

GOD IS...I AM
 MANIFESTING MIRACLES BY REDEFINING GOD
 (Understanding God IS a Verb)



God Is A Verb Ezine

From the Desk of Jodi McDonald



www.godisaverb.com



Reclaiming Your Power

At the innocent young age of 18, I married into a very interesting family. Three elderly, heavy-set Italian women had raised my new husband—his divorced mother and two unmarried aunts, and never were there two families more far apart than ours!

Whenever I would accompany my husband to my in-laws home, I was definitely a fish out of water. They were loud, flamboyant, hardworking, sturdy and independent. The once black hair each one had in youth was now a salt and pepper grey, and their skin looked like tanned leather. They were of the Catholic faith and faithful they were indeed! Rosaries were everywhere and Mother Mary was often called upon. After long hours of working, they would come home to clean and cook. Everything was cooked from scratch in huge pots and pans. Floors were scrubbed so clean the finish was coming off. Rarely did they sit still...it seemed like someone was always busy with some activity.

I had been raised in the Christian Science church. I was not so much religious as I was spiritual. I was a skinny girl...had never seen the bathroom scale hit three digits, despite all my attempts to do so. I had long blonde hair and deep blue eyes. My skin was pale and

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soft and I preferred reading a book over socializing. I was painfully shy...a college student who held down a part-time job at a store that sold materials for sewing.

Only moments after I arrived, the endless parade of food would be passed before me for the taking. I was never hungry...lived on tiny morsels of food that filled me in three bites. It didn't seem to matter. If I turned down one entree', another would soon follow. Politely and quietly, I would insist I wasn't hungry to no avail. Italians, you see, have a tradition of feeding people. It is their way. To refuse to partake isn't even considered! Before long, I would have several items stacked on plates in front of me. I would do my best to swallow a bite or two, but I never knew if they even noticed.

As soon as the three women and my husband gathered, the talking began. It started at a dull roar and grew to a crescendo of furious chaos. If one of the four was heard over another, each would increase the volume. I, on the other hand, sat and said nothing. I watched.

One day, I could no longer control myself. My quiet giggle grew into laughter. Soon, I was laughing so hard, tears were rolling down my cheeks! One by one, they all started to notice. With everyone staring at me, I could do nothing but laugh. They couldn't help it. They, too, started laughing...they just didn't know why. Once I composed myself, they all started asking me what was so funny. Yet again, each of them was talking. Between giggles and gasps, I finally eeked out, "Who's listening?" They were stunned. They looked at one another. Finally, they all realized the answer was no one! For a single moment, I had their attention. It didn't last.

I stayed in that marriage for almost 10 years. They were the most difficult years of my life. I was so emotionally battered in the end, I used to beg God to kill me. It seemed death would be easier than living life in such tortured pain. I don't think the Italian women ever really knew what I had endured. The last time I saw my ex-mother-in-law, she cursed the ground I

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walked on. I knew she blamed me. I wondered if she would ever know the truth.

Today, I look back at that skinny young kid who married into the Italian family and I wonder who she was. So unlike me now! She was so scared. So sad. It seems impossible that she and I are the same person. I wonder what they would think of me now. *This* woman wouldn't quietly sit and let them pile food for her to eat. *She* would stand her ground and speak her truth. *They* would listen. So would she.

What was it about myself that allowed me to be so invisible in a world so loud and big? Why didn't I stand up for myself and refuse to take the food that was forced on me? Why did I waste nearly 10 years of my life living in such abuse? And worst of all, believing I would be better dead than alive, what was it that made me stay?

I can answer those questions in five words: *"I gave away my power."* Believing myself to be "less than" others, I relinquished my own identity.

Why? Because I wanted to be accepted. I wanted their approval. I wanted to be loved.

For the first thirty years of my life, I lived to please others. In a desperate attempt to find my own place, I chose a life of giving. The catch was...I didn't receive. I never felt worthy of receiving, but I believed if I could just be perfect, somehow, someday, those I loved would return that love to me. Those who didn't love me became my obsessions. The more they rejected me, the harder I pursued them. I had to win in a losing situation. You see, they had something I needed. I couldn't let them escape with it. Without it, I was incomplete. They had my power.

