



*Candace Pedicord, MS, coaches from the heart. As an interfaith minister, hypnotherapist and trauma therapist, her blending of spirituality, psychology and energy work creates a safe and vibrant space to heal lifelong issues of loss, neglect and abandonment. She is a Master Grief Coach and past life regressionist and enjoys using elements of EFT, EMDR and visualization in her work.*

By Candace Pedicord, MS

*"You form your experience. You form your past, your present, and your future. You are responsible for each daily moment, individually and en masse. En masse, your beliefs bring about the world conditions that you know. Individually, they form your intimate daily life... Your beliefs become reality. What you believe IS and becomes real in your experience. There are no other answers. There is no area in your life to which this does not apply." Seth, audio collection*

Over 50 years ago, I found the Seth books, and they changed the course of my life. The wisdom and truth of the concepts within the channeled recordings of Jane Roberts resonated deeply. They gave me some relief in the struggles I experienced in trying to live from the rules, beliefs, and paradigms I was born into.

Since that time, the world has amplified those teachings through the emergence of various principles and teachings like Quantum Physics, The Course in Miracles, and the awesome healing potential of the imagination in hypnotic regression techniques.

The bottom line? We are limited only by the thoughts, beliefs, and actions we choose. There is no such thing as reality other than the reality we create with our thoughts. We live in an energetic universe, where there is nothing solid; there is only light, blinking in and out of existence. We are infinite and eternal, capable

of creating any life or experience that we choose. We have been trapped in the beliefs, constructs, and projections of those around us. We have allowed ourselves to lead limited lives of struggle, confusion, and suffering as a result.

Let me repeat. You are infinite, whole, and magical. There is nothing holding you in place other than the ideas you have accepted, through no fault of your own, from the time you were teeny.

You are infinite, unlimited energetic manifestations in a world that is bound by time and space. If, when, and as you allow your unlimited essence to enter into this time-dependent reality, you can create the health, wealth, and relationships that you want with surprising ease and grace.

Sound impossible? Only because some might believe so. When you were small, you accepted that others were more powerful than you and therefore knew better than you what was possible. *Yet how is it possible that any set of beliefs or rules is more powerful than the infinite energy of that which created you?* Remember that whatever created you IS you; there is no separation between the energy of creation and the energy that is YOU. You are composed of the same energy that moves the universe in all its creativity and expansiveness.

You are unlimited in what you are and what you can create, even in a world that

feels limited by time, space, and fear.

There is no better time than now to stop and consider that we are living lives according to someone else's interpretation of what is possible or not. In our earliest experience, we learned the world is not safe. That when we conformed out of fear of being abandoned, life got a little better. And so the play of our lives developed, layering misconception after misconception into our being until we come face to face with our struggles and wonder how we got here.

Here are some basic truths that can begin to set you free to create the lives and the miracles you know are possible deep within your soul.

**You are infinite, eternal, and creative energy in motion.** There is no separation between who you are and the energy that created you and all things. You are consciousness

and potential. You are completely unlimited in what you can create and experience. This applies to every creative being. Everyone is infinite and deserves lives of joy, creativity, and ease.

**Focus on what you want, not what you don't want or don't have.** If you are not enjoying the experience you are having, whether it be poor health, a broken relationship, or stress about your finances, create a different experience. Focus on and imagine what you DO want. Your imagination is the most powerful tool you have. Use it wisely.

**You are not stuck.** You have deliberately created your life to stay safe. At some point in your existence here, beginning in the womb, you decided that it was not safe to be, to be you, to be seen and heard, to take risks. It was safer to not make waves, to do as you were told, to hold yourself back so you would be acceptable.

So, you hold your health, wealth, and relationship potential at a set point that can never be interpreted as selfish or disrespectful. You are not a victim of circumstance. You are a deliberate creator.

**You are the sole author of your life.** As such, you can create whatever life you desire simply by changing the thoughts and beliefs you hold. Many of your current patterns and core beliefs are unconscious, developed through early conditioning or even from generational influence. Be deliberate in uncovering what ideas and trances you have accepted as truths.

*Embrace these concepts knowing that your expanded life circumstances depend on it. Your life of joy, wonderful health, abundant wealth, and fulfilling relationships is absolutely possible. Lean into the magical and exciting adventure of who you are and what you can create. Isn't it time?*

## How You Create Your Reality

Spirited

Life Coaching  
Intuitive Guidance

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Personal Awareness  
Forgiveness and Grief Coaching

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*"Life does not happen to us, it happens for and through us. Transforming the energies of fear and loss into compassion and forgiveness is not only recommended, it is essential. The world needs beautiful, loving and strong women...now."*