

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

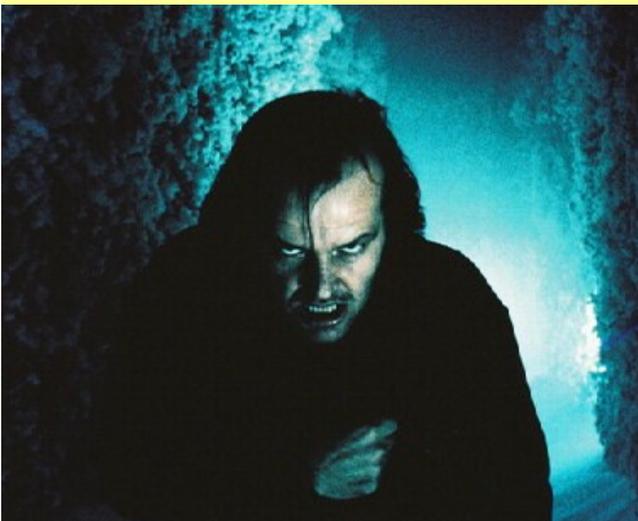


**God Is A Verb Ezine**

From the Desk of Jodi McDonald



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



**THE ONLY WAY OUT IS  
 THROUGH**

It's hard to go through difficult times in our lives. We prefer not to feel pain, fear, sorrow, disappointment, worry, anger, regret, guilt, lack, frustration, or any other negative feeling. When we feel that lump in the throat or the burn in the stomach, we immediately put up defenses. Sometimes we run, other times we deny. Often we

repress, but we might also project. Regardless of how we cope with negative feelings, if our choice is anything other than mere acceptance, we will only add to the discomfort.

When I work with clients, I intentionally make them focus on how it feels to be angry or sad. When they tell me the sorrow feels like a weight on the chest or the anger feels like fire in the pit of the stomach, I advise them to just sit with that feeling for a few moments, recognizing how that particular emotion is received in physical form. It is different for each person. Some people feel anger as a tension in the face, while others say it is like knots in the stomach. Still others define it as a tightness in the chest or as an explosion in the solar plexus. Where it shows up is quite significant, because I can determine what it relates to by understanding which part of the body is involved.

Whenever I can get my clients to face the thing they most dislike, what they start to notice is that it is nothing more than a physical sensation. It really isn't so scary,

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after all. So what if my chest has a heavy feeling in the area of my heart? It is there only to make me aware that there is something going on in my mind that is triggering sadness. Ultimately, what we learn is that the physical sensation is not really the source of discomfort. Rather, what is triggered from the past is the problem. More than likely, we aren't even aware that is what is happening. We believe the burning fire in the stomach is the thing bothering us, but in reality, it is the "what does this remind me of" issue that is the underlying source of discomfort. Subconsciously, when we feel the burning sensation in the stomach, we are pulling up all the old, matching files that caused this same feeling in previous years, and the subconscious mind is responding with "Remember what happened last time this feeling arose?" Because the expectation is based on past events, the body begins to prepare for the same outcome this time.

Here's the deal. Running away or denying our feelings does not keep them from affecting us. We are all about our feelings,

and there is nothing we can do to stop feeling. It is a constant, mostly unconscious part of this life. We are always feeling something...even if it appears we are feeling nothing. The inner dialogue in our minds activates different regions of the brain, and the corresponding chemicals are being released into the blood stream. Since we are always communicating with the Divine, through our feelings, it is very important to become **AWARE** of what messages we are sending. Denial will not work...your subconscious mind cannot lie!

Go ahead. Feel those awful negative feelings...but do something about it! Don't push them away; claim them. If you become responsible, you will have more power than you know. By locating and removing these underlying saboteurs, you can clear a path to a brighter and better tomorrow. Yes, it takes a bit of work and a lot of tapping, but the payoff is worth it.

No more running. No more projecting. No more stuffing these feelings into the energetic system, **PLEASE!!!** Feel, deal, heal and reveal. That's how it works:

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1. Feel your feelings and accept them. Even though your tendency may be to run away from the ones that don't feel good, let me assure you...you can't run that fast! They will eternally follow you, because they ARE you!
2. Deal with the negative feelings by tapping on them. Use EFT to clear out the negative beliefs.
3. Heal yourself by putting in new positive beliefs. ONLY AFTER you have removed the negative beliefs can you reprogram with new ones; however, this is an important step in the process, so feel free to tap in all the things that make you FEEL GOOD!
4. Reveal a new way of life that is open and receptive to ALL THE GOOD that Consciousness wants you to accept.

**Remove the negative, and  
 then FEEL GOOD!!!**

## MANIFESTING MIRACLES WITH EFT!!

(Emotional Freedom Techniques)  
**"SECOND SATURDAY" SESSIONS**  
 (The next session is set for Saturday,  
 April 11th! The topic for this class will be  
 "EFT and 2012: Shifting Aspects")

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. You'll be grateful, I promise!

