

HOW TO BE
Amazing

IN YOUR LIFE



LOUISE ARMSTRONG
JUDY ROFE

Introduction

I'm Louise Armstrong ...



*~ Success is not final; failure is not fatal: it is the courage to continue that counts. —
Sir Winston Churchill*

Man has known since the dawn of time that he is powerless to change another man's destiny. But he remains aware that he has the power change his own with the tools provided him. It is up to him to navigate his own ship. With the right action he can shape his future.

What I am achieving is not a secret.

Faced with a future I instinctively wasn't thrilled with; I was spurred to take radical action. Armed with intuition, trust and a tenacious desire to improve, I launched myself upon a journey I now love. It is a pathway of learning that has equipped me to realise my dreams.

Hello. I am Louise Armstrong. I deserve life's harvest just as you do!

So where did I begin?

It suddenly occurred to me one morning that successful, happy people see things differently. In their heart of hearts, they believe they have already achieved their goal. It appeared they possessed this automatic reaction. They would do things that reinforced their goal right up until they attained it.

For example, if they desired financial independence, they imagined, in detail, their financial independence. They saw their desired end result before they arrived. It was like embarking on an exciting journey knowing that all they wanted would be there for them. If they desired a soul mate, they imagined their partner beside them every morning when they awakened.

The recipe that belongs to this act of faith in them is gratitude. They are grateful with what they already have and grateful to have *already* achieved it.

It was a fascinating thought. Certainly one could be grateful for what they already had but to be grateful for something they saw only in their imagination ... in their dreams ... well it seemed outrageous. But suddenly it wasn't. It made a lot of sense. Believe it then see it.

It's funny, but compared with those successfully, happy people I had always viewed things back to front. I believed that *when* I had that special (tangible) something I *would* be happy. Wasn't I going about it the wrong way! Little did I realise I actually needed to be happy NOW. And it was then I realised, I was and I began a daily ritual to fortify my happiness. I wrote down five things I was grateful for each evening before the day closed. It was as though a door had been flung open. I was truly happy in my Now because I believed. I felt grateful and further, I trusted my own intuition. I knew All was well.

I was changing from a state of wanting to a state of being in the now but it depended heavily on how I felt about my goal. Was I passionate about attaining that end result? Fortunately, I was and so I pursued it. I envisioned my purpose in detail. I knew then, without a doubt I had it in the bag! I was already there. I had arrived and my goal was delivered! I was walking my talk!

How does it get any better than that?

It gets better when you become aware of the many, many ways you can choose to arrive at your vocation, your craft, and your goal; call it what you will. The world as they say is your oyster. And it's not as complex as it may seem.

I'll teach you how you can easily and effortlessly utilise your inbuilt, personal tools that are at your disposal. It's a wonderful journey toward a dream life you've been waiting to achieve. If you possess passion, determination, knowing, integrity and a desire to be true to yourself then you've got the ingredients to design the life you want to experience.

There's something very liberating about 'Coming of Age'. It's about that innate awareness that never lets you forget that you are a unique human being with powers you haven't even begun to imagine you possess.

Those powers, until now have lain dormant.

To be the very best you can be you've got to take action. Any action and it begins right here.

I'd love to show you how.

Louise

... and I'm Judy Rofe

Visualising wasn't easy. My mind wandered and the 'pictures' went awry. I adopted a way to visualise that helps me get clear, and very excited. I can now 'see' how manifesting feels, smells, tastes and sounds. One ingredient to the 'recipe' had been missing.

Hello, I'm Judy Rofe, believer, quiet achiever and co-author of this book you're reading. I met Louise two years ago in a place I had no idea I was going to land. I kind of guess she didn't either. Then in a forum we said 'G'day.'

I began to visualise some of the desires in my life and shared a lot of opinions and beliefs with Louise together with three other gorgeous women through a Mastermind I created at the end of October 2013.

We've nailed down many techniques and walked full circle into a lot of secrets that are not really secrets at all. We've taught each other how to love life, how to manifest, how to say how it feels, how to thank the Universe for all we have in our world and how to be grateful. It's been a very empowering journey that continues to this day.

In this book we share insights, methods and discoveries and very easy to follow 'recipes' that will give you a route toward that which you desire. We've shown you how to be the creator of a life of design rather than one of default. We've also incorporated into the recipe how to achieve anything you would like to experience with a double whammy of excitement and expectation.

Before ***How to Be Amazing in Your Life*** was conceived, my conscience had been gnawing at me and I didn't want to appear as though I was skiting but it is worth it given I think it will encourage and motive those who feel a little daunted by Manifesting through the Law of Attraction.

I had set myself a goal in September 2013. I wanted to rid myself of debt and never be in that debilitating situation again. I didn't know *how* I was going to do it but I did know deep in my gut that I would succeed. My partner and I had a huge mortgage and although I felt I couldn't do a lot to put a decent ding in it, I could contribute somehow to giving it a nudge in a southerly direction. I also had a credit card that was maxed at \$4K, a dental bill that was over \$2K and we had a \$30K bank loan and a master card debt of \$21K. In all, the total debt including our mortgage was over 1/2 a million dollars, give or take a couple of thousand.

We were rattling around in our four-bedroom house like a couple of marbles in a shoe box and so we decided we'd sell. But that wasn't going to make a dent in my personal debt. I was only working 2 days a week and I needed more work! I asked the Universe, please deliver another job. I received a phone call 24 hours later and accepted a position as a book keeper for a motel.

Within 12 months I had paid off my credit card which to this day remains in credit! I paid off my dental bill and we continued to feed what we could into the \$30K debt on the master card. Six months later we paid off the personal loan after the sale of the house and I remain truly, truly grateful that we have a mortgage one quarter of what it was 24 months ago.

We envisioned a smaller house on more land. And when we came from one acre and a single story four-bedroom home to a three-bedroom double story, on five acres four-minute drive from the beach, it's quite laughable.

How did I do it? It's all here in the book.

From adversity to opportunity and privilege, we had the tenacity and the determination to act financially freer by paying off a wee bit more than we needed each month. We also maintained absolute trust in the Universe that everything was okay. It was and it is. I went from utter overwhelm to absolute bliss and I'm still here!

My thanks go to 'The Girls' who continue to join us for the Mastermind each week. We've come a heck of a long way. And you know what? We know you can do all this and so much more too.

So, here's to your absolute success in all you are, all you're being and all you're doing. I raise my glass to you.

Thank you for coming. I hope you can see clearly now. It's a gorgeous view!

Judy

Day 1: Discovery

— What's Life Like When You Allow it in?



*If you want to make your dreams come true,
the first thing you have to do is wake up. — J.M. Power*

There is little wonder people are walking around proclaiming the law of attraction doesn't work!

When you are guided by words that say 'Whatever your mind can believe it can conceive', you might find that nothing seems to be happening. It's just that you haven't yet been taught that something in your method to manifest is missing and this part of the process is so often overlooked there is little wonder many people are walking around proclaiming the law of attraction doesn't work!

The reason it will never work is because although affirmations are to be said either aloud or in the mind, it is not the words we utter rather it is the feeling, the emotion behind the words.

When you can *appreciate* how it feels to have already received what you have asked for, you are offering a vibration that says you already have it and when you hold that wonderful feeling of

anticipation and expectation rather like you have when the next day is Christmas and you just know that under the tree is a gift for you, then it **MUST** come to you.

If you go to your mail box and discover a 'Pay Now' notice for an overdue bill. You may feel overwhelmed and you say, 'I *want* more money,' and you pump those words with emphasis but what you are now offering is a vibration overflowing with desperation. What you're reflecting is a lack of belief while you're hell bent focused on the *lack* of money.

You're about to embark on a very exciting Eighty-Four Day Journey of Discovery. Along the way you'll take with you, nuggets of perception and a recipe whose ingredients will give you insight into why 'stuff' happens and how to handle it when it does.

We're here to show you how to back flip the picture so that when you apply yourself to feeling the joy of living your desires, you cannot at the same time feel lack.

The Law of Attraction returns to you what you imagine with feeling. When you practice daily, the art of imagination, of clearly seeing yourself as you really would like to be; you are constructing your tomorrow and the rest of your life.

Cherish the dream. It's free! It costs nothing but the benefits and the rewards you will receive are insurmountable.

Welcome Aboard!

You'll come to enjoy the very foundations of bliss and how to sustain a more enjoyable outlook on your life.

As you journey forward through each of the eighty-five days with this knowledge, you'll begin to notice some subtle and some not so subtle changes that will enhance your life experience.

- The adversities will no longer be insurmountable.
- The joys will be more thrilling and laughter will become second nature.
- You'll find you're thankful without being prompted and you'll notice how easy your requests will be answered when you ask.
- There will be moments when disappointments show up but there's a subtle reminder that something better is waiting on the other side of the bridge.

- You'll feel compassion and empathy on a profound scale. In fact, your entire well-being will be reconditioned.
- You'll hear whispers of encouragement that you'll heed without question.
- You'll notice little things that will bump into your awareness as though you're walking around with four sets of eyes.
- The impulse to help a stranger will become second nature.
- Realising you now have a limitless choice to live each day in the present moment is awesome.
- Amazing things will begin to occur; surprises, coincidences, all in the name of serendipity.
- You'll learn to heed messages from your soul.
- You'll discover the way you think and talk about occurrences, wishes and hopes is the key to manifesting your dreams.
- You'll discover your passions.
- You'll learn how to listen to your word and thought tracks and how to avoid negative results in almost all you do.
- You'll learn what it means when something 'blocks' your progress and what to do about it.
- You'll find how being grateful will bring more happiness, more satisfaction, more contentment and more fulfilment into your life.
- Your relationships will become rewarding and the relationship you have with yourself will be fulfilling.
- You'll know what it means to allow your emotions in so that you can attain that desire more quickly.
- You're going to discover how your power to choose will alter your life experiences and how you can open doors that have been previously closed.
- You'll also learn how appreciation affects your personal wealth.

Being truly grateful and appreciating what we have in this very moment is not only liberating but it creates a magical force that can powerfully draw to you whatever you give heartfelt thanks for.

Next time you receive a compliment, money in your banking account, a gift, a friend, a relationship, an opportunity, whatever it is, if it makes you happy, give sincere thanks and you can rest assured you won't be forgotten when the next bag of goodies is handed out.

Day 2
— Choose to be happy. Realising the goal.



*Happiness is not something readymade.
It comes from your own actions — Dalai Lama.*

You think about life all the time. In fact, every waking moment you're making a decision that will affect your life results.

Before we make a decision that will affect a particular goal we harbour, you know the one, the all-consuming dream that needs to come true; there is something we need to be aware of before we even begin to ask about the how's. Yes, we all do that too and we need to realise we don't need to know how to do the how's, but we do need to be in a good mood place. We need to go into our Happy Place.

Okay so it's first thing in the morning ... ah, you're not a morning person ... at least until you've consumed your first cup of coffee.

Jokes aside, that Happy Place we refer to is a vital ingredient to this very successful recipe. Being in a happy frame of mind throws bright lights among the shadows of your awareness. When

we're happy we don't seem to allow those pesky little things in close enough to bother us, but when we're stressed, the smallest thing can get us blowing steam from places we never knew we possessed!

So, how do we get into that Happy Place that makes life easier? It takes practice and practice means doing things on a daily basis and you will be astonished at how everything falls into place. All that practice which is so effortless you'll be smiling at the end of each moment you're practising it, will be the tool to bringing more happiness into your life.

When you think about it, inner happiness is the ultimate goal isn't it?

Entering into your Happy Place with a view to creating an abundant vibration will give you the opportunity to up the ante in your life experiences.

Just a wee note of thought before we advance; Abundance is a misunderstood word that doesn't begin and end with the financial status of your bank account. Hearing the word abundance gets you imagining Aladdin's Cave with all the sparkly treasures inside. Neither he nor you could possibly spend it all in one lifetime. But that's not the point here. Abundance means *enough*. I have *enough*. I have enough money. I have enough health. I have enough happiness, rewarding relationships, harmony, and inner peace. I am grateful I have enough.

To create more of that gorgeous stuff, you inside your Happy Place is where you begin. Find something to be grateful for. It doesn't have to be anything big, just something you're truly glad about. As you acknowledge how appreciative you are, notice how other gratifying thoughts enter your mind.

You are now in your Happy Place. This is the high vibrational state you must begin from. If you skip this step it's as though you've just dived into a pool of treacle and you're trying to swim to the next stage when in fact you could be doing the happy dance much sooner.

The reason for this step is very straight forward. If you don't spend a moment getting yourself into a high vibrational state, any intention or goal you want to pursue will carry with it the lower, hardly-worth-getting-out-of-bed vibration that will affect the rest of your results. In other words, you won't set ground breaking intentions or goals that are aligned with your highest vibration because you're not in that high vibration.

