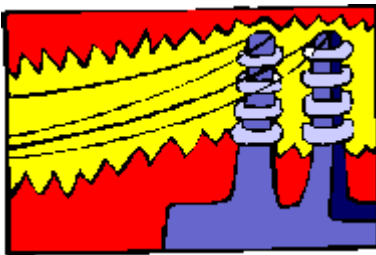


Your Spiritual Metamorphosis

By Tracy Ballard-Arline

Editors Note: Tracy first contacted me in November, 2006. She is a remarkable example of determination and the ability to overcome obstacles in life. She has transcended many challenges in life including Cerebral Palsy. She has been an Executive Director of J.A.D.D. properties and is a strong advocate of providing people with disabilities an opportunity for employment and personal growth. I hope you find her brief article as inspiring as I did! - *Greg L. Thomas*



Spiritual Metamorphosis is a powerful process of transformation that enables you to create and heal your relationship with your own inner self. It is a body-based self-awareness process that is non judgmental, respectful of where you are right now, and moves at your own pace of natural inner growth.

As your relationship with your inner self becomes more nurturing and accepting, you have a sense of being more fully who you are. "Your thoughts and actions create conditions in your life. What you speak about... you can bring about." This is not an easy task to begin with, but it is definitely a "doable" task with much dedication on your part. The process to begin your Spiritual Metamorphosis (change) is as follows **Adopt, Adapt, and Improve**.

ADOPT:

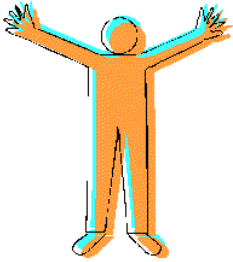
Pick a favorite quote and live by it...for example "Some people look at things and say "why"? I look at things and say "why not"? (E. Hubbard) The idea here is to let go of traditional thinking and adopt a new way of thinking that begins with your thoughts and desires. Sometimes our family and society puts people in little boxes thinking that is what's best. Well, we are not going to make much progress while we are stuck in those boxes. Even if you are in the biggest box ever...it is still a box with obvious limits. So we need to "think outside of the box." Focus and maximize your thoughts, ideas and dreams rather than a carbon copy of someone else's ideas for you and your happiness.

ADAPT:

Utilize your new way of thinking by surrounding yourself with nothing but positive things. This would include your thoughts, words, actions, friends and family. The best thing for you to create is a circle of

people who believe in your endeavors and are willing to invest positive efforts into you. There will be many who believe that your ideas are unreachable. The key is to get them to focus that energy helping you realize your dream. If you shoot for the sky and don't make it... you will still be among the stars. Who ever said that you do not deserve the right to fail? Sometimes we learn our most valuable lessons about who we are and where our strengths lay. It is those most difficult struggles that mold us into to who we are.

IMPROVE:



This new way of thinking is not an overnight project. It is a "work in progress." Negative thoughts and people will sprout up in places you aren't ready to accept. A part of your growth will be able to accept that people have a right to their opinions. Keep in mind opinions are not the law in which you must abide. Love your friends, family and your community with all you have. In turn, ask them to put aside differences and help you through your Spiritual Metamorphosis.

About the author:

Tracy Ballard-Arline has overcome many obstacles in life including Cerebral Palsy. She is married and has two children. Tracy experienced her spiritual metamorphosis when she changed her focus toward her abilities rather than her disABILITY. You can find our more about Tracy at [J.A.D.D. Properties](#).

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