

INSPIRATIONS BY AVRIL

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VOLUME ONE

[WWW.AVRILBUNTONWILLIAMS.COM](http://WWW.AVRILBUNTONWILLIAMS.COM)

# INTRODUCTION

I hope these blogs will help to lift your spirits, give you direction and cause you to think about your potential and purpose. We all have a calling in life, which God has ordained. My hope is that we can bring to reality those things that we conceive. Nothing we imagine, is impossible of realisation. We were created for growth and growth is a necessity and is also essential to our happiness. We must advance, as life without progress becomes unendurable.

The potency which makes us successful therefore, is the power to so apply physical and mental ability as to produce results. This power must be an attitude of the man himself or the woman herself. It is not a special gift to a few, nor is it a rudimentary faculty which each may develop; it is a position to be assumed. If abilities and energies are to be directed, we must direct them ourselves; and if each day, we direct those mental & physical abilities, then that is the potency which brings you closer to success.

Every person has the inherent power to direct their own abilities and energies; and every person is conscious of having this power. It is because we have it that we are capable of growth and progress. To make a successful person, it is necessary to know what things result in success, and that we must direct our energies to do those things; and the first essential to this, is that we should ALWAYS assume the attitude of self-direction.

Every person is either self-directing or directed by the suggestions which come from his/her environment.

There will be a few volumes to come over the next few months and I hope you enjoy reading the blogs and that you get more positives from my writings.

*Avril*  
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Here are a few hashtags to keep the focus.

#TransformationbyAvril  
#AdviceByAvril  
#SelfImprovementbyAvril  
#SISMbyAvril  
#SelfImprovement  
#SuccessMentoringbyAvril  
#KeepLearningKeepGrowing  
#InvestInYourself  
#Success  
#BusinessSuccess  
#CareerSuccess  
#PersonalSuccess  
#ParentingSuccess  
#Freedom  
#EmbraceThePowerWithin



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## LEARN FROM YOUR WOUNDS, DON'T BE HELD BACK BY THEM

With all the modern stresses these days, people tend to go first into that place of hurt & pain to find out who they are. They rarely ever say; "My I am a blessed person; look at all these beautiful gifts I have been blessed with." A little consideration of what takes place around us every day would demonstrate that a much higher law than that of our own will or thinking, actually synchronises and orders events in our lives. If we had guarantees, each day of our lives that our tomorrows will be exactly as we want them; we will never seek God. The God who controls the seasons, steers your life and has blessed you with so many good days. Let us draw lessons from that which works in short ways; "When the fruit is ripe, it falls."

Your wounds are a record of setbacks and how you as an individual have coped with them. A badge of folly to be avoided and wisdom to be loved, of lessons to be learned and warnings to be heeded and in some cases, some of your heroes have gone through the very same experiences and the world has admired them for how they turned their wounds into the very wisdom that has saved many lives. Wounds are experiences to grow from. CHOOSE to embrace your experiences, **WORK WITH THEM**. Keep your intentions good toward all, and the Universal Laws will **WORK WITH YOU**.

## SETTLE INTO YOUR EMOTIONAL HOME

Enjoy Living.

Enjoy Every Minute.

Enjoy the person you're becoming each day;  
blessed, beautiful, bold & bright.

Start your week knowing you are one with the Divine.

Align with your Authentic Power;

Your Emotional Home.



Train your mind for lasting happiness and success.

Your mental state is the prime factor in achieving the happiness you deserve.

Trust no one else to do this for you, because they are not in your **MIND**.

**ONLY YOU** can feed your mind the food of good thoughts that it needs, for you to grow into the person you **DESIRE** to become; and whilst you are becoming, pay no mind to those who knew the old you and want nothing more than to hold you there for the rest of your life because it suits them to look down at you in their own eyes. Noooooo!!! Grow, hold your faith and your position and love the new person you are becoming; your happiness and the rest of your life depend on you.



## HELP EACH OTHER TO BECOME....

When Michelangelo was asked how he carved his magnificent David, his reply was; "I looked inside the marble and just took away the bits that weren't David."

God perfects us all, through relationships and it is through the relationships we have with others that we become more aware of who we are, and we learn more about who we would love to become. There are growing dynamics that happen in each relationship we experience, and the best is in the commitments we make to those relationships. Evolution is in all things and relationships too. We must decide to evolve consciously and spiritually, in all relationships and to understand how we participate in the growth of others.

When we enter into peoples' lives, do we think like Michelangelo? Do we try to look for the bits that aren't of them and embrace the good bits? Are we helping them to realise their highest potential or keeping them from realising those possibilities?

Remember, if we wish the world to become loving and compassionate, we must be loving and compassionate ourselves. If we wish to eradicate fear, we must start by eradicating those fears of our own.

To help each other become, we must begin to live by values, thoughts and actions that reflect equality and respect and an active commitment to each other's spiritual growth, to their personal and professional development too.

The Almighty Creator, the one who created you, had **ONLY** great plans in store for you. Why would you override His words, His plans, and His promise to you with words that do not seek to edify, encourage & empower you? Why listen to the man who is putting you down when the God who gave you life has elevated you already.

You were created for greatness. Believe that & set your mind to work to achieve that which has been planted in you. The only **REAL POVERTY** that threatens us; is **POVERTY OF THE MIND**. Strengthen your mind with good powerful thoughts, identify your vision, write it down, commit to the work, be persistent, conscientious, be relentless; this way, we will all be in a wonderful position to end the poverty that exists in all areas on this earth and be a part of God's plan to enrich the lives of others.

Do not allow the limitations others place on you to steer & direct you. Only **YOU** have the power to reject it. Your good thoughts will direct you. Your good intentions will create good energy.