Set your intentions and goals with a positive charge. Not with anything less. Emerging from your Happy Place encourages energy that is the magnet for positive energy. Positive energy equals positive results. Remember, what you give you receive in exact proportion. So it's worth its weight in gold to step into your Happy Place before you set your intention.

Day 3: Gratitude

— It's a magic word; the quickest road to happiness



~Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. — Melody Beattie.

Gratitude; it's a magic word isn't it?

Say it out loud and it just feels so good.

In every language, however it is expressed; it feels dependable, it's a perfect word! It has a wonderful flavour; something tangible in every syllable and it's so easy to feel and do.

Many people have taken gratitude for granted and many have taken a while to accept that gratitude is a must in one's every day. But once the habit of being grateful is formed it's as though the wheels just keep on turning and all the good and happy stuff rolls right on into your life experience. Gratitude is something I've shared with a lot of people including my family. It's as though I feel positively naked if I don't feel that sweet surge of awareness.

Did you know that being grateful is the quickest road to happiness?

Did you know that each word of gratitude brings you something to be even more grateful for? As we mentioned in Day 2, gratitude catapults you into your Happy Place. It's like a karmic wheel of good fortune, of being totally blissed out while being blessed as you live a life that is filled with all the good things being happy is about.

Get yourself a little note book and everyday write down 5 things you are grateful for. These wee granules of gratitude should be different each day and however small you might consider your thankful expression, however tiny things you're grateful for appear to be, they still add up to big things that leave you feeling downright awesome!

I love to include those little things like enjoying my cup of tea or having a laugh as I appreciate my friends. I am grateful for my legs that carry me on my morning run and I am grateful I have a loving family. I am grateful for the electricity that heats my water for my shower. Do you see what I mean?

It doesn't matter what you're grateful for, it is the simplest most explicit way of saying 'Thank You' from your heart. You can do this in the morning just before you're truly awake if you wish. Grab that precious moment before you groan into the morning light to *feel* grateful for what the day is about to present to you. This works in two ways. You'll begin to realise that you really do have a lot to appreciate. And when those days you are struggling to find something to be grateful for come along, let alone write anything, and they will, why not flick through your diary? It's bound to trigger that gorgeous something in your life.

Don't have a diary? That's fine. Why don't you sit down and on a sheet of paper or a note book write 5 things that you appreciate about yourself? Ah, now there's a thought! Didn't that just earn a high five?!

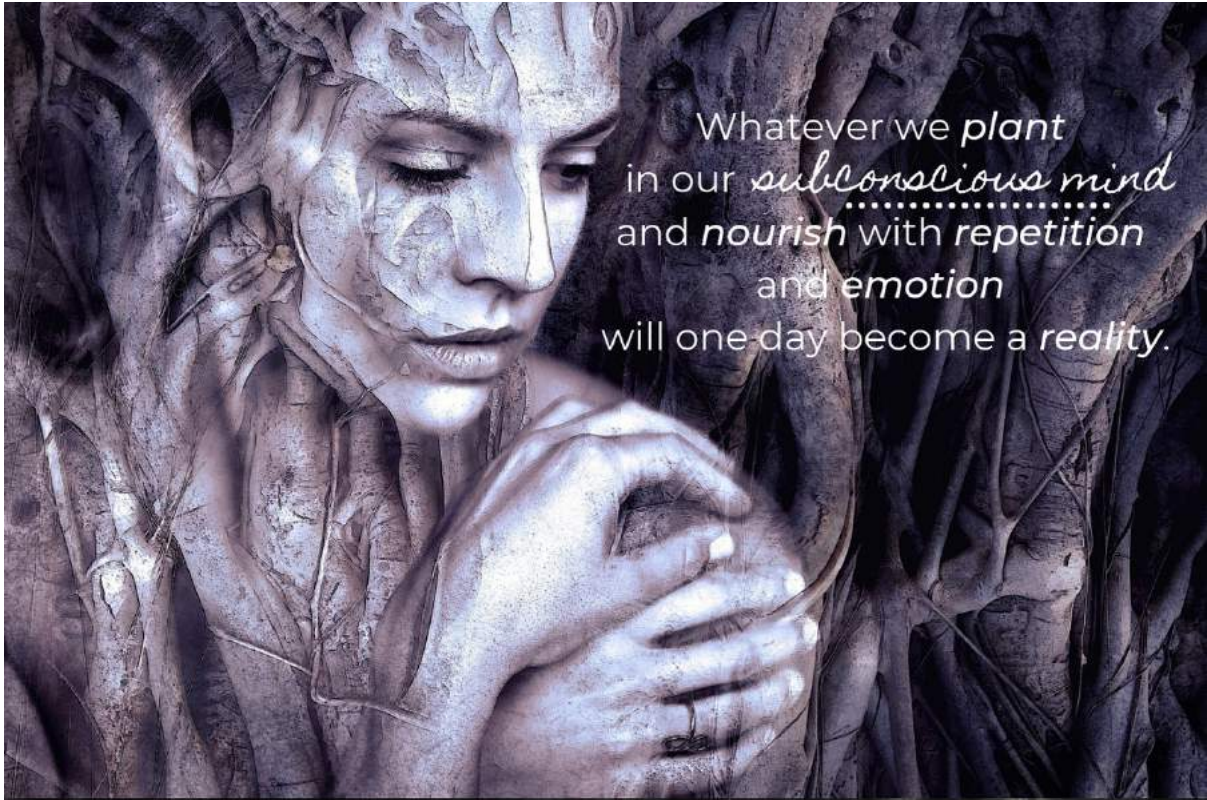
Appreciating yourself in these warm moments of discovery is when astonishment comes galloping right up behind the gratitude and your life takes on a new shade of euphoria.

When you extend a 'Thank You' you're inviting more into your life to be thankful for. If you want some more of the same all you have to do is be grateful. How easy is that? So, why don't you start writing down your pleasures today and see for yourself? You're in for a wonderful journey of discovery.

Oh and the happiness goal ... it's right there awaiting your first grateful notation.

Day 4: Vibration

— Random acts and your pinnacle of positive attraction



The secret of your future is hidden in your daily routine. — Mike Murdock.

Vibration is Universal Life Energy. You are made of this energy and you are a magnetic, deserving human being.

Universal Law states; Like attracts like. Now, if you're vibrating with a negative vibration your moments will reflect exactly what you vibrate. You'll know it too. Don't question why you're in a bad mood; it's already unpleasant and frustrating. I mean who enjoys being in a state of anger, jealousy, guilt or plain ol' frustration? But you're experiencing those 'crunchy' feelings because your vibrations are low on energy.

Turn it around. You want to vibrate with a positive pulse. You want to feel as though you're on top of the world. You vibrate with all those positives spinning around you and you're guaranteed fulfilment and serenity.

But what do I need to do to get there?

Here are some simple things I've found help me to maintain my positive well-being. They're called random acts of kindness. You can use these 'tools' to reach your pinnacle of positive vibration and what makes it so attractive is it's as effortless as smiling ...

- Make the effort to smile at strangers wherever you go and notice their reaction
- Pay someone a compliment or share words of encouragement
- Hold the door open for the person behind you
- While you're out for your walk, pick up some litter from the street or your local park
- Lend a hand to someone who needs it even if they haven't asked
- Be a great listener
- Exercise – do anything that gets you moving
- Sing along to your favourite music (Out Loud)
- Play your favourite music and dance (even if you look like you're being stung by a swarm of hornets). No one's watching.
- Make time for yourself, "me time" is invaluable time
- Visit someone who is lonely
- Send a hand written note of appreciation
- Thank a Veteran
- Pay it forward

There is something magical and fulfilling when you do just one or all of these things. It helps you to feel good and when you feel good you move forward knowing that what goes around comes around. Remember that magical wheel of Karma? Ayup, it turns both ways.

There's a moment in everyone's life that is so overpowering, so overwhelming that we just give into it. It's called the power of love. We say something that we translate from deep within our heart of hearts; that is if our ego is looking the other way and the results are amazing. Just to see a smile form a crescent on someone's mouth as they digest your heartfelt words is like a gift from the Universe. Well, that's exactly what it is. Every day, there is a gift like this and it is in this moment we pay it forward. The rewards returned to us are priceless.

Have you ever felt as though you're walking on air? It is the most exhilarating feeling and I wouldn't trade it for quids. I might be walking my dogs along the quiet country road and I notice a discarded receptacle peeking out from the bushes on the shoulder. Immediately I feel compelled to pick it up because inevitably there will be more rubbish for me to place inside it.

And there is. Dropping that rubbish in my own household bin at the end of our walk is rewarding. Two things have occurred. I listened to my intuition as it told me to pick up the receptacle as it would assist me and as I focused on the litter, more turned up in order that the receptacle would be employed. The reward was leaving nature pristine and wondrous for those who walked after me.

The example I am relaying here is Like attracts Like. I saw a piece of paper. I picked it up. I saw a little more and picked that up too. I'm certain the Universe chooses which ones I should focus upon as I walk the beach with my dogs and collect shells. I love having the Universe help as I hunt and gather.

It is the knowing inside, the awareness that is awakened in the merest, what could be considered the quietest moment that the Universe decides to show up. It is a subtle message that echoes. 'I'm here. I'm standing right beside you awaiting your instruction for I can read your thoughts.' Ah there's a shell I can use in my whisperers and I bend to pluck it from the sand. It all bears down to the fact that what you sow, so you shall reap. I utter a 'thank you' and that moment is the moment I am aware I'm walking on air.

Day 5: Affirmations

— The Road to inner freedom



*It's the repetition of affirmations that leads to belief.
And once that belief becomes a deep conviction, things begin to happen. — Muhammad Ali*

So have you? Have you repeated what you've learned so far?
Have you noticed a sign, a tiny awareness even that change is in the air?
I'll bet you have.

Now, if you'll just keep doing what you've learned this week, you're bound to discover something exciting. You see, repetition is key. Repetition is not only the key to success but is a tool that can transform a life in a heartbeat! Your life, your heartbeat.

If you're serious you want change, you want to taste the sweetness of success and happiness, try to do two success rituals every day as mentioned in Day 4 but also employ affirmations. You might think wow that's gonna take some effort in the beginning and you'd be right but it becomes a natural part of your life. It takes about 21 days to establish a rhythm because that's how long it takes for a habit to become concrete in your life.

Punctuate your days with time out. Take your deserved 'me' time and while you're at it, affirm. By the way, it's important to leave that guilt behind as you're taking deserved moments to recharge yourself. Remember also to write in your gratitude diary. Begin with four words; 'I am grateful for ...'

Congratulate yourself as you complete each task throughout your day. You are successful in all you do. You are a deserving human being who is exactly where the Universe has put you. Your thoughts, actions, dreams and subconscious have brought you here.

Now, if you don't like where you are, you've got access to more tools. Affirmations are the mark of anyone who is not opposed to repetition. You see, the subconscious mind, after having a thought (affirmation) repeated and repeated will suddenly sit up and say, 'You're serious! Alright then, we'd better get a move on.'

Affirmations coerce the subconscious mind to believe.

There is a secret belonging to affirmations that you may already know or you may not. I want to share this secret with you because I feel many people are affirming in their mind, affirming out loud and even writing their affirmations down hundreds of times and still not seeing results.

1. An affirmation: The action or process of affirming or being affirmed. A declaration that demands from the present moment.
2. The practice of making a positive statement that declares 'I am'.

If you are one of the rare and fortunate few whose affirmations are yielding the fruits of your desires, then I congratulate you. You know the secret.

There are many who are meticulously affirming every day, even hundreds of times per day. 'I never miss a beat but I don't see a difference,' they say despondently. 'Affirmations don't work!' Well they do work. That is fact and it is Universal Law. With the right ingredients an affirmation will become manifest. I've done it so many times and if I can do it, you can do it.

An affirmation is largely known as the principle of auto-suggestion. You repeat an affirmation, blend faith with the thought and attune to the vibration. This is aligning yourself with your desire, the Universe and the 'how's'. Your affirmation is instantly translated into its Universal equivalent and then it is telegraphed to the Source like a prayer. This transmutation of thought that is borne of desire is then created.

In other words, when desire for something is affirmed through auto-suggestion (affirmation) the subconscious mind assumes the affirmation to be truth and therefore manifests that desire. However, there is a slight catch and it is here I reveal the Secret to Manifestation.

If something you truly desire has not come to physical form then you are lacking faith, belief and emotion. It is simple but it is fact. You must include feeling. You must *feel* it within. That feeling is unmistakable. It is a rush of absoluteness that encompasses your entire being. There is no underlying doubt inside you. Just a complete and definite knowing that what you've conceived in your mind will be.

Affirmation, repeated instruction to the subconscious mind through the principle of auto-suggestion ***must be emotionally felt***. The desire must burn from within. An affirmation which states, 'I intend to have plenty of money,' or 'I intend to be wealthy one day,' or 'I will be rich, enjoy a fulfilling relationship, lose weight, own my own home when ...' I could go on until the human race quits thinking, is saying maybe 'later' will suffice. Later will not get you what you want. When do you want it? *When* and *later* is a very long time.