Looking back, I wondered what event stopped my endless pursuit of pleasing others. Could I recall what it was that made me realize the one I was chasing was none other than myself? Oh yes. I remember it well.

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It was the fall of 1979. My husband and I had just returned home from a visit to some friends. They had shared with us that they had come to an agreement about their marriage. Both had cheated on each other, but neither wanted a divorce. They mutually agreed to stay married but to see others on the side. Funny thing is...they both wanted to see other MEN!

I was lying in bed, next to my husband, looking up at the ceiling. The moonlight was just bright enough for me to make out the white light fixture on the textured ceiling. I had just commented that I was very surprised at what we had learned that evening. I recall saying something about how easy it was for her to accept that he was gay. That's when it happened. My husband cautiously asked me, "What would you say if I told you I was gay?" Halfway not wanting to know but somehow knowing the answer I asked, "Are you?" The answer came softly. "Yes."

In one word, my world was shattered. I could hear nothing but the pounding of my heart in my ears. I didn't move...not

even a twitch. I just lay there...staring at that ceiling fixture...wondering what I was going to do.

I started asking questions. I told him I wanted to know who he had been with. He hesitated, but I didn't relent. There was the first name. Then came a second. Finally a third. In my silence, he wondered if he should continue. Tears were now streaming down my face into my ears. No, I didn't need to hear more. The three names he listed were all children.

He reached over, wanting to hold me. For the first time, I was the one saying no. He rolled over and fell asleep quickly. For hours, I stared at the light fixture, my mind racing. I had two small children. What was I going to do?

That was the moment I called back my power. I remembered who I was and I knew I deserved better than that. I was through living a life of pleasing others. It was time for me to receive. From that moment on, I was a different person. The tiny blonde girl lost her innocence, but she

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gained the freedom to be strong in herself. She knew all she needed was within. Her courage, wisdom and love didn't come from the Wizard of Oz nor from the Good Witch Glinda. It came from her new-found ability to walk in her own shoes. She remembered home and found herself there.

Never look to others to give you what you already have. Call back the power you've given away. They didn't need it. They had their own all along. The Wizard gave nothing to the the Tin Man, the Scarecrow or the Cowardly Lion. He just helped them remember it was never gone. What one of us has, all of us have. All that happens when we give it away is that we find ourselves believeing we are depleted...lacking. We journey through life looking for something we've already been given. There is no need to weather the storms. You do not have to follow a yellow brick road. Everything you ever wanted is in your own backyard.

Reclaim your power by remembering, "There's no place like home."

MANIFESTING MIRACLES WITH EFT!!

(Emotional Freedom Techniques)
"SECOND SATURDAY" SESSIONS
 (The next session is set for Saturday,
 January 10th!)

Join EFT-CC practitioner and participant in the milestone movie, *Try It On Everything*, Jodi McDonald, the second Saturday of every month, from **10:00 a.m.-noon**, at the New Braunfels Unity Church of Practical Christianity for **Borrowing Benefits** sessions. You won't want to miss this! All sessions are presented on a love offering basis. Prizes and refreshments are provided each month. I give out at least one free EFT session each time we meet, so if you have been wanting to try it but feel you can't afford it, this is your opportunity.

If you bring **TWO** guests with you or if you refer a client for a personal session, you win a **FREE** private session for yourself, so be sure to pay it forward!!

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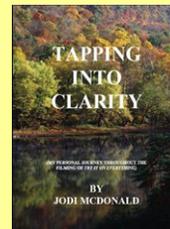
“You’ll be glad you attended,” says one participant, “because Jodi not only shows you how to let go of the problems and diseases in your life, but she also teaches from her own metaphysical background. You’ll get much more than your money’s worth and we have a lot of fun, as well.”

Emotional Freedom Techniques, sometimes called “Emotional Acupuncture,” is an alternative healing method that locates the emotional cause behind the problem/disease, eradicating it by tapping on various energetic meridian points in the body, while focusing on the issue. Over 90% of those who use this technique say it works! What are you waiting for? JOIN US!!