Health, success, happiness & wealth are the greatest aims of all human life and the purpose of life is positive growth. God created you for growth, health, success, happiness & wealth. Commit to this.

*Genesis 1: 26 & 27: Then God said, "Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky,...". So God created mankind in his own image, in the image of God he created them; MALE and FEMALE he created them.*

*Jeremiah 29:11: "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.*

## BE YE TRANSFORMED BY THE RENEWAL OF YOUR MIND AND FIND YOUR TRUE PURPOSE

The Power, which created you and purposed you for growth, also controls the circumstances around you and this Power is never divided against itself. **The Power which is in you, is ALSO in ALL things around you**, and as soon as you begin to move forward, to advance towards your purpose, the Universe will arrange itself for your advantage. Focus your mind every day, upon the attainment of your worthy ideal, of your purpose. To advance in the right direction, **your thoughts MUST ALIGN with your practice.**

We were formed for growth and the Power, designed, created & provided all external things to assist us in this growth. The moment you commit to advancing in thought & practice, all things will work together. Nothing ever goes wrong; negative thoughts will creep in to steal your peace of mind, but as you recognise them you must banish them. Find the calmness, that still place and embrace the experiences. God is always directing your path; even detours eventually take you to your destination.

Stay on course, you **WILL GET TO THAT BEAUTIFUL DESTINATION.**

*Philippians 4:8: Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy, think about such things.*

## YOU HAVE THE POWER TO HEAL



Trying to keep your dead past alive will exert incredible power over you. Whatever you focus on, will grow. Take responsibility for the negative energy the past brings to you. Pay attention to your thoughts about the past. The less you think about the past the less control it will have over you. Each time you feel the pain of your past arise, knocking on your door; say "NO" - don't open the door. Don't run that circuitry in your mind. Say "I don't want to go there." Don't give it access to your body - through your thoughts. The more you allow it access, the more frequently it will encroach on your today and it will become so entrenched, it will steal your joy, even times when you don't give it access. It will take up residence. Your past only has the meaning that YOU give it. Think about the label you place on it. Traumatic, horrendous, painful, difficult, challenging, **or a great learning experience.**

Remember, yes, it did happen, but THE PAST was all in your mind - it IS WHAT YOU HAVE MADE IT. As soon as you change the way you see it & interact with it; it changes the game; you can then **claim power over it.** You can choose the view. Your decision to let it go, will change your life. Create your own inner peace - it's only a few thoughts away. Train your mind. **YOUR PERSONAL POWER DEPENDS ON IT.**



One of the rules for success is mastering your own mind. Personal development will lead you to more and better self-awareness. Self-awareness enables you to quickly identify your purpose and your worthy ideals. The minute you know for sure what your purpose is or what that worthy ideal is, that fires up your passion; set to work on two things.

1. Ascertain the most outstanding areas of inherent **WEAKNESS** and begin to work on them, until you overcome them, which you **MUST!!** Every successful person has had to correct certain frailties before they **TRULY** began to succeed.

2. **Create a DEFINITE PLAN to ALIGN your new THOUGHTS with your ACTIONS towards that PURPOSE.** Through practice, soon you will realise that, like a magnet, the flow of your thoughts will attract useful ideas, people and things.

Search for new knowledge, everywhere, relentlessly, incessantly. Surround yourself with people you can learn from; if the connections are right, **the student and the teacher will create POWERFUL TEACHINGS.** Take accurate inventory of yourself, for when you know yourself earnestly, you are in a better position to know much about others.

You have **EVERYTHING TO GAIN**, by working on your dream today. Take all your learned experiences, start building that life, that career, that business, start writing that song, paint that picture, send that letter.

Reach out - it's waiting for you. ❤️❤️❤️❤️

**TRAIN YOUR MIND FOR GOOD, POWERFUL & POSITIVE THOUGHTS.**

## EVERY PROBLEM OR CHALLENGE IS AN OPPORTUNITY

People mainly only see the problems, instead of the opportunities. The many changes happening in your life today, present you with the opportunities for spiritual growth. An opportunity to change, to improve on how we do things, improve on who we are, be creative, come up with solutions to problems or even just an opportunity to be still & listen to your instincts, your own heartbeats. An opportunity to ask yourself and God, “what is the next step?”

Give grateful acknowledgement to **EVERYTHING**. Those problems or hurdles have not been presented to you so you can give up, they’re just landmarks in your journey to make sure you are fit and ready for the rest of life. In time, you will remember them as the impetuses for your growth. They call for straight thinking, for you to readjust your focus, figure out your next step. You are one with the Power & the Power within you is saying, “Stop, think for a moment! What is your next turn? Is this the answer to your prayers?” Your every action, thought, and feeling is motivated by an intention.

THINK RESPONSIBLY TODAY. Do everything today with that GOOD intention so GOOD THINGS WILL PRESENT THEMSELVES TO YOU TOMORROW, OUT OF THE PROBLEMS TODAY.



## CHOOSE TO RESPOND, DO NOT REACT

We are more empowered when we take responsibility for our choices every day. The idea of spiritual warfare is not new. You are faced with situations every day when you have to make the choice to either react or respond.

When you react, you give your Power away to someone else or the situation & they remain in control of you at that point. When you respond, you are more in control with options & choices, but most importantly, you maintain peace.

Angry reactions should never be reinforced, there is great power in inactivity, great strength in straight thinking, great majesty in calmness.

**The person who is CALM IN ALL THINGS, is EVER PREPARED FOR ALL THINGS.** No matter the type of storm that rages **without**, the home **within** is never threatened. Peace comes from within and is worn as a robe. As crises come, peace reigns supreme & is never ruffled. A cool head is required to maintain a sound mind and body.