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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!!**

*In our April class, we will discuss how EFT is preparing us to shift into a new consciousness as 2012 approaches. Although we have no idea what 2012 holds for us, we are becoming aware*

*that this time in human history is the culmination of rare events that may or may not have a profound effect on the entire population of the world. One thing is for sure...should another incident like 9-11 occur in the near future, we must respond in a different manner than we did last time or we will likely face dire consequences. How did you react when the Twin Towers collapsed? Would you respond differently now? The bottom line is...we must! If you are being called to join this class, you are urgently being summoned to awaken to your life's purpose NOW. You've been preparing for this time all your life, and the present turmoil in your own life is nothing but a “disaster drill” to alert you to your weaknesses and strengths. Time is running out, so I trust those who need to know what this is all about will be attracted to attend our Second Saturday sessions.*

**We have work to do.**

**Come on...grab some friends and join us!**

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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

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together for your freedom session.

I'm currently offering sessions at the rate of 3 for \$100, or one for \$40.00. It's a great price, so be sure to schedule yours soon!!

## 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. (Click on the word "subscribe," above to do so.) Just DO it!

Please share my articles with your friends and family. All I ask is that you include a link back to my site, so they, too, can read each blog.

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## 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.

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## SAN MARCOS BOOK STUDY GROUP

I've been enjoying being with the San Marcos book study group the past few weeks. They are studying Gary Craig's EFT Manual. The group meets at the Unity Church in San Marcos on Wednesday evenings, from 6:00-9:00. There's still room for you to join us there! Contact Cindy Shannon-Lee at [cindy.shannon@gmail.com](mailto:cindy.shannon@gmail.com) to learn more about it.

*I will be speaking there on Wednesday, April 8, from 6:00-9:00. I plan to ROCK OUR ROCK with a lively and informative talk about metaphysical EFT. I'll have a slide show, music, meditation, and much, more, so don't miss this opportunity to hear me speak on how EFT and metaphysics go hand-in-hand. Those who attend will get a first-hand look at*

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*how to manifest miracles by experiencing WHO THEY ARE in real-time!!!! They will also be the FIRST to find out about some of the upcoming plans I'm working on behind the scenes...it's EXCITING!!! BE THERE!!!! (The class is provided on a love-offering basis).*



**JASON'S NETWORK!**

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 humbling 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!

**IF YOU WANT TO FIND MANY OF THE PLACES ON THE INTERNET WHERE I AM FOUND, JUST GOOGLE "GODISAVARB" AND SEE FOR YOURSELF!**

For instance, did you know I am ranked #3 on the list of people in New Braunfels with the most Twitter followers? Did you know my website, according to HubSpot's Website Grader says my website is more effective than 70% of other sites

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most like my own? It also says my Google Page Rank is #2. And, one of the BIG numbers says:

Your website has an Alexa rank of 6,262,439 which is in the top 20.37 % of all websites.

Technorati, one of the most popular directory services for blogs says:

This blog currently has a Technorati rank of 1,117,540, which puts it in the top 1.6% of blogs tracked by Technorati.

My website receives approximately 30,000-40,000 hits per month, and has been visited by people in over 25 different countries.

How is all this possible? YOU! My wonderful readers and avid followers have promoted and shared my website information with so many others. I am humbled and deeply grateful for all your support!!! Thanks a million!!!!

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And always 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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PLEASE RANK ME IF YOU ARE A CLIENT OF MINE!!!

If you want to do me a favor, please CLICK THE LINK BELOW:

[http://www.eftinternational.com/practitioner\\_reviews.php?practitioner=220](http://www.eftinternational.com/practitioner_reviews.php?practitioner=220)

and add a short review of my services. It is quick and simple, and it moves me up in the rankings for the TOP 50 EFT PRACTITIONERS. I am currently #29.

You can also comment on my blogs, my videos, or on one of my articles, or add comments about the Borrowing Benefits

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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!

Also, be sure to check out the NEW "Try It On Everything" Social Network site. You can find it at:

<http://tryitoneverything.ning.com/>

Hope to see you there.

**I LOVE YOU!!!**  
**I AM...Jodi**

**THANK YOU, DEAR FRIENDS, FOR  
 ALL YOUR LOVE AND SUPPORT!!**

### HOW DO I PRACTICE BLISS??

- Heart-based meditations where you put yourself into a state of bliss, by feeling GRATITUDE and connection with God. Use sounds, smells, candles, chants, or whatever it takes to move you into that state of Being.
- Becoming "as a child" (just like Christ Jesus suggested—Matthew 18:3 "Truly, I say to you, unless you turn and become as little children, you will by no means enter the kingdom of heaven.") by reactivating your creative, right-brained FUN center (i.e., stop being an adult and just go out and PLAY for a while—doing so will make you laugh again),
- Subconscious suggestion during twilight reverie—stating your intention and feeling as though you already have it, just prior to falling asleep. You want to fall asleep with the FEELING of it as already yours.
- And EFT (Emotional Freedom Techniques) to clear out any blocks you have to receiving whatever it is you want.