Affirmations need unmitigated belief in your desire. Dress it in a suit of faith and really feel it, bring it into the now. The first key is using the term 'I AM'. The second key is to be precise.

For example, '*I intend* to earn \$150K in Twenty Eighteen' is not going to cut it. Sure you might have the faith but do you truly believe it? Your subconscious is saying 'Will you please quit lying to me?' and like an undelivered email, your intention will float around in the cosmos for eternity. You've placed that affirmation in the future.

Replace it with, 'I AM earning \$150K' or 'I weigh x amount' or 'I AM generating x amount of sales' and Feel It. Wrap it up in emotion and faith and for a tiny price add temerity and determination.

You *can* convince the subconscious mind that you believe you will receive what you have requested through a series of affirmations that comes from emotion and determination. It will trust in and act upon that belief. It will then hand over a definite plan of action that you will take whether you are ready or not. You will act accordingly upon that plan and usually without effort.

When you affirm "I AM", it costs you nothing but the rewards can be phenomenal.

As you affirm you will receive inspiration. Act immediately upon this insight. It can come in a flash, like a captive bird suddenly fleeing its cage as it flies across the horizon of your mind or it

can come as a jolt of excitement. Either way, it is a communication from the Universe. You have desired and aspired to having something and you have let the Universe know this is what you want. The Universe has now conversed with you through a thought, a muse, an idea or an insight as a gift. It is showing you how to achieve it, how to manifest it. Send your thanks for the inspiration and honour it by taking immediate action. This is the way to turbo-charge the manifestation. It works every time.

All thoughts which have been emotionalised (given feeling) and mixed with faith begin immediately to translate themselves into their physical equivalent or counterpart. — Napoleon Hill.

As effortless as affirmations are to perform, they are equally as easy to repeat. Keep going. I know you can do it. You know you can do it. And the results are so worth every effort.

All you need to do is be true to yourself. Give clarity to your affirmation. Enjoy the thought of having already received what you desire. Doing this will gauge how much emotion you give to it because it's the emotion that brings it galloping toward you.

When you've got a handle on that rich blend of emotional bliss, harness it and use it over and over again until your desire is manifest.

How does it get better than this?

Oh, you'll see that it does. How can it not?

And remember, wherever you go, always take your Gratitude with you.

Day 6: Inspiration

— Do life the way you were destined to do it



Now's your time to fly and to shine and to rise up.

This is your day to show all the world who you truly are.

*"Just living is not enough," said the butterfly, "
one must have sunshine, freedom and a little flower." — Hans Christian Andersen*

When you were born you arrived on this planet with a purpose. Deep within you is your reason for being and what's more, you intrinsically know what it is. Every day you gift yourself with a dream or a goal and whether you consciously know it, those bouts of enthusiasm and energy are spurring you on. You must ignore that 'what if' that is just waiting for you to give it all up; throw in the towel; chuck it all in. It is your ever jealous ego who speaks.

Ignore the 'What If'.

Chuck *it* in, throw *it* out.

When you question the whys and wherefores and focus on the small results you are receiving instead of the big results, you are literally stopping the flow of further inspiration. When you ignore inspiration and sit idly waiting for the grand results you can rest assured you'll be waiting an awfully long time.

Pictured here is my daughter Charlotte with a koala. One of her dreams as a child was to share a cuddle with one of these little guys. She never lost sight of her bigger picture; she never lost sight of her dream. Now she is currently travelling, alone, shaping her life the way it ought to be shaped by the only one who knows how to shape it. She knows the purpose of evolution is to grow her awareness. That's just the way it works.

Every one of your goals needs your support. It is a challenge that many people give up on when the moment gets tough. A lot of people ask, 'Why bother?' Well why not bother? Why not be true to yourself and what you want?

Look at it this way. If you don't know exactly what you would do with a million dollars, why would the Universe give it to you? The same goes if you don't know what you'd love to do with your life, how can you expect the Universe to give you more to enjoy in life? These are very simple deductions. When the gift of inspiration has quit visiting you, don't wonder why; just know that if you don't use it, you must be willing to lose it!

Inspiration is a gift that comes from every place. Why don't you find someone who inspires you? Perhaps it's a family member, a friend or work colleague or maybe it is a character out of a book or a person in a film. Let them uplift you as you watch how they do life. Soon you'll be doing life the way you were born to do it; with inner peace and achievement. Never feel as though the boat has floated without you on board if you don't know what your vocation is. It's never too late to embark. Remember that first and foremost.

It is fascinating to hear people wistfully say, 'Oh I'd love to win the lottery.' And they look dreamily at the horizon as their imagination fires on all six cylinders. There's the new home, the car, the yacht, the stud farm, the magical cabin overlooking the lake, the grand holiday, the special feeling of giving as they become a philanthropist ... and they dream. And there right in their face is the Universe madly waving its arms and excitedly jumping up and down whilst shouting at the top of its lungs, 'You can have all that you desire! All you need to do is purchase a lottery ticket!'

At any stage in the game of life the Universe asks only one thing of you. What you reap so you shall sow, now take action! Do anything at all but just do it and the Universe will move more than mountains so that you can receive what you desire. And don't ever let me hear you say, 'Oh but I'm scared I might ...' or 'What if ...' Fear in its self is a 'fraidy cat! Like the ego, fear fears abandonment when you throw caution to the winds and do it anyway.

'What if I fall?'

'Oh my darling, what if you fly?' (Erin Hanson)

Day 7: You have permission.

— Allow whatever to be to just be.



I'm restless. Things are calling me away.

My hair is being pulled by the stars again. —Anaïs Nin

Have you noticed particularly over past years, that many people want to cram as much as they can into their lives as possible? To do this they seem to be spending more hours in the office and while they're earning good money they have an aversion. It's the lack of quality time they have with family. Life in the moment is so busy these people are not even able to find the space to enjoy it!

Whoa Diamond! Take a deep breath. Actually, take 3 ... now ... Relax. Extricate yourself from that 'Oh but I've got to do that and there's that ... oh and ... where does all the time go?

Stop!

But for goodness sake, keep breathing.

Now, did you notice anything different?

If you're aware, you would have seen something less urgent, less demanding, less compelling. Less in your face.

Ah, there you have it now, calm, stillness and composure. You just allowed whatever will be to be.

You are *not* going to become one of the many women and men who attest to having partners that are physically present but emotionally absent. That is not living! These people merely exist and yet this resonates with so many today.

Taking time out for you is important as is all the effort you put into your life. When you've learned how to let go, your life will begin to fall quietly and concisely into place and that daily internal struggle will vanish. You deserve to invest in yourself. You deserve to know that you are important. You are a vital component in this life just as the person you are running after is.

Now, drop everything. You're going to take a walk, a swim, a run, lose yourself in a good book, watch a film, have coffee with a friend, take a hot bath or stay in your pyjamas ALL DAY! Whatever it is, enjoy the "me time" allotted to you. Take a step back from your chaotic world completely guilt free, then smile, laugh and LET GO of the guilt.

Who told you, you didn't have permission to do that?

If guilt returns to tug on your sleeve, ignore it. Like ego and fear, guilt lives at the bottom of the scale and is always dredging up reasons why you shouldn't do this or shouldn't do that. You don't even need to 'should'. That word doesn't belong in your vocabulary. Just do what you feel is right for you in the time space allotted to you. No if's, but's, should's or what if's. Just go be, do and have yourself a great time enjoying it.

It is as though people have lost touch not only with other people but with themselves. Together with that affronting realisation is one that tugs on many sleeves. 'There isn't enough.' There isn't enough time, enough love, enough money, enough ... for me.

You have all the time you need. You have all the love, all the money, all the health, wellbeing and happiness ... The Universal Bank never runs dry regardless of the beliefs human beings like to cling to. If only everyone could understand that concept. Abundance is in everything your

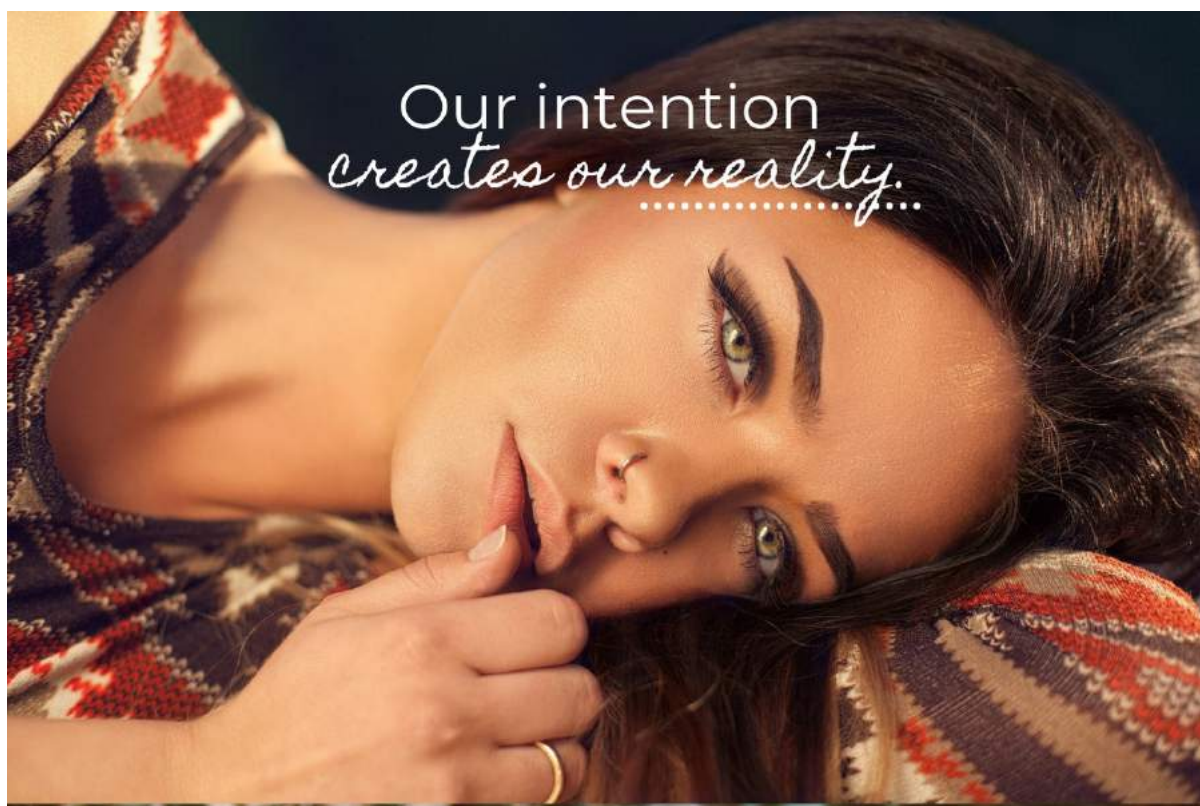
heart can see, hear, taste, imagine and touch and the Universal Bank is arid only when YOU believe it is.

If you feel that you are not part of the abundance of the Universe, it is because you don't allow yourself to think in unlimited ways. If you limit your thoughts only to the things that exist in your life and never expand your vision, your horizons and greater opportunities will remain tightly bound and the doors to your deserved abundance will remain sealed.

The Law of Attraction says that whatever you focus on you must receive. The problem with people and their undesired circumstances is that they are more focused on what they *don't* want. They believe in lack and lo and behold that is what they manifest.

Day 8: Intention

—How to Attract a new reality



*Lucius Seneca, a Roman philosopher said,
'If one does not know to which port one is sailing, no wind is favourable.'*

Imagine this energy called intention. It is borne of inspiration and cannot be divided or eroded nor can it be washed away or burned for every living thing in nature has the intention to grow and renew just as you and I who are eternal beings with an indestructible life force which will continue to live and evolve long after our physical death.

It is imperative that you set an intention so that you can reach your goal. But first let's get crystal clear. Your goals are often about fixing what you *think* is wrong with yourself. Your intentions are your thoughts directed toward a desired outcome and since you create your own reality, you need to decide; ***what do you really want?***

Now, clarity of intention reaches beyond the precise words we express. It is about knowing why we want what we want. If you're passionate, really passionate about your desire, then the rest is

effortless. However, if your passion sails are only half-mast then you can't really expect a full-blown delivery can you?

So today, if you haven't already, we are going to set an intention. It is a simple recipe. All you need is within you. Please find your passion. You'll find that filed under 'P'. You will also need to unpack your direction because it is vital that you know where you are going in your life. And while you're doing that, it is essential that you *know* your destination so you're going to need a map.

Imagine climbing into your car, turning the ignition and a moment later you're on the road with no place to go. It is another powerful reminder that in order to achieve you need to keep the Universe in the loop. If the Universe is confused about what you want or what your intention is, how can it deliver a clear result? When your intentions are specific you've created clarity. When you've created clarity it is then you take ownership of your intention.