REMAIN CALM IN ALL THINGS. WEAR THE ROBE OF CALMNESS AND DISCOVER ETERNAL PEACE.

**YOUR MISSION TODAY, CHOOSE TO RESPOND.**

*Hebrews 4:12 For the word of God is living and active and sharper than any two-edged sword and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.*

What is your intention for the things you do and the things you desire? Think on this word INTENTION today. Whatever you do today, think about what your intention is for that thing, that journey, that job, that experience, **make sure your intentions are good**; bad intentions create bad karma and **good intentions bring you great and good karma. Keep your intentions good and specific. Discordant intentions will create discordance in your life. It will throw you into chaos. YOUR INTENTION will set in motion a series of events to bring about the appropriate results. Your mind goes to work to match the motion of your intentions. Even if you are not aware of what your intention is, it will ultimately produce a consequence in your life.**

Your mind and your thinking process are the Masters with the ultimate power to shape you and mould you into the person you must become to fulfil your purpose. Your thoughts have made you what you are today, and your thoughts will further shape you for the required change to becoming the new. **You are made and unmade by yourself.** All your achievements and experiences are as a direct result of your thoughts. To achieve your absolute best, you must **LIFT YOUR THOUGHTS TO THE ABSOLUTE BEST.**

If you truly desire that thing, think about what your intention is for wanting to bring that thing to reality. Is it for good or is it for bad? Intention is the vehicle that will take you from A to B from B to C.... by the sheer virtue of the outcome you're looking for. It will map out your course for the final destination. Everything begins with your highest intention. What do you INTEND TODAY? **Your intentions create THE FINAL OUTCOME.**



*Jeremiah 1: 5: Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations.*

You have supreme sovereignty over self; and all the senses, gifts & power that God has ordained in you are your citizens. Your emotions, your responses, your thoughts, actions, words; you have command over them all. When God created you, His first command to you was dominion. Feel blessed for the mistakes you have made in life and the things that have gone wrong; for without troubles and strife, we would be nothing but mere oysters. God blessed you with the ability to think & create and in order to create, trial & error must play their part. Life has been given to you in order to learn how to live. So those great qualities & the unfortunate circumstances all came to give you the means to cultivate fine attitudes from your mistakes and poor judgement. They say: "happiness does not consist of what we have but what we are; not in our possessions but in our attitude towards them."

Whenever you find yourself a speck in the sea of majority, then you need to check to see where the majority is heading; do not get swept away with the current. Standing alone, particularly in conviction has never hurt anyone. In fact, it has proved to be the greatest kingship. Most inventors stood alone in their ideas when the rest of the world thought they were crazy, until they proved "it could be done." Great leaders of great causes stood alone against injustice and were courageous enough to convince other individuals to join their movements. It took individuality to bring nations to change. Even when you work in teams, recognise your individuality, your integrity and your independence; as you play an incredibly important and vital part in the success of the team or body, as an individual.

Celebrate your individual gifts and geniuses, your desires, beliefs, your uniqueness.

**Help God to complete His Plan.** He has built your platform and just waiting for you to take the stage. **He wants us ALL to succeed.** There's plenty for us all. The Divine Power cannot be divided against Himself. He will not take from one to give to another. He has no favourites.

*John 10:10: Only the thief comes to kill, steal and destroy your joy, but He came that we may have life and that we may live that life ABUNDANTLY.*

To live abundantly, we have to advance, and all things desire the advancement of every man. No one will be left behind. You are advancing whether you or your neighbour likes it or not. As you seek advancement, all things will order themselves for your good and will impel themselves toward you. That's why that friend you thought about a few minutes ago, called just when you needed to hear from them. That is Divine power. Even the mere grass is growing. You must keep advancing in your plans every day, gain more knowledge and acquire more skills along the way. **Your purpose rarely ever finds you just sitting, waiting for it to come; you would have to be doing something that moves you towards it.**

Whatever work you do, you're doing it for all. Others will have to benefit from you, your service, or product. So, let's work together.

Believe in yourself. Have no anxiety, doubt or fear. **Have FAITH, in all things and all things will be yours.** That thing or person may not have arrived yet, but it's surely on its way. Stay focused on the right thoughts and deeds. Talk more about the good times & good people you are expecting & they will come to you with great rapidity.

SEE & TALK YOURSELF UP, WITH GOOD HEALTH, WEALTH & PROSPERITY. Do not condemn others but see the good in people. **Let these good things become HABIT.**

As you spend time with your children, think about using this time to encourage self-awareness and self-identity, as your children journey within themselves, not somebody else's life. Do not trap your child's genius in somebody else's story.

Parents, I urge you to encourage your children and refrain from uttering such statements like: "I wish you could be more like so and so." Instil more in them, the language of self. "Don't worry about so and so, he/she has found their talent, you have your own special & unique gift and you will identify it, develop and build upon it." Encourage them instead, to be more themselves and to tap into the rarest potentials that reside in them. Do not become too busy or too impatient with them that you miss their talents.

They need to recognise that the power that resides in them, is new & original in them. Their individual power has never appeared on this earth in that way and if they learn & develop personally, they'll



never have to envy or imitate another. It is a sad life, for any child or person to be trapped, trying to be like somebody else.

**To the Children:** Your "Acres of Diamonds" are within the plot of fertile ground which has been given to you from above. **That fertile ground is YOUR MIND.** The world is full of people who on a daily basis, live the impossible life; that is the life that tries to be like someone else. It is your very own suicide; because if you only knew the force of **your own ORIGINAL & AUTHENTIC power**, your own unique power that the world has never before seen; you'll realise you never have to ever again, try to live someone else's life. When you finally find your true self, when you

stop imitating or envying others, there is that light that comes on inside of you that says: "This is me. I am Me."

