

# A time for change.

written by Mackenzie Glanville.

**This ebook was written especially for you, my readers as a big thank you! It is a book about inner guidance, and life fulfilment.**

So relax, make yourself a cup of tea or a coffee, settle into a comfy chair, and enjoy. There is a lot to take in, so feel free to read this book in stages.

Bookmark important messages, or jot down things that resonate with you. Ideally print this out so you can highlight moments of enlightenment, and refer back to this book any time you feel you need some support.

Most of all read it with an open heart and open mind. Take a breath, and another, and then begin.

## A time for change.

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*“If I do not trust myself to risk experiencing anything new, if I am too afraid of change in my life, then I can not open myself up to new experiences, to change, to the amazing opportunities and beautiful sights I am yet to discover in my life.  
It is time to take a leap of faith”*

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### Are you ready for change?

### Are you ready to shine?

These questions can inspire some people, and scare others. Change, or rather the thought of change can scare us. We get comfortable with the way things 'are'. Even if those things can sometimes hold us back, cause us pain, or stop us from being truly happy, they still feel comfortable because they are what we have grown accustomed to.

We get used to the familiar, for example, those comfy old slippers that are falling apart are still so comfy. And the new pair, although they looked good at first, they are just slightly too tight, so why persist with trying to wear the new pair? Well because eventually the old pair will fall apart, so it's time to move on and get comfortable with the new.

Life does not stand still, we live in a world that is constantly changing, and moving. The earth spins, the tides change, babies are born, chickens hatch, our hair grows, and falls out, our heart is constantly beating inside us. We try to fight movement and hold on tight to the way things were, yet even inside us our bodies are constantly moving. An adult averages 16 - 20 breaths

per minute, our blood is flowing constantly through our bodies, we blink, we swallow, we move. Try as we might we can not stand still.

If we try to hang onto the past, and 'who we were', what happened to us, the mistakes we have made, or the hurt done to us by others,

**then we miss the opportunity for amazing new things to enter our lives!**

The now becomes our past before we even noticed the beauty in that 'now'.

## **Are you ready to embrace a brighter future?**

It is time to embrace the 'now', it is your time to shine! Don't be afraid, be ready.

*"Fear is a natural response to trying something new, to putting yourself out there and being vulnerable, don't let fear stop you from experiencing new and wonderful adventures.*

*Trust your gut , your intuition, if something feels wrong or makes you feel like you are not following your authentic path then don't feel pressured to do it. Listen to your inner voice and trust yourself to make the right decision."*

Change is right when it is' **right for you'**. We all have an inner voice, that voice that tells us something feels right or wrong. It is sometimes hard to tell the difference between fear of 'trying something new', or fear because 'something is wrong'. So how do we tell the difference? How do we know when we are ready for change?

## **Stop and breathe! Reflect and listen!**

Open your heart, open your mind, be aware of yourself, of the quiet. Just take a moment right now and breathe.

- *find a moment where you can be free of too much distraction.*
- *listen for a moment to the sounds around you, hearing them, but not over thinking them.*
- *listen now to your breathing*
- *get comfortable, you may be standing, seated or lying down*
- *place your hands on your stomach gently*
- *now take a deep breath in through your nose*
- *breathing out slowly through your lips*
- *repeat this breathing 5 times*
- *feeling more relaxed now*
- *just be in this moment feeling the gentle rise and fall of your abdomen*
- *now I want you to let go of the breath and with your eyes closed look into your heart*
- *imagine a light within your chest*
- *what colour is it?*

- *is it cool? or warm?*
- *feel yourself breathe in warmth, feel yourself breathe in light and love*
- *now listen to your heart*
- *what is it telling you that you need in order to feel happy, to feel your inner peace?*
- *Take another 5 deep breaths*
- *continuing to fill yourself with love, light, wisdom, warmth*
- *listening to yourself, your soul*

Now if you are not receiving, that is fine, it is natural to take some time before you are ready to embrace change.

***Think of it like you are planting a seed of love and light.***

You need to nurture it now, like you would any plant. Try repeating this every day for a week, and you will start to see the growth. You will feel the change within yourself.

- *once you hear your voice, be gentle, no need to rush change*
- *nurture it, let it grow.*
- *embrace it, follow it, it is your gift*

**It is your time.**

***This change is about you,***

if others are willing to support you, nurture you, then they are welcome to come along, but remember this is your time. As long as your intentions are good, you have love, and openness in your heart, then know that you are doing the '**right thing**'. Others may try and hold you back, or push you back down, that is their baggage, **it is not for you to carry**.

**Be aware of how you treat yourself.**

You may not be conscious of how you have been treating yourself, or how the way you treat yourself affects how others see you, and treat you. The standards you treat yourself by, the things you accept shows others how you are willing to be treated. If you put yourself down, and say "I can't do this", or "I am unable to change", then you are telling yourself and others those things too. People find it hard to respect someone, or listen to someone who doesn't respect themselves.

***If you are ready to change, then you need to lead the way, you need to let others see that you 'are' capable of change.***

If you have always acted a certain way, then people may knock you at first, but stand your ground, in time they will come around, and if they don't then that is their issue. You know when something feels right for you, **you feel it!** You can try to push it down, for years even, but it's there, in the quiet moments, in moments of reflection, you know it is there.

## **How do I know I'm ready? How do I know it is right?**

There are moments where we have to make a decision, no matter how little, or big, we have a **'gut'** response to that decision. When we toss a coin, we already know which side we want it to land on. We may be afraid to choose between two things, or directions, but the truth is we already know the answer.

