

Introduction

What I Know for Sure: If I Change Nothing, Nothing Will Ever Change, looks at change from a positive point of view. It requires an action and a commitment from the reader to engage in affirmative action in their life.

What I Know for Sure realizes that most people moving through life resist change, thus the face to face confrontation, while examining conduct becoming, patterns, and behavior that demands a change in physical, mental, emotional, and spiritual transformation.

What I Know for Sure, confronts the reader to acknowledge choices made and choices not made while reflecting upon their experiences. The title commands attention of confidence and expecting change, while the tag line “If I Change Nothing, Nothing Will Ever Change demands an action to make different from what was. On the pages of What I Know for Sure, you’ll recognize fear, faith, and procrastination. Readers will understand what personal growth means, freedom to choose, and a deepening connection with the God of their own understanding.

Trust will be a life-long companion on the pages of What I Know for Sure. Co-author Ciaara K. Carlsen writes: “Choices for me were difficult because of lack of self-trust and fear of making the wrong decision. As I learn to listen to my inner voice and make choices and realize the good from the choices, I have begun to trust myself more.”

Ms. Carlsen writes: “What I Know for Sure holds many personal experiences especially during a time when I felt ready to make changes. I needed to go within to trust and have faith. As I made decisions it became apparent to me when I was on the right course because life flowed more easily, the right people appeared in my life (as if by magic) to help, and what I know for sure is there are no accidents in life.”

Award-winning author, Dr. Ayin Adams writes in What I Know for Sure: “When I feel overwhelmed by situations and challenges in my life, I know that I must look at the choices I have made. I know that when I make choices that empower me, I am making choices from a place of love, trust, and joy...” It is our hope and intention to inspire change by revealing that all knowledge we have lives within. There is never a wrong answer, just a choice and each choice we make is simply about what we need to learn at that moment, and not to fear because change is good, and change happens whether we like it or not. May you learn to rely on what

you know for sure, based on your life experiences as you continue to expand your relationship with yourself. *What I Know for Sure: If I Change Nothing, Nothing Will Ever Change*, belongs in everyone's library.

Dr. Ayin Adams, Msc.D., D.D.
Ciaara Carlsen, Msc.P.

ON CHANGE:

The first step in making changes or improvements is make a personal commitment to change. It must be for yourself and not for others. You cannot afford to deceive yourself.

The second step in making changes or improvements is always to identify what needs to be changed or improved. Living a fully awake joy-filled life is pertinent to your growth and happiness. By identifying these things, it can be a first step in wakefulness.

The next step is the question: Where do you go from here? The answer is to do your work. And this means to work with awareness, work cognitively, spiritually and emotionally on the character defects, short comings, and patterns you need to remove or transform. Getting professional help from a therapist or counselor can be useful, especially if you are feeling depressed or in desperation. You can then focus in on the defects you need most to work on.

What I Know for Sure: If I Change Nothing, Nothing Will Ever Change, is devoted to creating change and living an authentic life.

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ENTRY EXCERPTS

January 25, 2019

What I Know for Sure If I change nothing, nothing will ever change
Even challenges are gifts. It's all in my perception.

Reflections:

January 27, 2019

I often attract more of the same negative people or experiences until I pause and take time to find the lesson in the person or experience. What I know for sure, the challenges I have experienced in life are ways to measure my growth.

Reflections:

February 1, 2019

When I am confronted with lies about my life, health, or behaviors, I deny these false statements and affirm that my body, my life, and my affairs are operating in accordance with Divine Health and I live in this awareness only.

Reflections:

February 6, 2019

Do not have a dog in your life until you know what your life is, because it's a financial expense. It's a time expense. It creates challenges, if you have no help. What I know for sure: while having a pet can bring great joy, companionship and unconditional love, it can also create burdens.

Reflections:

February 20, 2019

I used to look to others to make my decisions. I even consulted psychics, tarot cards, angel cards, astrologers, and even my hair dresser to make my decisions. It left me crippled and immature. As an adult, I struggled to make life affirming decisions. When I stopped allowing others to make my decisions, I became confident and empowered. It is time to stop letting others determine my path. My best decisions are the ones that I make, even if they don't make sense to anyone else. That is how I know they are mine!

Reflections:

June 21, 2019

Fear of success can be more debilitating than fear of failure. I must own my success and be proud of it. This means acknowledging my brilliance instead of denying it.

Reflections:

July 30, 2019

When I gaze into my eyes and notice the light beginning to dim, I search within and recognize that my current situation or relationship brings pain. This discomfort within my body is reevaluated, washed out, cleansed, and purified. I re-ignite my flame. I have dominion over my own reality.

Reflections:

August 4, 2019

Never quit your daydream. Unrealized dreams create discomfort in every cell, atom and electron of my body over time. I must now believe that anything I desire is possible. Then I can begin to believe without doubt that my dreams will come true. Live each dream backwards, see the outcome first, then trust, and have faith that it can manifest.