Teaching that lasts, and books that last, can only be of the Bible. The very essence of the Bible must flow from us. Teaching is not only from the teacher, for whilst the teacher teaches the student, the student is also in his/her own way teaching the teacher too. There is a reciprocity: *Galatians 6:6: "Let him who is taught The Word share all good things with him who teaches."*

In order to express life, there must be mind; nothing can exist without mind. Everything which exists is some manifestation of this one basic substance from which and by which all things have been created and are continually being recreated. Reflect upon this throughout the week.



It's remarkable how parenthood changes us, dictates that we grow up and questions our behaviours. Parenting is a responsibility that we all have, to each other's children. Most of all, you cannot protect your children against the big bad world, if you expose them to incongruent behaviours at home.

Children learn what they live. Staying on the topic of children, I'd like to write about this beautiful responsibility & duty that we have been gifted with, to complete God's plan. The responsibility does not stop with our own children, it's one thing we must not abnegate. We must watch our conversations in the presence of young ones. They are watching & listening, to see what works for you, as they are seeking always, to express themselves as a version of you. You are their most effective teacher. They will be your greatest legacy.

Don't call that friend a "fake person" in the presence of your children, not even when your children are not around, for they might still hear you. God did not create fake people. He created ALL, in His likeness. We ALL do silly things sometimes, make mistakes, make regrettable decisions, get angry, feel disappointed in the way others treat us, the list goes on. It does not make them fake, it makes them human. As we grow & acquire better knowledge, we become better teachers. Teach the children how to handle the truth and how to accept other people's flaws, without condemnation. Teach them to speak the truth about their feelings when they've been hurt by others; not to become wounded & stay wounded. Demonstrate to them how to find solutions, not fester on problems; to see the doughnut around the hole. Even the bully on the school playground needs to be understood, not condemned; perhaps the bully has had bad examples at home.

TELL THE WORLD WHAT YOU INTEND TO DO, BUT FIRST SHOW IT. There must be a willingness to make changes in both our spiritual and physical ways of life. There's always an area in our lives that can do with improvement.



## FORGIVENESS AND WINNING THE BATTLE AGAINST THE WOUNDED SPIRIT

If a friend has been struck or shot by a number of arrows, you do not waste precious time trying to figure out where the arrows came from or who shot the arrows. No! Instead, you focus all your efforts on relieving your friend from the pain by pulling out the arrows.

Let's think for a few minutes about all the negative arrows that have been shot at you over the years. The friend who bullied you at school, the teacher who just didn't like you, the boyfriend/girlfriend who just didn't appreciate you, the angry boss, the bad-tempered next-door neighbour, the friend who betrayed you, we could go on forever; we would come up with a very good list of arrows.

Imagine going around with all those arrows, precious & permanently preened and displayed on your person all day, every day. This is you, refusing to heal from the hurts that have been caused you. Your refusal to pull out your arrows and heal those wounds or to forgive, only keep YOU wounded. You cannot heal if you choose to live life with your arrows. You walk around feeling less than whole, because you've been so heavily perforated. You don't have to stay perforated for life. No person, thing, event or experience, has the right to sit inside your head for so long that it changes the beautiful person that you are. Nothing should be given such an exalted status to have such power over your peace. Sometimes people are not even aware of their actions, why allow that to keep you broken. Hole-some instead of wholesome.

Forgiveness is a choice. Before you can begin the process of forgiveness, you must first of all remove the arrows. Let it go, free yourself.

## A PEACEFUL YOU IS A BEAUTIFUL YOU

The following piece is on “Forgiveness Is Important for Your Future & Your Growth”, and why I believe forgiveness is the right thing to do, spiritually, physically and socially. I’m not talking about the type of forgiveness that stems from moral superiority, or the type that seeks justice or compensation; but profound forgiveness that deals with the pain, the degradation, the truth whilst still choosing to show compassion, benevolence, and love with clear boundaries.



The universe compels us all to move forward through life. We could not remain stationary however much we tried. Every new day brings its own opportunity for us to develop, to improve and to continue with our spiritual, emotional, physical & social development. This development can occur only through the improvement of the quality of individual thought, ideals, actions and conditions that arise as a consequence. Forgiveness is part of our growth as we interact with people.

There can be no future without forgiveness. When we have been hurt by another, we forgive when we overcome the desire for eternal resentment toward the offender, not by denying our right to the resentment, but instead by trying to offer the wrongdoer compassion, benevolence, and love. In your mind, the offender may not necessarily deserve the right to such a gift as forgiveness, but harbouring resentment for a wrongdoing holds us back. As we get older, we all change and our expectations, behaviours, circumstances & our interactions with others create experiences that urge us to question our emotions.

The choice to forgive does not indicate you have forgotten the injustice, nor does it imply you condone or excuse the wrongdoer's behaviour. This is the power of compassion; compassion slows down the heart rate and improves your physical health. You are not condemning; that only leads to the type of forgiveness that comes from moral superiority. You are not condoning either, for that only leads to self-sabotage. When you go through the process of forgiveness, it means you are not seeking revenge, justice or compensation. You are willing to release the need to hold the other person responsible for your emotional response. It is a risky undertaking and one needs to feel ready, no one can be coerced into it. You are allowed to take your time and go through the process. In the end, it is worthwhile, because dealing with the real situation helps to bring real healing. We do not need to understand why they did it or even get closure. **As we journey on, we become more astute about reading people & behaviours and showing understanding & compassion.**

We readily get involved in & weigh in on causes like world peace, but we sometimes fail to create peace with the friend who hurt us.