When do you want delivery? Remember to remain flexible, that is, release your 'how' worries and allow your days to unfold naturally, without force. Forcing an outcome will literally send it into a tail spin and in its place lack will be waving at you from the darkest valley. Just keep in mind that what you think about you bring about.

Now, choose an area of your life you'd like to change. You may choose many areas if you wish but it is usually better to focus on one at a time. Whether you set intentions for several areas or just one, the time it takes to deliver the results will be pro rata.

- What becomes key to manifesting an intention is your ability to focus on what you desire.
- Money & Career – you'd like to take your career to the next level or start a new business
- Health – you'd enjoy overall wellness, creating more energy and vitality or perhaps losing weight
- Love & Relationships – You'd love to find your soul mate or reignite the spark in a relationship
- Friends & Family – You'd enjoy meeting new people, creating closer connections or perhaps giving back to the community

An intention is your long-term vision for your future. Why do you treasure your goals? Because without an intention you would lose them. The vibrant energy behind your goal *is* the intention.

Your wellbeing goals could be any of the following:

- Reaching a specific target weight
- Feeling your ultimate best each morning
- Running a mile in under 6 minutes
- Walking every day with your (dog) companion

Now, there is one more thing you need to take with you before you set your intention.

We talked about being in your Happy Place in Day 2. Go to that place before you set your intent.

Another way to get your intention is to write it down. An example, 'I intend to ...' and keep it in the present tense. Remember it's all about you.

Imagine travelling on a journey beyond a gateway that is filled with promise, bliss and happiness. Paying attention to what is in the now is what manifests with much more clarity. When we picture our desired experience in our mind in minute detail, it is clear as it must be. It is a goal we intend to achieve therefore it is easier to perceive.

Intention is vital to speedy manifestation. Intention is the pinnacle of self-peace. With self-peace comes a knowing and a sense of excitement that what is desired and intended *will* be delivered in no time at all. This is what it means when we're asked to live the experience as though we have already received it. When we feel the vortex of emotions is when the Universe says, 'Despatch the dream immediately!'

Having intention is having a strong will to be, do or have. It encompasses a goal or an aim and nothing has the power to make us deviate from it unless we allow it. Intention is not ego. Nor is it something we do, rather it is the energy that co-creates an idea or thought. It is the passion that accompanies the thought and the relentless determination and the backbone of tenacity to see it happen and attain that which we intend to have. And it occurs precisely in that order.

Intention is everywhere we are. It is all around us and it cannot be bought, sold or seen.

Before taking on an interest, check inside and find your truth. Are you pursuing your bliss? Does what you are about to launch possess your powerful intent to see it through to the end? Do you feel that wonderful lightness in your heart or do you feel the slightest doubt deep down in your stomach? Any element of doubt you may have will eventually dilute your intention to see it through because what you see, the Universe sees also.

Be true to yourself and really feel it before you move forward. It takes only a few seconds to heed your inner voice. For one moment act just a little bit less and envision just a little bit more.

If you can feel your bliss and your passion for what you are about to pursue then go to it and know you cannot fail.

When you can see the entire picture in all its clarity and glorious detail then nothing can destroy your desired and intended result. Remember, the Universe hears every thought and every thought is answered; no matter what.

It is Law.

Day 9: Goals

—A sense of meaning and purpose



I am the greatest' and I said that even before I knew I was.

An amazing quote by Muhammad Ali

— a man who always had his goal at the forefront of his mind.

So now you have your intention, it is time set your goals.

Every goal, no matter how bold and daring or how humble it appears to you, is your treasure to cherish. A goal is a very intricate part of you. You were created from a unique blue print and included in your inception was your ability to derive goals from thought with clarity.

Clarity is crucial to every manifestation. Your goal or goals need to be defined and distinct. They need a purpose and this is the foundation of any desire. And there are so many desires, wants and wishes drifting aimlessly through the cosmos. They lacked concise detail and they just lost direction. Now they're orphans.

When you have a clear intention and an articulate goal, (two very different things by the way) you've got yourself a definite and concise road on which to travel.

Okay, what's stopping you from setting your goal?

Could you be one of those people who fear rejection and don't set a goal because in some way *'if I don't reach it, what's everyone gonna say? I'll feel like a complete failure?'* An easy remedy is *Don't Tell Anyone!* Keep the goal to yourself. And if you're honest you'll have more fun watching their eyes bug out when they realise you achieved your dream and they didn't even know about it! When you decide on your goal and you are crystal clear that this is what you want, you've got control of the reins. You can succeed or fail. It's your unique choice. Remember, never settle for less.

Oh and you're reminded also that you don't have to worry about the how. In fact, you don't even need to worry about the when. The Universe has all that sorted.

Once you set the wheels in motion, you will begin to move toward it and your goal will begin to move toward you. At precisely the right time and in precisely the right place the two of you will meet. The rest is in the bag. It's a done deal.

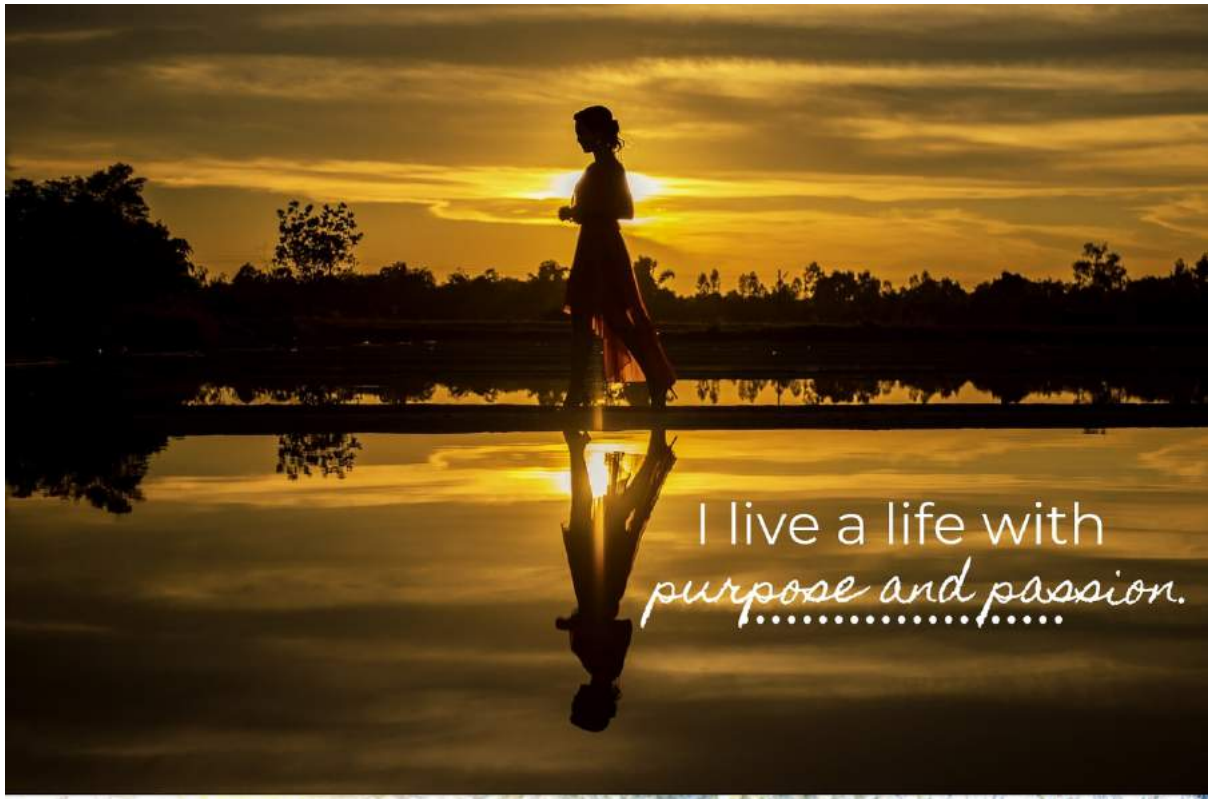
Goals give you meaning and a sense of purpose to make wonderful progress. You have aim and direction and as you advance step by step toward your goal, those little gems of results you notice along the way are cause for happiness.

Your confidence strengthens day by day and so does your inner belief. As you achieve the first goal you begin to set bigger, more audacious ones that you *will* attain because you *believe* you can achieve them.

Go, set a goal!

Day 10: Passion

—Love what you do and do what you love



You can have anything you want if you want it desperately enough.

You must want it with an exuberance that erupts through the skin and joins the energy that created the world. — Sheila Graham

Have you noticed when you're busy you get a whole lot more done? You're focused on the task at hand and the longer your focus remains, the quicker you've accomplished the job.

If that focus wavers just a little you find doubt blocking the way and you begin to see other obstacles put there to distract you. Next thing you know you're doing the 'New York Shuffle'. You begin to question yourself. Isn't it all just a test to see how passionate you are about what you're doing? Isn't it true that when you're focused on your dreams you don't leave doors ajar so that self-doubt can enter your mind?

Self-doubt is a block. Like a wall. It loves to thwart your progress. Its purpose is to frustrate. It hates direction. It's happier when you're giving up. It loves failure. It's not going to let you have anything that makes a positive difference in your life ...

Just a minute! There's no way I'm having my progress interrupted. This is my dream and I'm ready to take it through to the next level. I'm not quitting now. By the love of God, I'm going to make my dream come true no matter what!

You've just witnessed passion behind the purpose.

When you aim your dreams at the life you want to live you will realise that if you are not doing something you love you are filling precious moments doing things of less importance and your dream drifts further from reach.

There are four cherished feelings that put energy and purpose into your life. They are:

Gratitude

Love

Inspiration

Enthusiasm

When you are grateful for the simple things as well as the massive things in your life, you open up a whole new world that gives you more to be grateful for. This generates a domino effect. Love is just below the pinnacle of total awareness and when you love, not only your family, spouse, friends and life but also yourself, you open doors that you have perceived to have been closed to you.

Enthusiasm is passion. It drives the inspiration that was propelled by the love you hold for yourself and your life. This gorgeous cycle will carry you through. Embrace it and allow it to take you on that journey that until you awakened, was illusive.

But finding your Passion can be difficult if you don't know where to look. Locating your Procrastination button is as easy as taking a breath of air. Panic just taps on the windows of your imagination the moment you figure you've got the courage only to realise it's a mirage and Petulance is your ego stamping its foot saying, 'It can never be unless it's up to me.'

The three ornery 'P's. They're all right there waiting to sabotage your Passion; waiting to dangle the Proverbial carrot of success in your face only blithely to snatch it away again.

Well that recipe is not a flavoursome one.

So, I wrote my Passion a letter.

‘Passion,’ I said. ‘My desire to be a Published author is a very Power yearning. You’ve known that since I was no bigger than a minute. I am kindly asking you to buoy me while Procrastination makes a Pass at me. I’d also like to think you’ll support me when Panic attempts to strip away any attempt I might make to approach a Publisher. As for my ego, well it’s true dammit. If it’s going to be, it’s up to me.

Are we all clear on the above?

Good. I appreciate your back up.

Sincerely, Me.’

And away I went. With my manuscript finished, I studied the Publisher’s guidelines, organised all I needed, wrote a synopsis, breathed, Procrastinated, Panicked, ignored my Petulant ego and then ... as though I had needed that Proverbial Push Past all the P’s I Pressed the SEND BUTTON.

I felt a rush. Oh My God ... what have I done?

I felt my stomach rise into my throat.

I can’t reclaim the email. It’s gone. It’s drifting like quicksilver toward an unknown Publishing house somewhere in the Australian cyberspace. It’s irretrievable.

I now calmly (yeah right!) await the Prognosis. Will the Publisher like my work? I’ll know the answer to that when I’m ready to receive it. It’s up to me and in the hands of the Universe.

I feel compelled to tell you all ... I am drifting beyond my dreams. But you know, I knew I would.

When I set out on this second journey, this second attempt to harness the control on it, I had fixed it. The dream that is. I loaded it. Like a bullet in a gun. I envisioned it, like a movie. And I had landed the starring role. I saw it from beginning to end. I wrote about it. The visuals, the recordings, the dreams, the trust, the absolute never-fail beliefs.

I’d dreamed I’d finish what I started. I dreamed I’d polish and edit, and polish and edit and ... and then I’d sit back and know in my heart of hearts that I had done it.

I'm sitting back.

I did it.

Today.

I'm finished.

And I cried.

Like a baby.

It's over.

I've lost the friends I created. But I knew it would come to this. I knew when I started out it would be over long before I was ready to let it go.

Now I'm here and immediately in stomps my limiting belief. It's right there, waving a banner of self-destruction, yelling, 'I'm here! I'm going to stop you from achieving that life-long goal.' It smirks at me and I get mad.

'I'm not good enough to be published.

