

BLOG TALK RADIO SHOW: Are You Living Your Core Values?

"Ladies For Such A Time As This"
with Rosalynd M. Rambert &
Sandra Haynes Sawyer, Esq.
Every 1st & 3rd Saturday
10:00—10:30 AM EST



CALLING ALL LADIES!

Have you identified your core values?

Is your life and core values in alignment?

Are you "consciously" living "your" core values?

"When you achieve complete congruence between your values and your goals, like a hand in a glove, you feel strong, happy, healthy, and fully integrated as a person. You develop a kind of courage that makes you completely unafraid to make decisions and take action. Your whole life improves when you begin living your life by the values that you most admire."~Brian Tracy

To truly live a life of fulfillment, harmony, meaning, satisfaction and greatness, one must be true to themselves by honoring their core values. Have you identified your core values? Are you living a life aligned with your values?

Your values are your guiding principles, the things that mean the most to you. Like a

compass, your values dictate the choices you make and determines your life's direction.

Your core values must be the driving force in your life. We all have and live by values, the question is: *"Are you consciously living core values "you" have chosen to help you live your best life now?* Many people are not consciously aware that they are living values inherited from their parents and/or have adopted values based on societal influences, that are NOT serving them. It's time to live your life on purpose.

Please join me and my co-host Sandra Haynes Sawyer as we discuss the importance of identifying and consciously living your core values, on Saturday, May 18 from 10:00 AM -10:30 AM EST.

We look forward to you tuning in, **"For Such A Time As This!"**

Have a FANSPIRING day!

<http://www.blogtalkradio.com/ladies-for-such-a-time-as-this/2013/05/18/are-you-living-your-core-values>

BLOG TALK RADIO SHOW: The Power of Meditation

THANK YOU LADIES!



To everyone who tuned into our show ["The Power of Meditation,"](#) on Saturday, April 20 at 10:00 AM, we would like to say thank you. This show concludes our series on *"How To Reprogram Your Subconscious Mind for Success."*

Why Meditate?

This quote explains it well.

"Meditation practice is like piano scales, basketball drills, ballroom dance class. Practice requires discipline; it can be tedious; it is necessary. After you have practiced enough, you become more skilled at the art form itself. You do not practice to become a great scale player or drill champion. You practice to become a musician or athlete. Likewise, one does not practice meditation to become a great meditator. We meditate to wake up and live, to become skilled at the art of living."~Elizabeth Lesser

Meditation is a powerful tool that provides many benefits. Here are a few reasons to practice daily meditation:

- Improved health
- Gain inner peace

- Tap into your higher-self
- gain clarity about the things you want and don't want
- Reduced stress
- Boost your creativity
- Increase your self-awareness and level of consciousness
- Enhance your personal and spiritual growth
- Increase your concentration
- become more focused and acquire a greater attention for detail

If you're still not convinced meditation is for you, please read the excerpt below based on a study led by Sara Lazar, a psychologist at Harvard Medical School.

"Our data suggest that meditation practice can promote cortical plasticity in adults in areas important for cognitive and emotional processing and well-being," says Sara Lazar, a psychologist at Harvard Medical School and leader of the study. "These findings are consistent with other studies that demonstrated increased thickness of music areas in the brains of musicians, and visual and motor areas in the brains of jugglers. In other words, the structure of an adult brain can change in response to repeated practice."

This data should be very encouraging to you, because it implies that no matter your age or past experiences, you can become and experience whatever you desire. It simply takes effort, determination and repeated practice. There are over 300 meditation techniques. I am sure you can find one that's a perfect fit for you .

We hope you will utilize all four strategies discussed over the past five shows (affirmations, visualization, positive self-talk and meditation) to reprogram your success mind to live the life you desire. To learn more about strategies to reprogram your subconscious mind for success, please read ["4 Powerful Ways To Reprogram Your Subconscious Mind to ASPIRE TO GREATNESS!"](#)

Again, I would like to applaud everyone who tuned-in to the shows and listened to the replays. What it says to me is that you are for ready change. **Though change is not easy, it's necessary!** There is something in you saying "*there is more,*" and you have answered the call. You were created for a very specific purpose. You are here...

to do something that only you can do.

to make a difference in the way that only you can.

The "**Ladies for Such A Time As This**" show is designed to equip you with the knowledge, tools and resources to prepare you to be effective and powerful in the assignments you have been destined to fulfill. To access the replay for "*The Power of Meditation*" and the archives of past shows, please click [here](#).

Ladies, please be sure to mark your calendars for every 1st & 3rd Saturday from 10:00 – 10:30 AM to join us on the air. **WHO KNOWS IF YOU WERE PLACED IN YOUR JOB, BUSINESS, COMMUNITY, CHURCH, MARRIAGE AND RELATIONSHIPS FOR SUCH A TIME AS THIS!**

We wish you continued success on your journey to ASPIRE TO GREATNESS!