Forgiveness of others or indeed of yourself, sets you free and enables you to fulfil your true potential. You benefit immensely when you choose to forgive and so does everyone around you. It frees up your mental & emotional energies and your headspace for creative thinking. Free yourself from being trapped in resentment, anger, pain, suffering or insecurity. Unforgiveness slows you down, frustrates you and makes it difficult to move forward. Forgiveness helps you grow. **Our relationships will evolve, we learn from our mistakes, we learn from their mistakes, we learn more about ourselves and most of all, we learn to create better relationships & BOUNDARIES.**

May I take this opportunity to express that my writings are to encourage and steer some thinking, not to dictate to you or impose upon you. The choices you make, naturally have to suit you. **I wish you all success in creating the best life you have the power to create.**



Your only insurance against negative influences is a good measure of positive thoughts to create a **POSITIVE EMOTIONAL HOME** that cannot be threatened by those external storms. Do all you can to keep building on positive thoughts for that Positive Emotional Home.

The first step is to recognise that a wonderful action hero/heroine lies within you; namely WILLIAM POWER & WILLHEMINA POWER, and collectively they are both known as **WILL POWER**. Put them to constant use until they are able to build you a wall of immunity against negative influences in your own mind. Remember that negative influences infiltrate through your subconscious mind, therefore they are difficult to make out; so particularly guard against people or situations that depress or discourage you in any way.

Seek the company of those who know you well, especially those who have no motive in flattering you, but love you in your barest truth and will tell you the truth with the dearest love. You have ABSOLUTE CONTROL OVER but one thing, and that is YOUR THOUGHTS. **No man can EVER make you into the names they call you but yourself. This is your divine prerogative. Do not be careless with your possessions, your mind is your spiritual home! Protect and use it with the care to which Divine Royalty is entitled.**

I once read somewhere that unfortunately, there is no legal protection against those who, either intentionally or unintentionally, poison the minds of others by negative opinion. Those people who told the great inventors that they could NEVER create or build, forgot one thing; NEVER is a VERY LONG TIME.

So, just keep this in mind ALWAYS:



YOU HAVE ALL THE TIME TO WORK ON THAT WONDERFUL IDEAL OF YOURS. TAKE YOUR TIME, DO NOT BE RUSHED, BUT WHILST YOU ARE AT IT, TRY TO DO RIGHT BY PEOPLE. TREAT PEOPLE WITH KINDNESS.

MORE ENCOURAGEMENT AND LESS CONDEMNATION. MORE SUPPORT AND LESS RETORT.

MAY GOD MAKE US ALL TRULY GRATEFUL FOR HIS PROVISIONS EVERY DAY, IN EVERY WAY!

GOD BLESS YOU ALL.

## DROWN OUT THE CLATTER: CREATE YOUR OWN CIRCUMSTANCES

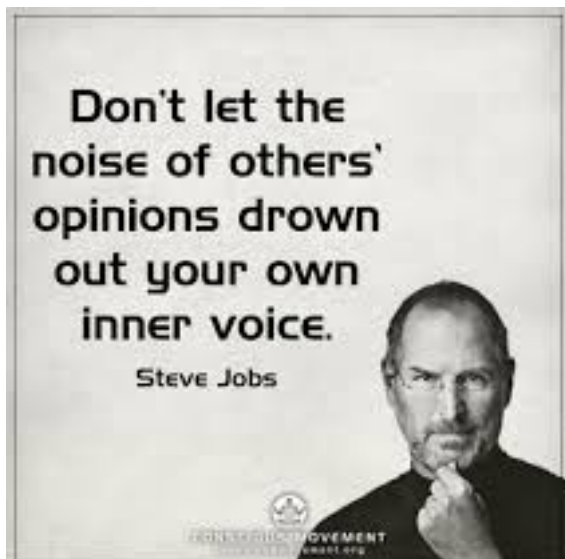
As you start the day, focus your thoughts and words on the most important factor, giving your best where you are right now in your quest to becoming the new.

Economy works in such a way as to protect its weakest, just as the convoy has to slow down to permit its slowest vehicle to remain in formation - the man/woman who does not want to take the risk of jumping at some point in his/her life, will ever remain in that army. That's why it's so easy for one to just make a living these days. "The powers that be" have created that false sense of security, if false sense of security is what you want. People prefer to "follow the follower" than to take that time out of the ant formation, and cope with being uncomfortable for a little while or to go broke for a few months, whilst they work on their business idea or that ideal for which they have a passion. The majority of those people who have had success over the years, started off with nothing more than a hunch, an instinct. Being broke, or uncomfortable never stopped them, the murmurings of outside clatter did not phase them. They may have been financially broke, no crime in that, but they were abundantly rich in desire, passion, hunger, persistence and tenacity, these fine qualities, amongst others that are so needed to pursue that burning desire of that ideal of yours. You can't buy your passion for your very own burning desire. You can't pay someone else to feel what **ONLY YOU KNOW TO BE TRUE.**

Allow your own imagination to speculate freely on many different ideas and force yourself, each day to think positively on your burning desire. Find the time each day to do so. One proviso, do not just build the idea in your head. Work on it in every small way, in every given day. Do not EVER use the word failure. **I do not believe in failure, but I see people who have been unsuccessful in certain steps they've taken towards their ideal. Those people will redirect their steps and carry on the journey, having learned the roads to avoid.** People will try to distract you with words of condemnation, criticism & all forms of negative advice; pay no mind, they

don't really know you. If you dwell on those negative words, you will slow yourself down and you certainly do not want to encourage your mind to go to work on those negative words. Trust that you are learning and growing, exploring with a great sense of adventure. The Universe and The Power will steer you in the right direction for your final destination.

