

- [Scratch the Surface](#)
- [Identity Q&A](#)
 - [Therapy](#)
 - [Wellness](#)
 - [Fitness](#)
 - [Relationship](#)
- [Horoscopes](#)
- [Most Wanted](#)
- [In the Media](#)

You are here: [Home](#) / [Faithful Features](#) / [Exploring Your Divine Self](#) / The Power of Three

The Power of Three

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[Kala Ambrose](#) is a featured columnist for Identity Magazine. In her column, (Exploring Your Divine Self) Kala shares helpful tips on how to live joyfully to inspire the body, mind and spirit, both for you and your family. She believes that the rules are being revised on what it means to be a 21st century woman and new goals are required to restore balance and encourage women to connect with their inner power and live according to their own sense of well being. Kala invites you to open your mind and explore these questions... Are you tired of living by the rules that others have created for you and now insist that you live by? Are you ready to explore who you are and why you are here? If so, the journey begins.



**The Power of Three –
Connecting with Abundance, Gratitude and Dreams**

By Kala Ambrose

In the fall season, we focus on reflection (looking at what we've accomplished thus far this year), connection (spending the holidays with family and friends) and introspection (tuning in to our spirit and our hopes and dreams). During the holidays, we gather to celebrate the abundance in our lives. As we look across the proverbial table at the harvest we've collected – our relationships, education, family, career, adventures and friendships, it becomes remarkably clear that we are a sum of many parts and that each of these parts are interconnected and interact with each person in our lives.

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Each relationship strengthens us and allows us to stretch beyond our boundaries in ways that we may not have imagined. The spiritual connection on which this energy travels links through our soul and our relationships with each person we interact with. Whether or not we are aware of these connections when they occur, the ripple effect from the thoughts, emotions and actions from that moment forward become part of who we are and shape our destiny.

As we move through each day, let us take the time to say a prayer of gratitude, for all the bountiful good in our lives. As we do, make sure to remember to include the planet in your prayers, this great gift given to each of us, with its inspirational natural beauty and nourishing resources. The energy in each prayer is powerful and sends ripples of white light energy around the planet and surrounds each person that you include in your prayers.

One of the greatest wisdom teachings shared is to remember how powerful each of us are and how much energy is behind each prayer, especially when conscious thought is focused with the prayer. When you pray, speak the words aloud, visualize the intent and direct the energy toward your intention. With careful focus and direction, a prayer can move mountains.

One of the most powerful ways to activate a prayer is to first say it out loud and to then put it immediately into action. Visualize the prayer and then consider how you can live in sync with the prayer in your daily actions. Then turn this prayer into your vision statement, so that you can live and act according to the prayer that you wish to see come to fruition.

One of the courses that I teach to students who study the ancient wisdom teachings with me is the history of holidays and the connections to the seasons. They always find it interesting when I discuss the date of January 1st, which we now toast as the New Year, yet it falls in the dead of winter. If one were working with the elements and magic of nature, would it not make more sense to make resolutions and plant seeds in the fall, so that they would have time to germinate and sprout forth in the spring? When one makes a resolution and plants that seed of thought in the dead of winter, there is little warmth and light to nurture these thoughts and it is no surprise to many of us, that the new year resolutions are dead and gone only a few weeks afterwards, as there was no nourishment for the seeds to 'take hold'.

The power of thought and manifestation allows us to create and form our dreams in our mind so that we can then take action to bring these dreams to fruition. The season of fall represents this time for our seeds of thought to be planted in our mind, so we can give them some contemplation and introspection.

A powerful and reaffirming way to bring action to your prayers, hopes and dreams is to bring them to life by creating your very own field of dreams seed planting ceremony with friends.

Here's how to create a seed planting ceremony to be enjoyed with friends and family:

Invite friends to celebrate and make resolutions for the New Year this fall. Have each person share their dreams with the group and how they hope to achieve them. Then hand out packages of seeds along with little clay pots filled with soil to each of your guests and invite them to plant new seeds of thought this fall, which will manifest and bloom with their dreams in the spring. Use a toothpick and a small strip of white paper to make a sign that sticks in your clay pot and write one word that describes the dream you wish to manifest.

If it's not too late to plant bulbs in your backyard, dig a small hole and plant a bulb for each person to hold the energy of their resolutions and dreams. When the bulbs bloom in the spring, they become a powerful reminder of the time and energy it takes for dreams to manifest and that with care and action, they bloom! Don't forget that you can also plant your old carved pumpkins into the ground with your bulbs, as they make great compost.

In this act, you are aligning with the Divine. Your body, mind and spirit, are becoming a temple in which the prayers, hopes and dreams are able to come through and manifest into life.

My action prayer and vision statement for my work on Explore Your Spirit and as a teacher of the wisdom teachings is this: "Spirit does not exist in just one location; rather it is all encompassing, living within and amongst us in each moment, thought and action. I believe that Spirit is raised to its highest level, when individuals gather with wisdom, compassion and a discerning desire to provide service to humanity".

With this prayer in mind, I invite you in this season of thanksgiving, abundance and gratitude, to say a prayer, give thanks and then become the action that you wish to see made manifest in your prayers.

└ About Kala Ambrose...

Kala Ambrose is an intuitive, wisdom teacher, inspirational speaker and voice of the highly acclaimed "The Explore Your Spirit with Kala Show." She is the award-winning author of 9 Life Altering Lessons: Secrets of the Mystery Schools Unveiled, creator of a trilogy of sacred site guided meditation CDs and a highly interactive teacher on a mission to educate, entertain and inspire. She lectures on the Wisdom Teachings of Ancient Egypt and Greece, Understanding Auras, Chakras and Energy Fields, and Wise Woman Wisdom (also known as the Divine Feminine) in workshops and events around the US. More information at www.ExploreYourSpirit.com

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