

**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](http://www.godisaverb.com)



### LAW OF LEAST EFFORT

Nature is full of information about how to live life. A river, for example, shows us how to handle difficulties. Follow the path of least resistance.

When a flowing river comes up against an obstacle, it doesn't just give up. It finds a way around it, refusing to relinquish its power. Looking down on it, the winding path is a huge part of what makes so beautiful and unique, isn't it?

There is a great promise in all this. If we are experiencing tough times, we have something to hold onto. There is a way around it. We might temporarily pause, but without a doubt, we *will* find ourselves back in the flow, moving forward again.

In order to utilize the wisdom of least effort, we have to make an agreement with ourselves. We will accept "what is" and not fight against it. Pouring negative emotions on top of the situation will not change the situation. Screaming, crying, kicking at, and fretting over the obstacle has absolutely no effect on it. Expending all that energy does nothing to the obstacle. It only leaves us feeling drained and powerless. The very act of resisting it involves struggle, you see, and thereby increases its power. By adding our energy to it, we doubled its power against us. We are now focused on the problem, not the solution. Thus, when bad things happen, our best response is to step back, allow, and observe. In doing this, we increase our own ability to figure out a new strategy from a

**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](http://www.godisaverb.com)

calm and focused place. In time, we will look back at our challenges as a great gift we gave ourselves...the opportunity to experience change and growth.

Oddly enough, while we are going through the experience, it is change we most dislike. We are terrified of the unknown that lies ahead, and rather than trust our ability to handle each obstacle along the path, we prefer to just stay where we are.

There is a stunning similarity between this idea and Newton's first law of motion. It is defined as follows:

*"An object at rest tends to stay at rest and an object in motion tends to stay in motion with the same speed and in the same direction unless acted upon by an unbalanced force." Objects tend to "keep on doing what they're doing." In fact, it is the natural tendency of objects to resist changes in their state of motion. This tendency to resist changes in their state of motion is described as inertia.*

Many times, people on a spiritual path become excited about new understanding and growth. As those "ah-ha" moments increase, they tend to ask for more. Racing downhill, the journey is fun and invigorating. Clearly, they are in forward motion. At some point, though, "an unbalanced force" stops them in their tracks. What do they do? "It is the natural tendency of objects to resist changes in their state of motion." They struggle.

Know this. Growth comes in spurts. It isn't overnight. It involves change. One cannot grow and stay the same. Which one is it going to be? Between stages, we need to rest. Again...look at nature...that is what it shows us. Everything happens in cycles.

When we ask to know God more, God responds with an enthusiastic yes! When we ask to grow, everything is set in motion to help us get to the next stage. When things are changing around us, we need to remember if we asked for this. No doubt, we did. If we had known exactly what we

**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](http://www.godisaverb.com)

were asking for, I imagine we would not have asked...but the forces are already in motion!

The angels sing and the universe celebrates each time one of us decides to take a higher road. Spirit goes before us and clears the way, anxiously anticipating our arrival at a different destination. Trumpets are sounded and confetti parades herald our arrival. Truly, it is a day of great joy! From a higher perspective and wider angle, they can see what lies ahead, and it is magnificent beyond belief! If only we could see what they see! Alas, we must trust instead.

Meanwhile...we are looking at all this in shock! Wait a minute...we had no idea walking a new path meant giving up so much! We start pounding on the walls, screaming in protest, begging for release from the contract. "I've changed my mind!" we shout to the heavens. Alas, the celebration has already begun and the roar of the crowds drowns out our cries.

In order to add something new to our experience of life, we have to make room. We have to clean out the clutter. Change requires us to let go of those things which no longer serve us, but sometimes, we are so attached to our past, we cling to it like an animal protecting its prey. Yes, we want to walk a path to enlightenment, but no, we don't want to give up anything to get there.

Christ Jesus often told those who followed him that they would be required to give up what they knew and loved if they wanted to be his disciples. When he offered, "Follow me," it was wrapped in a blanket of trust. Those who journeyed with him were required to act in faith. Some did so without question; others did so reluctantly. We have the same option.

We can accept the circumstances around us, focusing on what lies ahead with deep trust, or we can go kicking and screaming, looking back over our shoulders with longing for what has been. When we finally

**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](http://www.godisaverb.com)

give up the futile attempts to bring the past into the present, we will remember the past is nothing, after all, but a memory. The power it holds over the present and future is but an illusion.

Those two words, "what if," are the most powerful inertia in our lives. They invoke the forces of fear and keep us from living the life of our dreams. Doubt and fear imprison us in the past, causing our curiosity to wither in the soil. Water it!

"What if" the road ahead is amazing? "What if" what is on its way is beyond our wildest imaginations? "What if" staying where we are is the worst thing we can do? We must listen closely to that still, small voice within. It is beckoning us to follow.

Like the river that always finds a way around an obstacle, we must push forward anyway. Know the path will unfold effortlessly in front of us. Know the ultimate gift will lie in merging with the mighty, boundless oceans of opportunity.

Trust! It comes wrapped in a blanket of Love.

If you find yourself stuck in a place of chaos and indecision, do not struggle. Rest. This is a time of reorganization...a period of introspection and re-energizing. Look at your options. Chart a course. The next stage is just around the bend, but if you move into it empowered, you will be fine.

Remember, we are meant to be humans "being," not humans "doing." Sometimes it is okay to rest and review the options. From a place of calmness, we make our best life decisions. We do not need to fear the future, nor should we cling to the past.

Everything begins in THIS moment. This is your point of power. "Follow me!" The offer comes wrapped in a blanket of Love.

### MANIFESTING MIRACLES WITH EFT!!

(Emotional Freedom Techniques)  
**"SECOND SATURDAY" SESSIONS**  
 (The next session is set for Saturday,

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](http://www.godisaverb.com)

**February 14th! Give yourself the gift of loving yourself by joining us there!**

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!!

*"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!!**

At the February session, I will show a portion of the new "LEAP!" movie and will also answer some questions about what Dr. Landrith was teaching. I will demonstrate an easy form of heart-based meditation that will quickly take you to Zero Point. I will also talk about Dr. Joseph Murphy's amazing book, "The Power of Your Subconscious Mind." Don't miss out on the fun!

**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!**

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

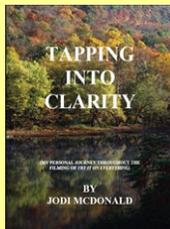
[www.godisaverb.com](http://www.godisaverb.com)

**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**

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 award-winning 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.

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](http://www.godisaverb.com)

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>

### CONTACT INFORMATION

You can email me at [jodi@godisaverb.com](mailto:jodi@godisaverb.com). If you need to call me, please visit my website at [www.godisaverb.com](http://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](http://www.jasonsnetwork.com/godisaverb)

I recently was awarded top honors for my blogs and forum posts on Jason's Network. It is amazing to be chosen as the first Mystery Spotlight Winner among over 1,000 of the most amazing people I know!! I am also ranked #1 on Blogs on the EFT International site! Miracles manifest for those who believe!

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](http://www.godisaverb.com)

\*\*\*\*\*

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.

If you want to do me a favor, please visit:  
[www.eftinternational.com](http://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. 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