My manuscript is not good enough to be published.

I'm not ready to be published ... I'll never be published.'

ENOUGH!

Enough of the self-down talk! Enough of the destruction that limiting beliefs get me. I've got a goal and I'm going to reach it!

I made a recording when I was journeying through Module 4 of the course. I recorded my visualisation. My goal was told to me in my own voice in detail with all the colours, the tastes, the sights, the smiles and the excitement. I go to sleep listening to that recording every night without fail. I stuck my rude finger up at the limiting belief that by the way had its tail between its legs as it slinked away just the other night.

My manuscript IS good enough. In fact, it's the best I have ever written and yes, I WILL be published and to the devil with all the I am not's.

I'm here to let you know that with a little inspiration, a little motivation, a wee bit of innovation and a whole lot of TRUST in YOURSELF, you can do it. You CAN achieve your goal. And do you

remain high flyin' to freedom of expression and the accomplishment of yet another goal? You betcha socks baby!

Whatever your niche, wherever you go, always take your Gratitude with you.

Day 11: Inspiration

—Learn to quiet that voice that said you can't



Put your heart, mind and soul into even your smallest acts.

This is the secret to success. — Swami Sivananda

The only limits you may experience in achieving your goals are those you place in your own imagination. There is no problem you cannot solve. There is no obstacle you cannot overcome and there is no wall you cannot go around, go under, or over.

When we think of something we would like to be, do or have, we propel ourselves into the future. We visualise ourselves having attained our goal. Whether it is the car with shiny duco or a home that overlooks the bay, involved in a loving relationship, or a complete and healthy lifestyle. Whatever it is, we see ourselves in that futuristic place.

So where's your futuristic place and how are you going to get there?

If you're still uncertain about your goals or perhaps you're having difficulties chasing even just one, there's a way to find them that works extremely well. If you can write ten to fifteen goals on

a single sheet of paper daily, you will notice some of them are exactly the same as those you wrote yesterday and some will be completely different. Each day turn the goal sheet over to the Universe. File it and forget about it. In thirty days, retrieve your thirty goal sheets and look at each of them and you will notice as you tick off each goal, that you have achieved what you set out to do, be or have. It truly is amazing what you can attain when you write something down. You are communicating not only with the Universe, but also with your super conscious mind.

Imagine this: You're sitting quietly and bam! An idea. It's a mind blowing notion that has just entered your mind and you're excited, you're aching to give this idea wings, it's the best thing since tyres were invented. Heck it's even better than that! You're on fire. It's a goer! It's a high five YES!

And then ... what happened?

Well, I felt the fire in my belly. I felt the excitement. I felt the impatience sluicing through me and oh how I wanted to get started right away. Then, something happened ... the fire became an ember and then it went out. Procrastination.

The fire went out because you allowed the cool winds of the Whispering 'What if's' to enter your imagination and all of a sudden you imagined yourself as a failure. It wouldn't work. It couldn't! Who would possibly want to ... who would even look at it ... it's never going to ... and so it didn't. Because you didn't fan the fire.

Nope. In fact, that same idea is in the palm of the Universe. Ready to be filed away in the drawer with every other missed opportunity.

The thing is it could have! Given half a chance, it would have.

By taking immediate steps on a super conscious idea the moment it enters your mind renders the faith that only the very best can occur when you trust in this magnificent power you possess.

Be open-minded at all times because change is happening all around you at speeds you never imagined possible. Your imagination although valuable, can talk you out of a chance to really fly by the seat of your pants. By taking action and it could be the tiniest step if that is all that is required at a particular moment, it shows not only your subconscious mind that you're deadly serious, but also the Universe.

Every action generates an equal reaction. It is law.

In summary, every dream is the nucleus of an idea. Every idea begins its life when you take action to deliver the life blood it requires to become the force upon which you will place your trust.

Inspiration is that warm glow that puts fire into that simple idea and turns it into a lucrative business venture, a dream career or a life you designed. Taking inspired action is the companion of intention and its goal while enthusiasm propels the inspiration that was driven by the love you hold for yourself and your life.

Feeling grateful is the recipe for the delivery of more of the same. And with a mantra, whatever it takes, I Am! in your head, you're in for nothing less than complete fulfilment.

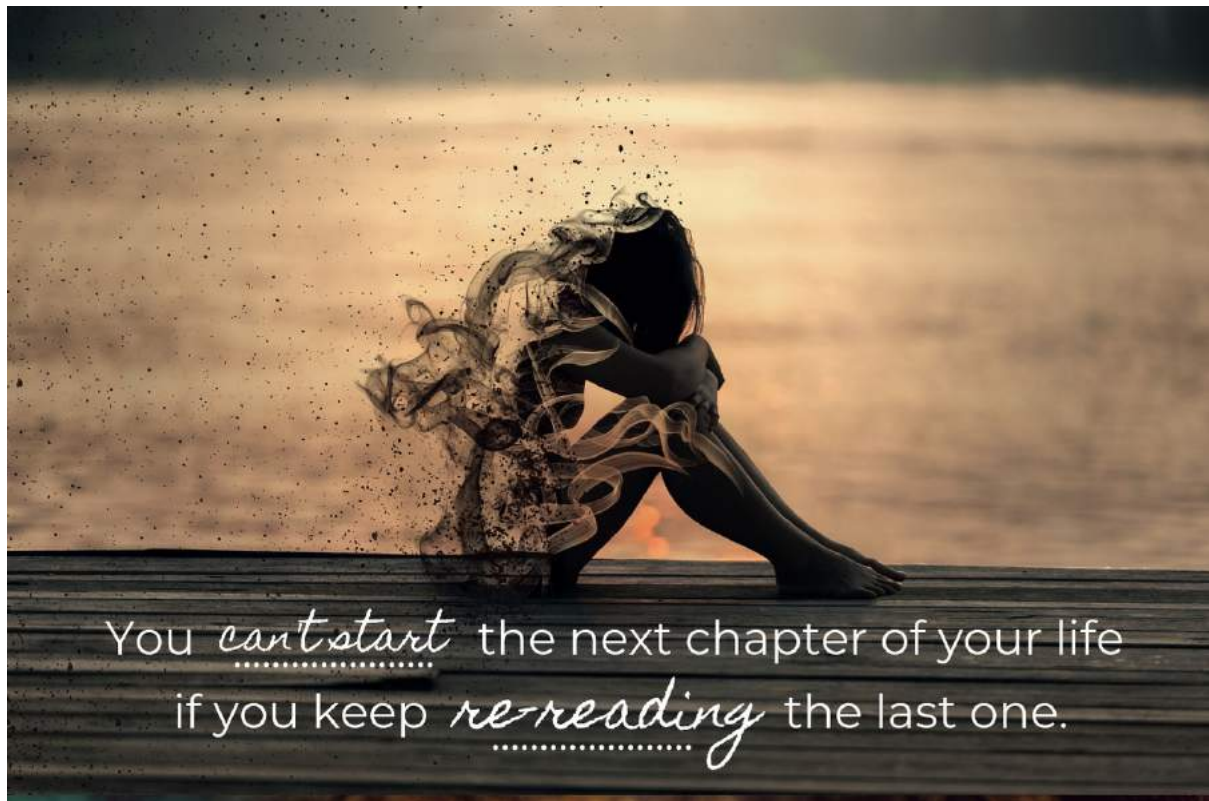
This engaging cycle will always carry you through your life. Embrace it and allow it to take you on each journey. Carry faith, trust, determination, gratitude, and a burning desire to achieve with you.

Remember, the inspiration that glows like a fire ball in your belly is a gift from the Universe. It asks only that you take a step forward.

Don't throw the gift back in its face.

Day 12: Moving Forward

—An experience you'll never regret



When you walk to the edge of all the light you have and take that first step into the darkness of the unknown, you must believe one of two things will happen. You will have something solid to stand upon or you will be taught to fly. — Patrick Overton

You've set your intention. You've chosen your goal. You've created ground shuddering affirmations and you've taken inspired action.

You've done so well. All these steps are on the road you're treading towards the new life you are creating. Congratulate yourself.

As these steps harmonise with each other they complement you. Like any ritual, like any habit, you are forming a way of life that will become as natural to you as breathing. You'll find fulfilment in almost everything you do. You'll exercise because you want to. You'll laugh more

readily. You'll notice a difference in the way you do life. You'll find enjoyment in seeing results that impact your growth.

It is an effortless effort keeping yourself in a positive frame of mind. In essence you are proof that you can do anything so long as you believe you can. You see, no one is better or smarter than you. You have more potential in you than you could ever hope to use in your entire lifetime. What better time is there to start using it than now? When you change your attitude toward yourself, you automatically change your attitude toward life.

Many people have looked inside themselves after they questioned their own abilities. They *knew* the truth and could feel that unmistakable determination bubble up from the pit of their stomach. They instinctively knew that nothing could stop them from acquiring their goals.

They abandoned the conformity, abandoned the Nay Sayers, stepped away from the herd and went away to achieve. You too are destined to be a success in your life.

On every road to success, all of us will be confronted with a wall of adversity. It is Law. Set backs are a part of our growth and they are necessary for us because when we experience a setback, we have only to look forward to know that our success is inevitable.

It stands to reason that if you're done reflecting on a past that is irrevocable it must then make perfect sense to move forward. The truth is life isn't going to hang around while you figure out how to make it work.

For some people moving forward is like staring at a sign that says 'Big Change Ahead'. It's the 'C' word that has people flailing their arms like a windmill in a cyclone as they run back toward their past. They scoop up their security blanket on the way and eventually stand there puffing breathlessly as they try to figure out why they can't advance.

They're frightened of change.

When you are able to listen to your inner voice, your intuition, inevitably you will never make another mistake. Listening and acting on your instructional intuition can reap you the accomplishment of goal after goal after goal and you come to realise you are able to achieve so much more with much less effort than you thought possible.

By taking immediate steps on a super conscious idea the moment it enters your mind, renders the faith that only the very best can occur when you trust in this magnificent power you have. Be open-minded at all times. Try to be as open to change as you can because it is happening all around you at speeds you never knew could be possible. Change comes to you in all directions and because of this, you need to be flexible. Embrace change and it will allow you to be, do, and have more than you imagined.

Think of it this way. You've changed. You're no longer that youngster running through a paddock in bare feet, slipping and sliding on cow pats and pausing to giggle at your mother who is running after you, dodging and side stepping all that meadow mayonnaise. You're a grownup who has ideas and opinions and preferences of your own. You received those abilities whilst you embraced change.

Change can bring you to the brink of no return and when it does all you need to do is remind yourself that whatever you do, whatever road you take forward, it is the road that is right for you because you're listening to your gut instinct. Intuition. There's not another truth like it.

Something else you might not be aware of is the fact that your emotions are your 'temperature' gauge. How you feel about any given situation is your measuring stick.

We possess instinct for a purpose and yet many of us deny ourselves its benefits. You remember when your friends asked you to come out. You were babysitting you explained. But going out versus babysitting your younger brother whilst your mother and dad worked was just a little too tempting. Little brother, you figured, was old enough to look after himself and what's a couple of hours out for a little fun going to do? But your inner voice warned, 'better to wait until Friday night ... it's only four nights away.' You instructed Joey to sit tight in front of the TV. You'd be back soon you told him. Three quarters of an hour later, you're making a statement to the police because the car you were travelling in is in a ditch on its roof with the wheels spinning in mid-air.

Listen to your inner instruction. It is never wrong. It is a built in guidance system designed to help you live the life you desire. Yes, there may be bumps along the way and the stepping stones might seem just a little too far apart, but unless you give that deserving person inside you a chance to grow, you cannot expect anything more exciting in your life than what you have already experienced. Allow yourself to be amazed when you listen to your inner voice. Moving forward will become an experience you'll never regret.

Day 13: Smile

— A Self Esteem/Confidence magnifier



If you don't start out the day with a smile, it's not too late to start practicing for tomorrow.

— Author Unknown

~Your new life started today, don't waste it trying to get back what was taken away~

They say a smile costs nothing but gives much. It's true.

Have you ever experienced the glory of receiving a sunshine smile? It's as though someone flicked a switch and your whole world lit up with rainbows and diamonds and unicorns and dreams that come true. Indeed, all of that is the recipe of a smile because that's what smiles are made of when they come from the heart.

But you know what? There's something ultimately better than receiving one of those gorgeous smiles. It's giving someone one of your own and having it reciprocated. Therein lies the magic. It's like a transformation that takes place right inside your heart. But, unless you've actually

expended a smile, remember it costs nothing, you'll never know what it feels like to carry the 'afterglow' with you for the rest of your day.

It's awesome!

The secrets that lie behind a smile are astonishing. You wake up every morning and if you're smiling, you're living on Easy Street. You feel automatically grateful that you're alive, that you're breathing and if at the same time you're thinking 'I'm about to experience myriad wonders today', then expect them. You deserve them.