Prepare your heart and your mind for resilience, focus on your own self development, sooner or later, the clatter will no longer be heard.



## PRAYING FOR MERCY

Lord, in this time of our great need of You, we plead for Your mercy. Today we pray for the dead, survivors, their families & those who have been left homeless in the immediate and lasting effects of any disaster. We reflect on the victims of all-natural disasters whose suffering continues long after the immediate shock of the event has passed. Provide support for our victims Lord, well through post trauma.



Our people are in a state of shock, fearing for their lives, fearing that their loved ones are among the dead & injured and fearing for their future safety. We pray for their comfort and that they be relieved of fear. May hope sustain them, console their hearts and ease their pain.

Lord, as they move forward, help us to help them, to know what to do and to have the compassion, fortitude and creativity to do it. Move us to respond to the urgent needs that cannot wait. Steady us to be there in the future as the victims of disaster rebuild their lives. Give us the gifts of solidarity and generosity, in our prayers and in our contributions. Bless the agencies and those people who through humanitarian response, are independently coordinating search, rescue & recover efforts.

Help those who continue to struggle with the loss of family and friends as they work to rebuild their lives. We are all family, we are the work of Your hands. Receive the dead into Your love. Comfort the survivors with the power and protection of Your peace, provide homes for the homeless & give them courage to face a new future.

Lord, we ask that You watch over world leaders, for there is still a great amount of work to be done. May you give them uprightness to do that which will be beneficial for the world and communities far & wide and for them to be guided by a conviction of love and integrity.

We ask for You to take dominion over the processes of recovery from this disaster, the aid & financial support that is offered to the country & its people; we pray that adequate facilities are put in place to help victims to begin the rebuild of their lives and that the financial aid will go to the genuine victims.

Help each victim to have eyes that see progress, strength to start each day and find comfort in times of loneliness and peace in Your presence. Please also bless those who see the needs of the communities affected. Protect our people from the risk or further loss from any further disaster.

Our help is in the name of the Lord, who made heaven and earth. May we all be signs of Your presence in our world today.

*Mercy*

We thank You Lord, for Your Grace & Favour.  
In the name of Jesus.

Amen.

## DEALING WITH CHANGE

No one really likes the new. We are mostly afraid of anything that is outside of our day to day. Taking a new step or saying a new word unsettles us. We have a



foreboding of anything new. In the case of drastic change, we become extremely uneasy and this can be so long lasting and deep; we can never be truly prepared for that which is wholly new. We only need to adjust ourselves to it. We must not fight it. Every test is an opportunity to change something. To refine.

Every type of radical adjustment in life is a crisis in self-esteem, for which we have to prove ourselves, individually and collectively. It requires an inordinate amount of self-confidence to be able to face radical change, without inner turmoil. A population undergoing drastic change, is a population which has lost confidence; an unbalanced, explosive, and “hungry for action” population. Passion then replaces our confidence. A passion for change completely takes over our thoughts. Thoughts lead to action; and action is the most obvious way by which to regain confidence and prove our worth.

Transformation occurs when a person or people who are subjected to drastic change or trauma, find little or no opportunity for action or when they are not allowed to attain self-esteem, self-confidence and/or dignity. Self-confidence is faith, self-esteem is pride and the substitute for individuality is a coalition with others. **When one is truly ready for a thing, it puts in its appearance. When opportunity comes, it sometimes appears in different forms, from a different direction, than we ever expect, that is one of the tricks that opportunity plays on us. It has a habit of slipping in the back door, disguised as misfortune or temporary defeat.** This is why so many people fail to recognise opportunity.

**Before the rock falls, little pebbles will drop. Think carefully and choose your coalition partner well.**

## OVERCOMING LIFE'S DIFFICULTIES

The true object of life is that we may attain wisdom through experience. This cannot be accomplished by giving in to the difficulties of life, but only by overcoming them. Difficulties and troubles will come in every life, and sometimes disaster and heartbreak, when the very earth slides from under our feet, yet, by calling upon the Power within, it is possible to rise from the ruins of cherished hopes stronger and "greater" through experience.



Happiness and true success depend upon how the troubles and difficulties of life are met. Adversity comes to us all, but if it is met in the right manner, even failure can be made the stepping-stone to success. Trouble comes to all, but, while it makes some people stronger and better in every way, it submerges others so that they never rise again. Trouble is the same wherever you go, it is how it is met that makes the difference. Those who meet difficulty and adversity in the feeble strength of their minds and false personality, are speedily overwhelmed and broken by the storms of life; but **those who rely upon, and have faith in the Power within them, can never be overwhelmed, neither can they ever be defeated. The Power, being infinite, is always sufficient, no matter how great the need may be.**

We all possess the Power by which we can overcome all our difficulties, and through overcoming them, we are able to attain the true object of life, **WISDOM. A man's success depends, more than anything, upon his faith, his faith in the good purpose of his life; his faith in the Power of the Infinite within him and his ability to overcome every obstacle in his path on that journey to becoming.**

It is also necessary to point out that, even in this life, some of its big disasters are the result of thoughts and actions committed during this present existence. A youth or

young man may commit a folly that brings in a terrible retribution. Or he may do another man a grievous wrong and years afterwards someone else does the same wrong to him and he will then ask, "Why me Lord?" We must let go of an eye for an eye and a tooth for a tooth.

**The Great Power, by His teaching of the power of love, enables us through forgiveness and compassion, to rise above these lower things and live a life of harmony and peace.** We must choose to change our desires and aspirations from within, so our lives may be altered. Our thoughts, ideals and attitudes towards life, our family & friends; must be transformed to higher & better things in order to create a fairer and nobler life for the future.