What beliefs did you download in your youth that are still causing you problems today? What are you attracting into your life, based on negative beliefs? We've been discussing how Dr. Bruce Lipton's ideas go hand-in-hand with EFT. We've also had some wonderful sessions with remarkable results. If you have a problem, disease or issue that needs healing, please feel free to ask for our help. What benefits one of us, benefits ALL of us!

Come on! Don't be a couch potato. Join us...we have LOTS of fun!!

If you would like to schedule a private EFT session, please email or call me for a free 15 minute consultation. We can then determine the best time and place to get together for your freedom session.



Check out my ebook, *Tapping Into Clarity*. You will hear all about the wonderful healing I received from both Rick Wilkes and Dr. Carol Look. It was an exciting and motivating time in my life, and

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I'd love to share it with you. If you've been curious about the movie participants, this is the place to get more insight into who all of us are. The ebook shares touching behind-the-scenes stories, nowhere else seen, but it also has some of the funniest stories you will ever read. The cost of the book is only \$5, so it is a great bargain, as well. If you've seen *Try It On Everything*, and you are ready to learn more, just click on this link to take you to my webpage. Go to:

<http://www.godisaverb.com/tapping.html>

MY BLOG

If you haven't yet visited [my blog](#), you are really missing out!!! Every day I post new thoughts, and this is where you also first learn about upcoming events. To make things easier, you can [subscribe](#) to the blog, and it will be delivered straight to your inbox, each week day.

I truly love writing the articles posted on my

blog, each day. If you are following them, you are learning a lot about what is in my book! I get many private emails, with people telling me how much they appreciate the ideas I share on my blog, but that gratitude returns to you from me, also. Thank you for sharing my journey!!

I would *love* to have you add your own comments on my blog page. It's all about sharing, so let me know how you feel, also.

If you want to start receiving my blog, just click on the link below, and then be sure to confirm the subscription! Visit the archives for more!

<http://www.feedblitz.com/f/?Sub=380792>

DR. GARLAND LANDRITH IS COMING TO UNITY NEW BRAUNFELS IN JANUARY!!!

Don't miss this one! Dr. Landrith will be at the Unity Church of Practical Christianity in New Braunfels on Sunday, January 18-Monday, January 19th. Go to:

<http://www.theuniverselieswithin.com/>

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to learn all about him. He is an EFT practitioner who incorporates very much the same thinking as I do into his technique. I can't wait to hear him speak and sit in on his workshop. Go to www.unitynewbraunfels.org to read all about the 2-day event. Attendance will give you Level 1 EFT-CC certification, so if you've been looking to become certified, you will NOT want to miss this!! I'll see you there!

CONTACT INFORMATION

You can email me at jodi@godisaverb.com. If you need to call me, please visit my website at www.godisaverb.com and get my additional contact information there.

Also, if you know of anyone who wants to host a showing of the movie, *Try It On Everything*, please let me know. I would LOVE to attend! The new version is out!

Still holding the intention that my publisher and I are brought together for the

publication of my book, *God Is I Am*.

Please come visit me at my newest home:

www.jasonsnetwork.com/godisaverb

Remember...life is meant to enjoy! If you aren't accepting God's good, you are in the energy of resistance. Choose again!

You do not have to do anything to experience Being. You are.

And please remember...the best compliment you can give to me is to share this ezine and my website address with all those you know and love.

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If you want to do me a favor, please visit: www.eftinternational.com and add a comment here and there on one of my blogs, my videos, or on one of my articles. You can also add comments about the Borrowing Benefits classes or private sessions we've shared. Add as many as you want, as often as you want. Every time someone adds a comment, I move up in

the ratings, so you will be doing me a great service if you can help me out. Of the over 400 practitioners listed, I am currently ranked 12th. I have been as high as 7th! Your additions are what keep me in the top 50! As always, I appreciate your love and support. As you know by now....

I LOVE YOU!!!

I AM...Jodi