Okay, so you might be scowling at some thoughts. You know the ones: 'I've got to go to my dead end job and fill another day with mundane I-don't-even-care-about-what-I'm-doing-so-long-as-I-get-paid for my dead end work.

Don't entertain that deliberation! If you don't go there in your thoughts, it won't hurt you. But, be grateful you are being paid for what you do while you're doing it. Be grateful for what you're about to achieve and be grateful for the opportunity to pass that coffee shop on your way to work where that cute person works.

Oops, what was that? Did we just see you smile?

This dead end job is a mere stepping stone to the life you're designing. Every day you're granted a gift like no other. Every day is a breath. Every day presents an opportunity to change your world and start afresh. Don't worry about all those things you haven't done yet. And if you passed up a couple of great opportunities to work in a job you thought you felt passionate about, that's okay too. It really is. Just remind yourself, the best is yet to come.

Did it occur to you that your gut instinct asked you not to pursue that opportunity just yet?

That's right. You weren't ready. Besides, you know what you want and you're not going to settle for anything less. You don't need to look back upon the regrets. They don't exist. They're gone.

Now smile.

Just know and trust in your heart of hearts that you're heading toward somewhere exciting instead. Know that with what you've learned so far, you've now got the foundations to pursue your goals. You've got the inspiration to pursue that dream you never lost sight of too. Now, with all that emotion you've got in your heart, there's a gorgeous feeling of a high five 'Yes!' bubbling up behind all of this, and you see, that's the magic that will drive you forward.

Emotion?

We've talked about your emotional gauge. That smile that is tipping up the corners of your mouth is part of it. You'll have everything you need when you learn that a heart can smile.

Smiling shows you are confident. When you are confident something happens. It's like an explosion inside your self-esteem. It is like, 'I can do this!' Smiling is food for the soul. It's an inbuilt healing station that sates a deep seated subconscious need. That core need houses your desire for self-esteem and acceptance.

The biggest reward for smiling at people is that gorgeous physical release of endorphins that swim through your brain. When you smile you feel happy, you raise your self-esteem and you appear more personable to everyone around you. You exude a happy, positive attitude and you're like a candle flame to which moths gravitate.

If it takes twelve muscles to smile and 113 to frown, I know what my face prefers. Look, if you don't feel like smiling and you know you really can benefit, go into your bathroom and look at yourself in the mirror. Smile as you look into your eyes.

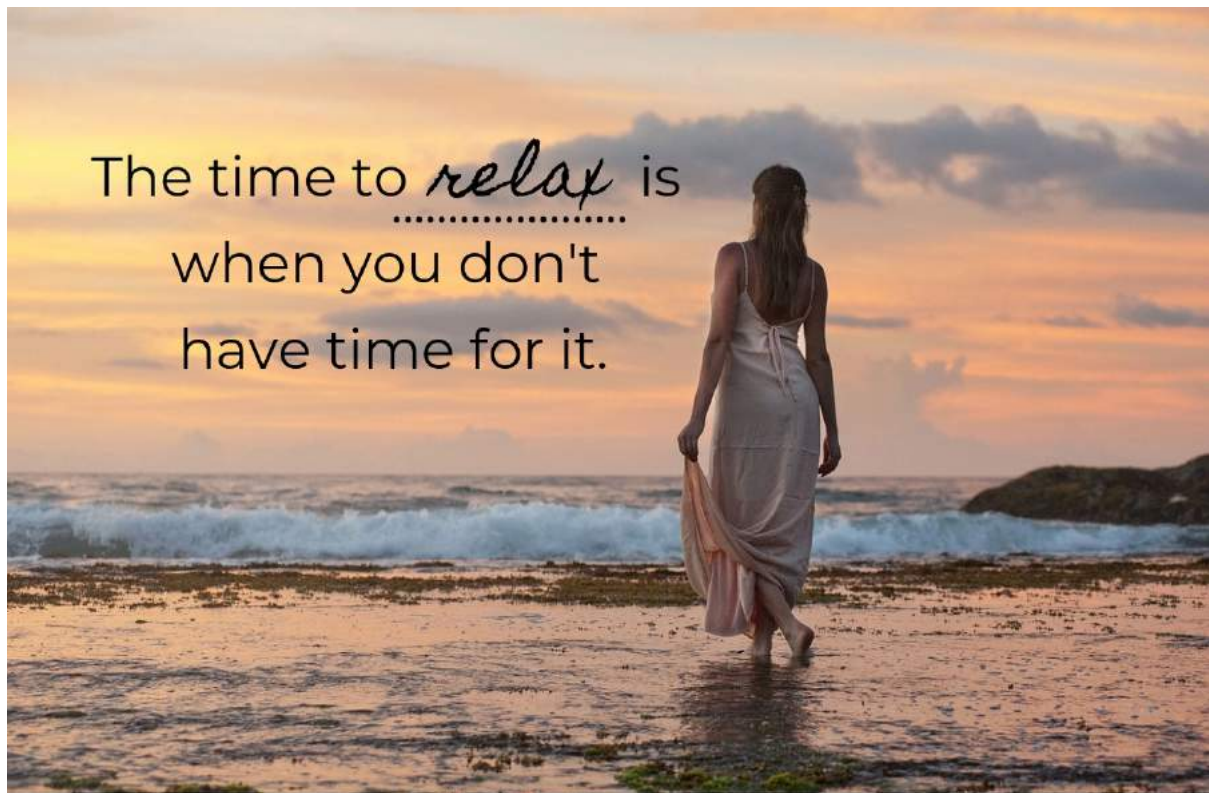
It's a guarantee you're going to smile and it's going to be a genuine one that will undoubtedly make you laugh and you'll smile more because hearing yourself laugh makes you happy. And it's all because you felt like a complete idiot when you smiled into your own eyes.

Today, do something for yourself and own the right to say 'I can do this!'

Oh and, don't forget to SMILE!

Day 14: Relax

— The benefits will astound you



Give your stress wings and let it fly away. —Terri Guillemets

Relax.

Exactly! But who has the time?

You know you've been looking for the gateway to happiness and fulfilment. It's right there. In fact, it's a lie down away. It's a hot tub away. It's a walk in the garden away. It's there on the beach; beside a river, even paddling a canoe on the lake away.

Relax. It is one of the most misinterpreted words in the entire lingo of any language!

Why? Because, it is usually teamed with Guilt or at best, a justification as to why you can't do it as you talk yourself out of another pleasure.

Another misinterpreted word is stress. Stress takes much delight in being a wonderful companion when you're flat-out-busy. Stress wins when you refuse to even comprehend the meaning of the word 'Relax'.

It's stress who tosses up high fives every time you refuse to see the gateway to relaxation. You're looking for solutions to minimise the stress. You're looking for answers to pressing deadlines, future headaches, manufactured problems of the unseen yet vividly imagined. You've worked hard all week. Let's face it; you've worked hard all day today and there is no better time to relax than right now.

Without guilt.

Now light a candle. It's okay to lie back in the warm, fragrant water of your deep tub. It's okay to surrender to your body's desperate plea for peace and quiet. There is no manufactured problem for you to solve. You don't have another deadline ... (they're postponed until tomorrow). You don't have to make another excuse.

Always allow yourself to find something that really makes you want to unwind. It might be meditation (there are lots of free guided audios for you to try) or you might enjoy reading a book or walking on the beach. What about a walk in a forest where you can look up at the trees? Have you told your dog how much he means to you? The simple act of watching a wagging tail is a de-stress-er. The happy critter on the end of it with a leg on every corner loves to know you're de-stressed too.

Have you enjoyed coffee with a friend this week? Besides yourself, who have you been neglecting lately? Call your friend and go to the beach.

Perhaps cooking makes you feel relaxed.

Ah, no. All that sugar you're about to add into those 'To Die for double Chocolate Fudge slices will make the Stress Geiger Counter skyrocket! But, really, whatever it is, just try it. Try new things on. There's relaxation in finding out what works for you too.

It is only when you're quiet that your mind will answer most questions and solve most of your (imagined, unseen adversaries). Relax and wait ... in a pleasant ambience ... for the answer. Knowing how to relax is good for the body; the mind and the soul.

In addition to the obvious psychological effects that relaxation can leave behind, deep relaxation, if taken advantage of regularly, strengthens the immune system. That's just the first of the magical benefits you'll receive.

Aside from fight or flight in response to a threat, the stress response does not require an emergency. It can be triggered merely by everyday worries and pressures and those incidences that you imagine *might* occur.

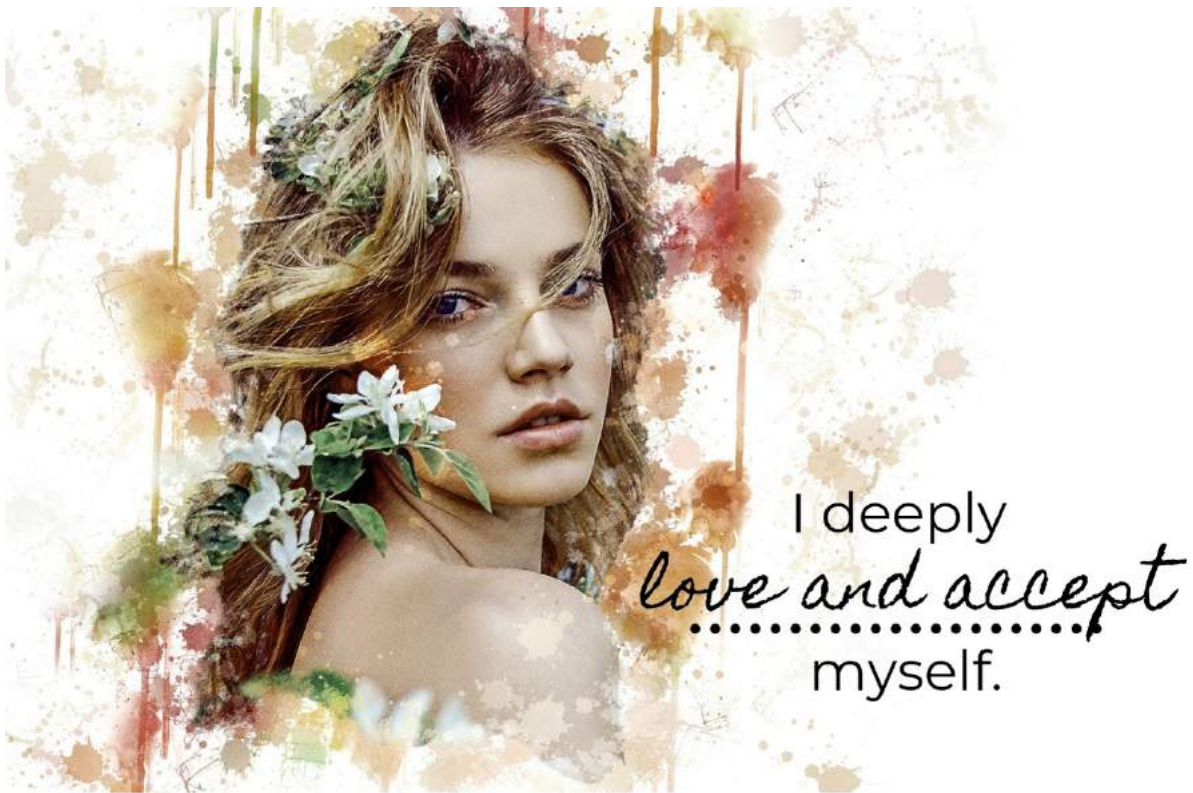
On the other side of the coin, the relaxation response releases muscle tension and lowers blood pressure while slowing down heart and breath rates.

So by popular demand, we suggest you find more time to relax and enjoy the moments as you stress less.

Your Future Self will thank you for it.

Day 15: Love Yourself

— You are Unique



If you really put a small value upon yourself, rest assured that the world will not raise your price.

— Author Unknown

You were born to be just what the doctor ordered.

You were created to be someone who exuded confidence, who loved life and who enjoyed being who they are.

See that mirror there?

Go up to it, stand and face it and stare into the eyes that are staring back at you. Who do you see?

Exactly. You see a perfect replica of the person you are.

You are perfect. You are exactly as you were meant to be.

But what about my big nose?

What about my protruding teeth?

My straight hair? I wanted curly hair!

What about my short legs, huge ears, brown eyes, disproportionate body?

Who told you, you had a big nose, protruding teeth, straight hair and short legs?

Someone had an opinion. It was a loud opinionated opinion ... and you believed it!

But both you and they overlooked many things. You both overlooked your uniqueness.

You were both blinded by your beautiful soul.

Your fabulous mind

Your gorgeous way of saying just the right thing at the right time.

Your smile.

Your sincerity.

Your integrity.

How do you feel now?

When you can love who you are, then you're living on Easy Street with the Smile Family. Now, let's get this straight as in straight as a no brainer.

Okay, are you ready? Are you firing on all four cylinders?