Character building is one of the greatest achievements in life. It has been said that character is the only thing we can take with us when we depart this life. This is perfectly true, therefore the object of all religion, discipline, mental training and development, should be the building of character.

The Bible tells us that as a man thinketh in his heart so is he. We can therefore say that as a man is, so does he think, and, that as he thinks, so do his outer life and circumstances become.

We can only improve our thoughts by firstly acknowledging our faults & weaknesses. Until, however, we do realise this, it is hopeless, and it is impossible to bring real change. Acknowledgement of our faults & weaknesses will lead us to seeking a remedy for those ills and a way out of our difficulties, **ONLY** by means of self-improvement & character building will we find real joy. By building up those weak places in our character, such as lack of: grit, determination, steadfastness, persistence, patience, probity, decision-making, etc, we will find that our circumstances will **GRADUALLY** change for the better. I say gradually, because the moment you decide to do the right thing, you will be presented with all forms of temptation, and it will take all your **WILL** to resist falling back to that which has become so easy for you to do but has not brought you real joy or happiness. **EVERYTHING COMES FROM WITHIN. EVERYTHING.** First within, then out, this is the law, therefore the change must always take place within.

In my research, I have come to understand that a religion or discipline that does not build up good character is worthless. Those who think that they can swan through life, avoid discipline & commitment as much as possible, make no effort to improve their character, and believe that they will miraculously become perfect simply through believing in a certain religion; are deceiving themselves.

We do not become "perfect" or of a strong and good character, just by believing in a certain religion, but **MAINLY BY PRACTICE & ATTAINMENT.** God helps those

who help themselves, and those people who will not strive after better things cut themselves off from all the glorious and wonderful possibilities of attainment.

**TRANSFORMATION FROM THE ANT-FORMATION TO THE ANTI-FORMATION**

They say the one who follows the crowd will never go farther than the crowd - that's the ant-formation. The one who walks alone is likely to find themselves in places no one has ever been before - that's the anti-formation.



Habit patterns and ways of thinking become deeply established and it seems easier and more comforting to continue along that path than to cope with change, even when change may represent freedom and great achievement. It's even more reinforcing when we see so many of our family & friends doing the same thing, year in, year out and we get a semblance that the behaviours have some sort of pay off or they bring satisfaction. Years of conforming to common behaviours at school, college, university & even the corporate world, finds people who have systematically and unconsciously joined the ant-formation. However, it is a good idea to step out of line from this formation, every once in a while, and look up ahead to see if the line is going where it **SHOULD** be going. Upon checking, one may discover that it could be the VERY first time, if ever at all, that that formation is indeed heading in the right direction. Usually, people follow without questioning even when research shows that there is always a different & better way. A hard thing for most people to fully comprehend is that; **PEOPLE IN SUCH LARGE NUMBERS CAN BE SO WRONG.** People often think, "Well, if MOST people are living that way, and doing things that way, it must be right." A little checking will reveal that throughout all recorded history, the majority of mankind has an unbroken record of being wrong about most things, **ESPECIALLY THE IMPORTANT THINGS.**

Think about it. Think before you click LIKE on that Facebook post today. Is it what



you stand for? Is it elevating your thinking and position in life? Is it elevating to others or destroying others? Are you merely just agreeing to something just because a friend posted it? The action of just clicking LIKE has become so easy, it has rendered us to mindlessness instead of mindfulness. We have abnegated that responsibility to do the right thing. We simply do not stop to think most of the time. Instead, we just follow. Why? Because 10 million people are doing just that, so it must be right.

Do you realise the greatest changes mankind has ever seen came from one man who stopped to think? One man who was so convinced that a population was heading in the wrong direction, he stepped out of the ant-formation to stop, think and chart a new course. When that friend is ranting on social media, you click LIKE and join the ant-formation. Ever **THOUGHT** about taking the time to consider? Is this right or wrong? Where is the formation going? Does this represent me? Am I setting a good example? Do I really want to join someone else to berate, bully and ridicule another unsuspecting person? Never forget, we are setting an example for others.

Particularly our children. **Be an ENCOURAGER!!!** And remember, karma has currency, Newton's Third Law. Well, this could well give me another topic to write on for another one of my future writings – "**Karma Has Currency.**"

Don't just follow the follower. Think before you LIKE!!  
**STEP OUT OF THE ANT-FORMATION.**



**THE STRUGGLE TO LEAVE THE ANT-FORMATION FOR REAL TRANSFORMATION**

At a certain point in our lives, we become very conscious of bad habits that ought to be overcome, and weaknesses of character which should be eradicated. Most of us have probably fought against these habits or weaknesses for years, prayed until we are tired of praying, made innumerable attempts at turning over a new leaf, yet all in vain. Many people give up the struggle and endeavour, only to lead a sort of Jekyll and Hyde existence, being outwardly a Christian or a righteous person, but inwardly, they are something quite different. Of course, they find no satisfaction and after years of struggling with this dual life, they become very weary.

We struggle every day to soak off the stamp that every environment or person has placed on us. We follow in the footsteps of the crowd, guided only by the advice of the crowd - must make one dizzy. We don the uniform of public persuasion; agonise in the straitjacket of illogical habit, seek ever to keep in step with the ant-formation, marching in solid monotony along the comfortably paved road of other people's thinking - just NEVER our own.