Always Aspiring,
Rosalynd
Your Sister and Friend

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"The Power of Affirmations and Visualization – Pt. 2"

What an empowering show!!!

[Sandra Haynes Sawyer, Esq](#) and I would like to thank those who tuned into the "[Ladies For Such A Time As This](#)" Blog Talk Radio Show on Saturday, March 16. We truly hope that you walked away equipped with some knowledge and strategies on how to effectively use affirmations and visualization to create the life you want and deserve.

Remember, what you do has everything to do with your belief system. Therefore, it is imperative that you reprogram your subconscious mind for success and change your limited and negative belief systems. YOU ARE WHAT YOU THINK. Today you must AFFIRM and VISUALIZE the life you want and deserve.

To purchase a copy of Dr. Lucille Farrell-Scott and Dr. Sunne-Ryse S. Smith book, "[I AM THAT](#)" please click on the link. This book is sure to help you develop the affirmations you need to attract the things you want in your life.

If you were unable to tune into the show, please click [here](#) to listen to the replay.

We look forward to you tuning in with us on Saturday, April 6.

Have a FANSPIRING day!

Always Aspiring,
Rosalynd
Your Sister and Friend

The Power of Affirmations and Visualization



CALLING ALL LADIES FOR SUCH A TIME AS THIS!

Join me and [Sandra Haynes Sawyer](#), Esq. for a powerful 30-minute discussion on “THE POWER OF AFFIRMATIONS AND VISUALIZATION – PT. 2,” on Saturday, March 16 from 10:00 – 10:30 AM EST. We are continuing our discussion from our last show on how these two strategies can help you reprogram your subconscious mind for success and assist you in functioning at a higher level of consciousness.

If you have not done so already, please click on the link to listen to the replay of the last show “THE POWER OF AFFIRMATIONS AND VISUALIZATION – PT 1” (<http://www.blogtalkradio.com/ladies-for-such-a-time-as-this/-2013/03/02/the-power-of-affirmations-and-visualization>).

To join us on the air on Saturday, March 16 @ 10:00 AM, simply click on the images or dial in at (714) 409-0612.

WHO KNOWS IF YOU WERE PLACED IN YOUR JOB, BUSINESS, COMMUNITY,

CHURCH, MARRIAGE, AND RELATIONSHIPS FOR SUCH A TIME AS THIS!

You don't want to miss this show ladies, this information is vital to your success.

We look forward to you tuning in to our "Ladies for Such A Time As This" show.



Have a FANSPRING day!

Always Aspiring,

Rosalynd

[What's Really Going On In Your Subconscious Mind?: The Power of the Subconscious Mind](#)



THANK YOU TO ALL THE LADIES WHO TUNED INTO OUR SHOW TODAY! If you were unable to join us, due to the magic of technology, you can listen to the playback at <http://www.blogtalkradio.com/ladies-for-such-a-time-as-this/2013/02/16/whats-really-going-on-in-your-mind>

CALLING ALL LADIES!

DO YOU REALLY KNOW WHAT'S GOING ON IN YOUR SUBCONSCIOUS MIND?

Join me and Sandra H. Sawyer, Esq. on Blog Talk Radio, for a powerful 30-minute discussion on *"What's Really Going On In Your Mind: The Power of the Subconscious Mind,"* on Saturday, February 16 from 10:00 – 10:30 AM EST.

"Our subconscious minds have no sense of humor, play no jokes and cannot tell the difference between reality and an imagined thought or image. What we continually think about eventually will manifest in our lives." ~ Robert Collier

The captain of your ship, which is your conscious mind, is responsible for navigating your life. When you make a conscious decision to do something, the subconscious mind is responsible for carrying out the order. What's going on in your subconscious mind, will determine how the order is carried out. Some of you may feel as if your ship is either

steering out of control or headed in the wrong direction. Join us on Saturday, as we discuss why this may be happening and what you can do to get back on course. ([Please be sure to read "4 Powerful Ways to Reprogram Your Subconscious Mind To ASPIRE TO GREATNESS."](#))

To join us on the air, simply click on the image or link below or dial in at (714) 409-0612. Be sure to invite a friend.



You don't want to miss it; so let's hear you on the line ladies... "For Such A Time As This!"

WHO KNOWS IF YOU WERE PLACED IN YOUR JOB, BUSINESS, COMMUNITY, CHURCH, MARRIAGE, RELATIONSHIPS FOR SUCH A TIME AS THIS!

We look forward to you tuning in.

Always Aspiring,

Rosalynd

<http://www.blogtalkradio.com/ladies-for-such-a-time-as-this/2013/02/16/whats-really-going-on-in-your-mind>