Good!

You are love.

You are passion.

You are empathy.

You are self-esteem.

You are confident.

You are UNIQUE.

Not one soul can ever do anything to take any of that away from you. You were born with all those cherished gifts.

But ... No but's ... Can you imagine how the Universe would feel if you faced it and said, 'Thanks but I'd like another mien?' That's a kind of appreciation that has taken a very long holiday! However, you're still not satisfied and you continue; 'I'd also like another body because this one just doesn't do me justice. Oh and while you're at it, would you please replace the straight hair with the curly hair? Also, the eyes ... The eyes I have just don't cut it so I'd appreciate green eyes to go with an impossibly enviable body. And don't forget the long legs!'

I mean, whoa there Diamond!

If it were me, I have just insulted my Creator, not to mention my parents who had a helping hand in the creation process.

Oh the pain of it all ... Go back to the mirror.

Yes. Go back and have another look at the person who just spewed a whole lot of thankless nonsense to the Universe who is there loving you for who you are even if you're not!

In the mirror you see you. In those eyes is your soul.

In your soul is the essence of who you truly are.

Uh uh, forget the physical. No, what you're now seeing is the metaphysical, that emotional, confident, 'I've got it in the bag' person who was born perfect.

Yes. You've got it in the bag.

Everything you need is in the bag.

Even your self-confidence is in the bag.

I am so very pleased to meet you!

Day 16: Your Happy Place

— Revisited



To everyone is given the key to heaven; the same key opens the gates of hell. — Ancient Proverb

I know, we covered Happy Places in Day 2 but it turns out there are more questions that require an answer.

So, where is your Happy Place? One thing you don't need is a map to get there. Your Happy Place is concealed deep inside you. No one can alter, touch or steal it. It is available to you on summons and it is exclusively yours.

To get there, all you need to do is to think of what makes you happy. What do you enjoy doing? Who do you enjoy spending time with? Is there a special place you love to visit where you can just *be* who you are?

If you want to find your Happy Place you'll need a few moments. That's all it's going to take. Find a comfortable sitting position and just slowly breathe. Allow your body to relax and *feel* the welcome of your Happy Place as you close your eyes. Behind closed eyes, look around you. Who

are you with? What are you doing? Are you alone? Think of all those things, people and past memories that make you happy. Is there someone who made you happy who has now passed? Hold their image in your mind and remember how you used to laugh with them. Stroll with them across the lawn or along a deserted beach. Look into their eyes and share those gorgeous times again.

Finding your happy place is essential to your well-being. Your happy place is a true friend found in your imagination, in your memories or in your reality. You can go there any time you choose.

Now, there's a reason we're talking about this wonderful place again. Firstly, it is significant to point out that if you don't begin from your Happy Place when you ask the Universe to deliver your request, you can't expect successful landings when you're trying to reach your goals.

When you ask, it is *always* given and if you're not in a high vibrational state as you request your dream, you're jeopardizing your end results. Get yourself into a high vibrational state by being grateful for all you have and are because when you set a goal or an intention you're going to be setting the volume as high as it will go. The results when you manifest, will be magnifique.

Imagine setting a goal when you're not on a vibrational high. The flavour won't be as intense and you might find you're feeling discouraged because you didn't reach your pivotal point. When you feel grateful and you want to write in your Gratitude Journal, write from your Happy Place where the vibration is dazzling. Ah yes, you'll feel it as you write.

What goes around comes around. Never forget that.

So, to recap.

- Set your goal from a low vibration and you can only expect low to nil results.
- Set your goal from your Happy Place and you're flying high on vibrations that are in cahoots with the Universe. What a gorgeous conversation!
- When you have the flavour of the happiness moment in your mind, you can write from your heart.

Imagine writing how grateful you are while you're in a less than amicable mood. Imagine your affirmations coming from a sad mood, a bad mood or a grumpy mood.

Ooooh.

The Universe *will* deliver but your delivery won't be as pleasant.

Remember, you get what you ask for whether you want it or not. Come from your happy place and you're on the road to doing more than you imagined yourself capable.

If you're having difficulties getting to your Happy Place, just remember how it felt to accomplish those amazing things when you had put your mind to it.

You remember when you won that medal.

What about when you rode your bike for the first time.

Remember when you came first in the relay?

Remember your first love?

And your wedding day, your first born, second born, third ...

Take a moment and just stay with those memories.

- You are capable of great things
- You have the passion and fire to do anything you set your mind to
- You are unstoppable

'Someday, someone is going to look at you with a light in their eyes you've never seen. They'll look at you like you're everything they've been looking for their entire lives. Wait for it.'

Day 17: Happiness

—Never work a day in your life



*Don't ask yourself what the world needs; ask yourself what makes You come alive.
And then go and do that. — Howard Thurman*

So many of us have no idea what we really want – yet, whether we know it or not, we are all striving for happiness. But what does that mean to you?

Please stop what you're doing; this will take just a moment.

Happiness. It is the pinnacle of life. It is the beginning, the middle and the end of our journey on this plane.

We're searching for financial freedom, fame, self-esteem, career, fulfilment, approval. All of these ingredients equate to the one thing we're all striving for. Happiness.

Ayup. Therein is the sap that keeps all the branches of the 'Universal Fulfilment Tree' alive.

If we can whittle away some of the twigs that keep us imprisoned in jobs we detest going to, shape some of the branches into a more pleasant outlook that would give us incentive to move forward, eliminate some of the 'How to's' we're being bombarded with, de-clutter all of the above as it were, we'd arrive at one foundation.

The trunk of the tree where true happiness reigns. Through sheer foundation, trust; we would be one globally happy family that inhabits this beautiful planet we call home.

When was the last time you were truly happy?

Defining Happiness is like asking yourself what you're really passionate about. And that's just it. What are you really passionate about? What gets your blood sluicing through your veins?

What would you love to base your career on, be paid for it and enjoy it every single day for the rest of your life?

They say when you love what you do and you do what you love you never work a day in your life. It's true! Give it some real thought. What gives your heart a purposeful stride when you think of your passion?

Is it working alongside horses, dogs, cats, animals great and small?

Is it helping people to be the very best they can be?

Is it travelling to the ends of the earth and discovering the answer to the fountain of youth?

Is it painting the equivalent to the Sistine Chapel?

It takes input from you. If you're prepared to do a little effortless work, whatever it is, the choices are yours and they're infinite. All it takes for you to find your true passion, to find yourself, is for you to sit down and really think about what makes you happy. Write down those things you've done that had a real impact on your endorphins. You're able to write. You can imagine. You're able to figure it out, to think. Just one of those tools will give you the *In*. And with all the tools you were born with, you've got the ball in the court.

Therein is the recipe.

Just think of the impact you'll make on society when you've discovered, invented, manufactured, assisted, given ... oh there is so much to do and love and feel and be and ... Well, what are you waiting for?

Happiness is just under the 'Thought Rock'.

Remember, finding you is finding your true love. It's called Passion.

Day 18: Affirmations

— milestones you set for yourself



The only difference between a good day and a bad day is your attitude. — Dennis S. Brown

And so it is; I Am!

Goal Affirmations – the specific milestones you set for yourself. A concrete goal in the present tense.

Have you ever heard someone angrily say, 'Bahh! Affirmations ... they don't work.'

We're back on Affirmations for a wee moment more because they make the world go round.

Oh they do, really they do. At least they do when they're said with emotion, feeling and passion. They work very well and they jointly spin the globe on its collective axis.

So you want to say your affirmations. Good. Say them from your Happy Place!

You remember your Happy Place. We discussed it in Days 2 and 16. With feeling, with trust and with an absolute knowing, you can be, do and have all you desire.

I Am ... now you fill in the blank.

You can use any phrase you feel comfortable with; anything at all.

I am happy in my body.

I am trim, taut and terrific! (It's an old, old cliché but by gum, it works a treat).

I am financially independent.

I am love, in love, respected, grateful.

I am fit, full of vitality and enjoying life.

I am safe wherever I travel.

I make healthy choices.

I am aligned with my purpose.

I follow my dreams and make them my reality.

I am living my life on purpose and with passion.

I hear my inner voice and heed the call.

You get the idea. Infusing these 'I am' and the 'I' pronouns with emotion gives them incentive to come galloping toward you at a pace that will leave you breathless. Remember, it's all about you.

Compile all these into a list and you have very powerful affirmations that you can say daily to keep you on track to achieve your goal. The reward? Ah that's the best part. You suddenly discover you're that size you affirmed you would be. You're sporting that fit and svelte body you affirmed you would. You're healthy. You're safe. You're happy. You're financially independent. You're loved. You're respected. You're confident. You are whatever you have daily affirmed yourself to be.

I made up little post it notes with little affirmations on them. They were on the dashboard of my car, on my bathroom mirror; on my kitchen window ... anywhere I could see them at a glance. It sped up the process for me.

You see, you are what you think! But in order to manifest, what you think must be translated into words and then into actions. Just be aware of your thoughts, the words you speak and the actions you take. All of this will become second nature to you and it will be effortless.

Now, a word of truth.

Truth. Yes, it can put a bad taste in your mouth but it needs to be said so that you can carry it with realistic expectations.

Affirmations are not concreted nor are they delivered *overnight*. Sometimes they take months to manifest. Some even take a couple of years depending on how much you affirm. That's the bad news. The good news, and there is more where it comes from, is that when you continue, with emotion and feeling, with belief and moreover, trust, you can rest assured you'll arrive and be and do and have more than you imagined.

What an arrival it is too. When it suddenly occurs to you, 'I've done it. I'm here!' is when you pull out the stops and celebrate.

You can do it.

You are doing it.

You've done it!

And there's nothing more delightful than the realisation that you have attained that which you affirmed!

The spoken word is a sound that vibrates; its waves are emitted into the Universe and it becomes a real thing. It exists and the Universe has heard it. No words are empty either. While you utter, 'I can't do it', the energy in that statement is strengthened each time you say it. Knock the 'T' off. Become aware of the cant's and make them into can's.

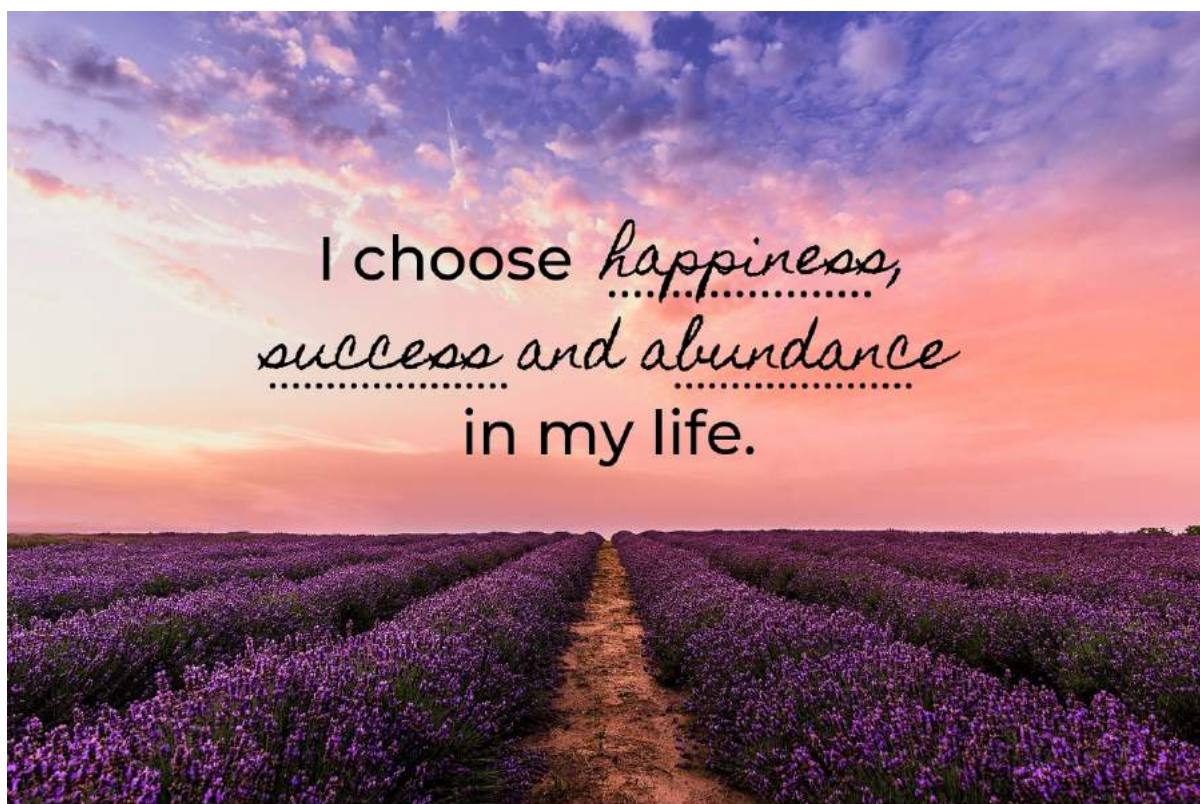
So today, begin with 'My thoughts are filled with positivity and my life is plentiful with abundance and prosperity.'

