The law of attraction is based on thoughts, emotions and beliefs. It is not activated by any particular spiritual or religious practice.

## **8. When can I expect results?**

This depends on the individuals' quality of thought, beliefs and emotions. If you are extremely good with controlled focus, the results could be immediate.

## **9. What principles or techniques are involved?**

There are numerous techniques, however, the most common are 1) imagine what it will feel like if your dream were true now; 2) talk about the positive aspects of your life and the life you desire; 3) talk about what your life will be like after you achieve your dream; 4) eliminate negative conversations and thoughts; 5) find something to be thankful every day; 6) be open to ideas that will help you manifest your dreams; 7) find a way to help someone else achieve their goals; service is key; 8) belief you deserve it.

## **10. How do vision boards and visualization work with the Law of Attraction?**

Vision boards, treasure mapping, visualizations, etc will help you to remember what your dreams are. They are a mechanism to keep you focused.

## **11. Will it have the same effect on my family and friends?**

The effect this will have on your family and friends will vary depending on the quality of their thoughts, emotions and beliefs.

## **12. Do I need to be involved in a money making endeavor already, before I can apply the Law of Attraction principles?**

The law of attraction is to help you live a full, satisfying life. To solely focus on money is a limited use of the law, however, if it is money you are interested in, you will be able to manifest it. Like all things, money is manifested based on your beliefs, thoughts, emotions and conversations. Money is one of the by-products of the implementation of ideas. Successful implementation of the ideas you receive, will generally lead to financial gain.

## **13. Why do I need to forgive myself?**

We should forgive ourselves for the same reasons we forgive others. By forgiving ourselves, we give ourselves permission to make mistakes. We must understand

that we are not perfect nor are we expected to be perfect. When you forgive yourself, you give yourself permission to be human.

#### **14. How can I forgive myself?**

You start by taking responsibility for your actions. If others were hurt in anyway by your actions, ask their forgiveness. If you can do anything to make the situation better, do it, but do not put yourself or others in any jeopardy.

#### **15. How do I manager my anger?**

I manage my anger by asking myself a few questions. 1) Is it true? 2) Why am I upset by it? 3) How does it affect my well-being?. Once I've identified why something has upset me, I can start to resolve any internal issues. Most of the time, these situations are our angels just revealing what we need to healing within ourselves.

#### **16. Why is meditation healthy?**

Meditation is a method to simply rest your mind. By spending 30 minutes twice a day, sitting still and thinking about nothing, you are able to clear and relax your mind. By relaxing and clearing your mind, you are able to release the issues from the day.

#### **17. What are some simple ways to help others?**

You can help others with a smile, a compliment or lending a helping hand on some project. You can help others by refusing to make cruel statements about others.

#### **18. How do I use my thoughts to improve my health?**

Before you eat something that is not healthy, ask yourself what are the feeling or thinking. Usually, when we are overeating we are experiencing some emotional pain.

#### **19. What is a simple way to love yourself better?**

Every time you pass a mirror say "(Your Name) I love you. You will be amazed at the emotion that will surface.

#### **20. What a simple way to change your life.**

You can start with changing your conversations. Only talk about the things you want to experience.