

To See or *NOT* to See

**Attracting
the same type
of issues & people**

*An Important Message Shared with ALL
From Carolyn at Empowerment Starts Here.com*

To See or NOT to See ... Attracting the Same Types of Issues & People

“Empowerment's in Trusting... God doesn't give you the people you want... God gives you the people you NEED... To help you, to hurt you, to leave you, to love you... and to make you into the person you were meant to be.” (Taken from one of the many emails I receive each week)

Have you ever noticed that whether it is in your immediate circle of friends, at work or just going through life's everyday events you tend to find yourself attracting the same types of people into your life?

Sometimes it can be a very good experience. Other times it can be an irritating, frustrating and rage-making one. If you take a step back and really look at these people you will often see a similarity between them and one of your nuclear or extended family members.

Occasionally you may see a mirror of yourself. If it is a good reflection it is to remind you of a characteristic you have that needs to be appreciated or celebrated. If it is a reflection of a characteristic you have been denying or overlooking in yourself, it may need to be recognized, accepted and if necessary, changed. It may also indicate a time to change how you communicate or handle conflict.

And what if “we” (individually or collectively) decide "we" aren't ready to change? If “we” just continue ignoring it? Or “we” are just too addicted to the drama to give it up just yet? “

We” will keep attracting similar characters and situations into our lives that push our buttons until the light comes on...until "we" make a conscious change that allows “us” to look at our lives in a different way in which "we" see the roles played by the people in it from a totally new perspective.

Who are the Puppeteers in Your Life right now and what are the payoffs for allowing them to stay in control of your feelings and or actions? It is your choice how often or how long they are allowed to pull your strings. If you are getting stronger rather than weaker by their presence keep them in your life. If not... Cut the strings and let them go. If violence is involved.... Make sure to have a plan and support to help you go.

The goal is to become the Puppeteer of your own life and circumstances. The more aware you become and trust yourself to recognize who and what is pushing your buttons. The sooner you can decide to go toward it stronger and wiser or change directions and walk away.

©**Copyright 2023 Carolyn Shannon**

Carolyn Shannon is an Author, Artist, Teacher, Intuitive Counselor, Speaker, Laughter Yoga Leader & Owner of [Empowerment Starts Here](#)

If You Like Investigating and Discovering Your Soul's Clues into Your Life, Your Talents, Family as well as How You Are Presenting or Being Perceived by Others at from Moment to Moment

Try One or ALL of these Uniquely Insightful Vision Heartwork Sessions now on Zoom or in Downloadable Formats to do at home on Your own. NO artistic talent necessary!!! What You Create is Perfect for YOU!

| | |
|--|--|
|  <p>The Butterfly Heartwork Represents Your Life & Transformations Reflected at this Moment</p> <p>Recognizing this, what do you see when you appreciate your butterfly heartwork?</p> | <p>INSPIRATION - COMES FROM OUTSIDE OF SELF ASPIRATION COMES FROM INSIDE OF SELF</p>  <p>Your BALLOON Heartwork Represents Your Ideas, Ideals, Dreams, Inspirations And/Or Aspirations. At This Very Moment...</p> <p>Recognizing this, what do you see when you appreciate your balloon heartwork?</p> |
|  <p>Your TREE Heartwork Represents YOU At This Very Moment...</p> <p>Recognizing this, what do you see when you appreciate your tree heartwork?</p> |  <p>Your PUPPET Heartwork Represents How May Be or Feel YOU are Being Perceived or Treated by Others At This Very Moment...</p> <p>Recognizing this, what do you see when you appreciate your puppet heartwork?</p> |
|  <p>Your FLOWER Heartwork Represents YOUR Talents, Creative & Work Projects Or Family Members At This Very Moment...</p> <p>Recognizing this, what do you see when you appreciate your flower heartwork?</p> <p><i>An Art from the Heart Adventure</i>©</p> |  <p>Your MASK Heartwork Represents The FACE YOU PROJECT / Would Like to PROJECT to the World or to the People in a Situation At This Very Moment...</p> <p>Recognizing this, what do you see when you appreciate your mask heartwork?</p> <p><i>An Art from the Heart Adventure</i>©</p> |

Register or Find Out More...

EmpowermentStartsHere.com



Get YOU Paper & Coloured Markers Ready!



Pause this Video if Need to Go Get them

An Art from the Heart Adventure©