If you are in a relationship that makes you unhappy, that holds you back, and you know deep down you are only staying because it seems easier, then you already know it is not right for you.

**Your inner voice is calling out to you. You have to be willing to hear it!**

You have a choice, stay the way you are, or change. Change doesn't always mean leaving. You don't have to pack your bags right now and walk away (unless you are in danger), it may mean trying a new approach. Follow your gut, and start treating yourself with respect and others will follow suit. If you begin to change you are giving others a choice. They can change with you, or they can leave.

If you respect yourself, your partner will show you more respect, your friends and work colleagues will show you more respect! If you are unhappy at work then make a change, put 100% into your work, and you will be rewarded and respected. If you are not then move on. Demand more of yourself, show up in your life, show yourself love and kindness, and expect it from others.

## **Show yourself love and kindness.**

Think about the way you treat yourself, from the time you wake up until you go to sleep. Do you treat yourself with love and kindness?

When you wake up, what is the first thing you do? Is it done with love?

What is the first thing you tell yourself in the morning? Is it said with love?

Really think about the questions above. Answer them with an honest heart.

## **When you wake up say something positive.**

***Need some ideas? I'm happy to help.***

- *"Namaste". You are saying I admire the light in you as you do in me, we are coming from the same place, honour, love, light. It is a beautiful way to start the day thinking of the light within yourself.*
- *"Que sera". Meaning 'whatever will be will be'. Embrace the day you are given, release control and be at peace.*

- “Good morning beautiful”. Greet yourself in a positive manner, acknowledge your inner and outer beauty.
- “What a wonderful day”! Look at the world with wonder and love.
- “Today I am devoted to enjoying life”.
- “Today I will treat myself with love and kindness”.

These are a great starting point to your day, but don't let it stop there.

When you shower think about the way you treat yourself, are you rushed? Slow it down, even if you have to shorten your sleep time by 10 minutes. Allow yourself time to enjoy the water cleansing you, take the time to massage your tired body.

Make time to eat breakfast, or at least have a glass of water or a warm tea. Nourish your body and nourish your mind. Taking care of yourself is a great way to cultivate positive emotion and begin change.

***Treating yourself with love and kindness is so important!***

Be aware of how you treat your soul, and the way you allow others to treat your soul. And remember you don't have to change in one day, plant the seed today, and then each day nurture it just enough to help it grow, and change from a seed into a beautiful bloom.

## **Focus on your strengths.**

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***“I will embrace my weaknesses, I will turn them into my greatest strengths.”***

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To focus on your strengths sometimes you need to begin with your weakness. You need to acknowledge that weakness is not what it seems. Weakness only exists in your mind. You are the only person holding yourself back from change. Once you recognise this, and begin accepting your role in your own thoughts, **you gain incredible power.**

Sometimes it feels easier, safer, or more comfortable to blame others. When we are children we can be mistreated, hurt, abused and we are in **no way** responsible for that. Others hurt us, yes they do, some will try and crush our spirits, or abuse us, many people are victims of horrible crimes, **you are not responsible for that!**

***The problem arises when we hurt ourselves***, when we abuse ourselves, or when we allow past hurts to control our future, our thinking, our destiny. We have to fight to come back to who we are meant to be!

We have to fight to **‘come home’** to ourselves, to our divine purpose, to the person that we have buried under self doubt, blame, hate. We have to fight for our spirit to fly again, for our own truth, and our own voice to soar. **We have to fight to become Fearlessly Authentic.**

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*“Following your dreams, your passions is like fighting against life, it is easier to say that there is no time, there are too many things that need to be done today, fight this, fight this hard, because a life without dreams or passions can not be a life of fulfilment, fight for your inner self, fight for the freedom to be heard, fight to be you”*

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## **The best time is right now.**

*The best time is right now, because right now is all we have.*

We can not change our past, don't look at your mistakes as mistakes anymore, they were lessons, they happened, you can not change them, but you can learn from them. You can not control the future, best made plans get interrupted, things happen unexpectedly. But we can choose right now! We can choose how to deal with our past. We can choose to try hard to make a better future. But most importantly we have the power in this very moment.

Time is a gift, right now this moment is a gift, because you can take this moment and make it anything you want it to be.

***You may not realise it, but you have incredible power,***

and an amazing opportunity right now to choose how you think, and what you do. Right now is your moment! It is your moment to open yourself up to kindness, to love, to new wonderful opportunities, don't hold yourself back. Embrace this moment and plant the seed of change. Be kind, be honest, be quiet and listen to your inner voice. It is time to come home, there is no place like home! Come back to your divine purpose, come home to personal fulfilment.

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*“Trust is not about having a guarantee, it is about pushing yourself past your comfort zone despite the fact there is no guarantee that things will turn out as you wish. Look within yourself and trust and believe that you will be strong enough to handle the end result, whatever that may be, it all starts within”*

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**Always be the best you.**

**Always be your own truth.**

***Thank you for joining me, be kind to yourself on this journey, love Mackenzie xx***

If you need further support on your journey to a better life, feel free to message me.

You can Find me on Facebook

I am also on Twitter and Instagram @macglanville

Watch my Youtube videos on my Channel Reflectionsfromme

I also have an Instagram Community Hashtag which is

**[#livingfearlesslyauthentic](#)**

Feel free to tag your Instagram photos with ***#livingfearlesslyauthentic*** and I will show your photos some love.

You can include any photo's of real life. It may be a happy pic, a grumpy pic, your coffee you have to have, your child and you out and about, you at work, or a fab quote!

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