There is a way of escape from the ant-formation which is available to all. The Almighty One has provided man with powers that are apparently unlimited: powers which can be used either to build up the good & great life and character or to destroy them both. **THESE POWERS ARE THOSE OF THE SUB-CONSCIOUS MIND.** This mind is a reservoir of unlimited, tireless forces, and becomes, if we use it right, our best friend, or if we mis-use it, our worst enemy. Use your mind right to think right thoughts to create right action **AND CREATE A GOOD & JOYOUS LIFE.**

Every time a bad action is indulged in, wonderful changes take place in the nervous system, and energy becomes stored up in certain cells, so as to make it easier to do the wrong act, again and again on future occasions. It is equally true that **EVERY TIME A GOOD ACTION IS DONE, SIMILAR CHANGES TAKE PLACE THAT MAKE THE DOING OF THE SAME ACTION MORE FAMILIAR AND EASIER TO DO IN THE FUTURE.**

This explains the tremendous power of habit. Our body, brain and nervous system become changed, either for the worse or the better, according to the type of action indulged in. Which do you want?

**Imagine what your own RIGHT thinking could create for you,** when you cease to march along with the ant-formation. Imagine the freedom. Imagine what it is like to not use so much energy trying to be Mr or Mrs so and so. When you fall in line only within someone else's thinking, you rob yourself of that lifetime pleasure of the beauty you can create for yourself and take that credit for creating, not following.

One day you will leave the ant-formation for good. **The best way out is to STOP AND THINK. FIGURE OUT THE RIGHT PATH TO TAKE.**



## THINKING YOUR WAY OUT OF THE ANT-FORMATION

Every person is forever searching to know how to overcome wrong habits and weaknesses of character, which are keeping him from elevating his life, and possibly,

damaging his health & wealth. We have been gifted with remarkable powers, and depending on how we choose to use these powers, we can either destroy others, or ourselves or build up good character in every possible way.

So as to understand how to free ourselves from wrong habit, people who have the wrong influences in our lives and weaknesses of character, we must understand the type of thoughts that create wrong actions. The source of all action is thought. Our thoughts are unborn babies. If we can merely direct our thoughts and attention to higher and better things, we can create a higher and better life.

We can never overcome these wrong habits by fighting them, because the more we fight them the greater they become. We can only come out of wrong habits, by concentrating our minds and thoughts upon building a good thought habit that will pull the rug right from under the feet of the wrong one, or by turning the attention to higher and better things.

 **THINK GOOD THOUGHTS!**

 **THINK GOOD THOUGHTS!**

**Whatever we focus our attentions upon, or whatever we idealise, our sub-conscious mind undertakes to actualise it and make it real in our lives.** Watch your thoughts and where your energy goes.

By putting up a fight against a wrong habit, we direct sub-conscious attention to it, and this is disastrous. If, however, we turn our whole attention to something entirely different, which is higher and better, all the powers of the sub-conscious are directed towards the production, in the life and body, of the new and good object of attention.

PS: A wrong habit may even be a person or people who have the wrong type of

influence in your life, or expending valuable time & energy answering a wounded critic who does not know you. **Be mindful not to join the ant-formation that seeks to destroy others, for the very means a man would use to destroy the character of another, is his own very suicide. Mindlessly joining an army of wounded ants, creates unwanted sores for you.**

*Proverbs 4:7: Wisdom is the principal thing; therefore, get wisdom: and with all thy getting get understanding.*

Watch what you spend your time on and who you spend your time with.



## FREEDOM FROM THE ANT-FORMATION

Your repetitive good thoughts and good habits will completely overcome and win, over your wrong habits. The power of your will is not ever enough on its own to help you in the battle within oneself. Only good can overcome evil. Your will must

work in tandem with your sub-conscious mind. The power of the sub-conscious mind can win by steering your thoughts to creating a better story for yourself. **Your will must be used, not to fight the habit, but instead to raise and direct your attention to something higher (much more elevated) and better. By so doing, new habits are diligently and permanently formed.**

Attention of the sub-conscious mind must be taken away from the wrong habit, you must make an effort to turn away from its influence; and all its strength directed towards the formation of a new and better habit. The sub-conscious mind will work with you on whatever project you give it, whether it is a good one or a bad one. It is just as willing to produce a good habit, as it has been willing to produce a bad one in the past. Therefore, our fate is held firmly in our own hands. We can, by taking firm control of our thoughts & our gift of creativity; and by directing our attention to better ideals, focus all the powers of the sub-conscious on the building up of good habits. It is the way in which we use this power that is absolutely vital. This is all it takes.

Remember this, once you start steering your thoughts towards the good & right, correct use of your imagination **MUST** be accompanied by equivalent right action. You cannot destroy wrong habits and build up better ones, just by merely thinking it out of existence, **those good & right thoughts MUST be complemented by positive action.**



As you continue on this new journey and become more progressive in right thinking & taking right action, you will be able to direct your thoughts into any required focus. This will demand relentless consciousness.



**Each thought has to be prudently scrutinised & processed, to ascertain if it is good enough for your wellbeing. This way a change is formed in the brain and those cells previously used for wrong thinking and ultimately for the production of wrong action, finally go out of use, they slowly become redundant as new cells are generated for the production of right thinking and right action.**

**You are now on your way to perfect freedom and perfect joy.**



I hope you have enjoyed reading Volume One of my Blogs. My blogs are meant to help us all think on a few interesting topics and some of the things we so often take for granted; our Power from God, people, relationships, our gifts and talents and also the things we do and how we do them. These are my thoughts and my perspective on life and its various issues.

I hope the blogs help to bring us to more awareness and mindfulness.

If you have enjoyed reading this, please leave a comment via the link provided below on my Facebook pages, it would be much appreciated.

Volume Two will be available for download soon.

**Gratefully yours**

*Avril*  
BUNTON ♦ ♦ WILLIAMS