Say those words aloud and let the Universe hear them as clearly as though they are the tolling bells that are signalling your completeness for the rest of your life.

Remember always, you are a powerhouse that is indestructible. You are unstoppable and you radiate grace, health and happiness. Everything from now on is happening for your ultimate good.

Day 19

—Living your Life by Design Not Default



*There is an unseen life that dreams us. It knows our true direction and destiny.
We can trust ourselves more than we realize and we need have no fear of change.*

— John O'Donohue

You were given the gift of choice before you landed here on this gorgeous planet. You were offered a preference ... to stay where you were or to enhance this plane with your dazzling presence and to live your life as you truly are.

Indeed, it was ensured you would retain the gift of choice throughout your life and your Higher Self stepped in to show you the way. It taught you way back when, to live by choice, not by chance. To be motivated, not manipulated. To be useful, not used. To make changes, not excuses. To excel, not compete. To listen to your inner voice, not to the random opinion of others and ... to choose self-esteem, not self-pity.

All of the above is inherent. It is inborn. It is a natural instinct that resides inside all of us. When you decide to be true to yourself, to adhere to your core values, you choose to live the life you

mapped out for yourself. You essentially choose not to settle for anything less. This is the path your Higher Self has trodden. So why don't you?

Firstly, let's clarify 'who' this *person* is. There are many labels for your 'Higher Self' and they include Divine within, the Tao within, Inner Wisdom, Soul, Essence, Super Consciousness and so on but none of these labels quantify the real you.

So what does the real me sound like? How can I know her?

The sound of your inner voice is calm. It is of your truest nature and you can know it by noticing its traits.

The Higher Self is centred and does not abide ego although it does watch Ego's Dance of the Drama Queen when she throws a fit of the undeniable 'It should have been me!' It simply smiles and waits for the fuss to be over.

Your Higher Self cares for others and takes care of self. There are no real either or solutions. It has one direction and one only. The higher self can say 'No' and mean it and will become immovable when the time nigh. Your Higher Self has boundaries and sticks to them. Being true to self is the mantra here.

An easier way to know when you are in touch with your Higher Self is when you feel gratitude. When you are peaceful and calm, when your empathy and compassion are within reach. When you feel joy, happiness, inner contentment and absolute serenity is when you are in your Higher Self.

On the other hand, while your fists are clenched, your jaw is rigid and the cords in your neck are threatening to explode, your ego is probably doing all the talking.

Your Higher Self sees what is good and clear and calm. Some people know their Higher Selves as their intuition while others hear a voice that tells them what to do in a significant moment. Everyone is different and there is no right or wrong way to experience your Higher Self. However you heed it, know that as you listen to it, it will become the dominant voice that will guide you throughout your life.

Your Higher Self knows abundance does not spell m-o-n-e-y!

Abundance spells a lot of wondrous things like, oceans, forests, desert sands, cobalt skies, emerald parks, natural springs ... and chocolate. Abundance spells love, truth, peace, confidence, self-esteem and fulfilment.

Above all, Higher Self spells abundance. Abundance spells Gratitude. Gratitude comes from heartfelt appreciation of all of the above. And once again we are reminded that what goes around comes around. What we give we get back. What we think about we bring about.

In equal proportion to what we send out, it is returned. It is law.

There's more where this came from. More detail, more tips, more smiles and more abundance.

You deserve it.

Day 20: Leaving Your Comfort Zone

— Leaving the Herd



Courage is the power to let go of the familiar. —Raymond Lindquist

The 5 deadly toxins:

Complaining, criticising, gossiping, worrying and procrastinating. Imagine if you never gave any of these 'ing's a breath to live again.

We were brought up by caring, respectful parents who taught us to quit complaining. Cautioned not to criticise; advised that gossip is for an idle mind; worry was for those who have an overactive imagination while gossip ... oh Mrs. Rumour please move away from the windows before you start another one.

Indeed Karma has a base station in every one's life. It is inescapable and yet it is undeniably fair. So why are we wading through the 5 deadly toxins while referring to the ability of releasing the comfortable and familiar?

If you're honest with yourself; if you can you actually say without a shadow of a doubt that you've never:

Complained

Criticised or judged

Gossiped or given an unfounded rumour something to feed off

Worried

Procrastinated

Then you are the epitome of perfection.

I'll be honest. I can't claim any of the above. I have regrets. At one stage or another, I've done all five of those things and thought next to nothing of it. But that next to nothing would eventually leave a bitter after-taste that remained long after the deed was done.

Long after the tears I witnessed on the face of a little girl (I had mercilessly teased and criticised and judged), had dried and left silver trails of remorse down my own cheeks; Long after the words of scorn and scandal that had given rumour the breath of life had died down to a mere whisper on a fact that wasn't fact but absolute fiction; Long after the worry of consequences had eaten me long before reality had even taken a bite; Long after procrastination had robbed me of many a valuable opportunity to accomplish lifelong dreams; the five toxins left me a little drained of my true potential. Karma had been and gone and I knew, this wasn't me! This was someone who had thought it smart to injure another person's feelings. The real Me paid dearly for that incident.

Look, it doesn't matter when you dropped the basket. The past is irretrievable but it's never too late to move out of the *Zone*, to leave the *Herd* as it were. Do you know how difficult it is to pull yourself up every time you're *about* to judge someone, either silently or through the avenues of already rabid gossip?

I've seen many a whispered word directed at a willing ear as a person with wildly expressive pink spiky hair and equally loud expressive tattoos peeking from every available space of skin walks past, fortunately oblivious to the comments indirectly aimed at them.

It's hard not to judge! You can bet your life it is, but it can be done by pulling on the reins and allowing your awareness to penetrate your consciousness. If you truly want to better your future, you'll want to look at another soul as an equal. However, it takes time. It truly does.

Awareness doesn't come stumbling like a drunken entity into your conscious mind. Rather it steps cautiously. Then once you're aware of your awareness, aware of that whispering voice that says, 'Hey, do unto others as you would have them do unto you,' you're at home base. It's a glorious, very liberating place to finish up.

Walking away from the familiar 'style' of the five toxins that never really suited you in the first place is the first step to personal integrity. It is the first step toward growth. It is the first step to being true to yourself.

Being an individual and knowing that stepping from the 'Zone' truly is okay, is being able to share that basic instinct that lets the world know, 'I am unique. I am creative. I am that ... I am.'

Being able to leave the herd without reservation gives you space to understand that in order to be, do and have all you've dreamed of, you have the grace, the temerity and the confidence to *be* who you truly are; a unique individual with a unique individual mind.

The herd will try to call you back to the fold. Anxious voices will bray 'Don't do it. You could hurt yourself.' Others who love you no matter what will be whispering, 'I wish I had the guts to do what she's doing', and then they'll shout, 'For the Love of God will you listen to your Mother. She knows what's best for you!' And still others who in their own thwarted wisdom will calmly ask you, 'What if you fail? You're bound to you know. It's a scary move and you know, once you've burned your bridge there's no turning back.'

No, there's no turning back but that's part of the journey.

All you need is a whole lot of belief in yourself and your ability to succeed. If you've got the goods, and you do, harness all the determination and the faith and the trust and the knowing that you can, then do it.

There's a huge bonus once the job is done. It's knowing that you had a go. It's knowing you didn't listen to the Naysayers. It's knowing you knew you could do it and you did.

How can you be better than that?

Day 21

—Give Your Dream the Wings to Fly



*When you are sorrowful, look again in your heart,
and you shall see that in truth you are weeping for that which has been your delight.*

— Kahlil Gibran

Nothing, not even a memory can be erased ... unless you let it go.

It has been a while since I watched my little Schnauzer friend, Molly look back at me with questions I had no way of answering. At the airport, she was securely caged so she could fly in the belly of the plane, back to England to live at University with my daughter Sophie. What would lie between us was thousands of miles of yearning. I sent her off with armfuls of love.

Letting her go was possibly the hardest decision I've had to make since our children grew up and made their own way and Molly had no idea she would be leaving a huge void in my life.

A few months on and I can honestly see, that although it was one of the hardest decisions of our lives to let her go, she is truly living. It is amazing to see how joyful she is as she gambols across fields and into the woods to chase squirrels.

It also warms my heart to see Sophie who has, I believe, never been happier. Just about every area of her life has improved including her studies since Molly's arrival.

But it is in these poignant, quiet moments when I am missing Molly most that I remind myself of the remarkable life the pair of them now lead and it gives my heart a reason to smile.

I also noticed over the days during the transition that I had rid myself of some of the most damaging limiting beliefs I've ever had. I'd like to share some of them with you but before I do, I want to gently remind you that if you feel it's the right thing to release someone or something that is no longer a benefit to you, know you can do so. It is your right. However hard it is at the time, you WILL smile again.

Not for one moment am I saying that giving up Molly to my daughter was in any way a self-limiting belief. Rather it was a selfish hold I had on a little critter that without my giving in to common sense, would have caused her to suffer dismally. Both she and my daughter belong together and it makes my heart very happy to see it.

No, it was more an inner shift. Giving up Molly gave me strength. It was as though through giving up something very precious, giving up a secondary *requirement* became easier. As I went down my list, my needs grew less significant and I was able to relinquish a lot of surplus wants. It was like de-cluttering a room; making space for better quality beliefs that would in turn serve me.

When you've listened to your gut, your core, your instinctive voice, you will know that letting go was the best thing you ever did. It does not define the hardest of all being the release. Hardest again is ignoring the voice that pleads, 'No, it's not time yet.' No time is a good time. It never will be, but while procrastination has its way we are allowing others to live our life for us.

We allow another reason, another person, and another excuse ... just another delay to waylay the inevitable. Life is not expendable. It is a gift. It needs to be respected as such. It is brief but it is worth living to the nth degree. It has earned the luxury and the comfort of the dream you've harboured since you were no bigger than a minute.

That dream now has the wings to fly.

Your life needs to be lived in the best possible way ... the way your dream was conceived.
Let no man, no dog, no opinion, no child put asunder.

It remains your life. It is your zone. It is your familiarity. And it poses one question. Do you move beyond and experience your hidden, all but forgotten dream or do you remain where your comforts will rob you of everything but regret?

It remains your choice.

It is your decision and yours alone.

What's best for you?

Only you can answer that.

Day 22: Focus

—No Twists, No Turns, No Curves



If you don't know where you are going, you will probably end up somewhere else.

—Lawrence J. Peter

Focus on something you want. Now notice how the laser aim of your desire is as direct as Australia's longest road, the 90 mile Straight. Your determination to be, to have, to do must have no twists, no turns, no curves.

Let's look at another analogy.

Leonard is not happy with the direction of his life. He feels weary all the time. Money it seems is tired of coming to him since he believes he is always too ill to appreciate it. While he believes he is ill he can't attend the J.O.B. he detests.

He cannot for the life of him figure out why he is always tired. Why he is always broke. Why he always feels ill. He knows of course all of this contributes to his overall unhappiness and discontentment but he can't seem to find the root of his problematic life.

Leonard needs to distinguish what he is focusing on. He needs to understand that his thoughts are magnets that are attracting more of what he thinks about. These thoughts of his are affecting not only his behaviour but his life experience.

He focuses purely on his weary body. While he's unaware that his thoughts are requesting more of the same, (a weary body) he is receiving more of what he is thinking about. It's like going full circle without an end in sight.

He complains he is always broke but he knows that if he wasn't constantly *sick* he'd be able to do his job, the one he can't tolerate, and well, it pays the bills ... but only when he turns up to do it. He remembers how unwell he's been and now he feels a cold coming on and those headaches are so debilitating!

He can see another day off. He can see another debt looming. He can see nothing but despair. Well at least, he consoles himself; he doesn't have to think about his job! But neither is he thinking about the why's. Why he is so discontented with his life? Why is he always broke? He doesn't realise he's ill because he chooses to be.

Leonard is unaware that instead of focusing on a self-inflicted sickly, unhealthy body, and feeding it more of the same sickly unhealthy thoughts, he could be envisioning himself with a vital, in good health, fighting fit body that he can have as an alternative.

He is not aware that by telling himself that he detests his job, that he's tired, broke and always sick, he's receiving more of the same. And he will remain in his boring, unrewarding job that pays very little even when he does get around to attending.

What we think about, we bring about. In other words, when we focus on something, whether we like it nor not, we will receive more of it. It is Universal Law. It is Karmic. It is fact. It is real and it is why people like Leonard remain in a dead end job, living a dead end job, doing the same dead end things day after day. He deserves much, much more!

Like Leonard, if you're focusing on your health or lack of it, then you can expect to be either ill or vital. If you are constantly focusing on the weight you've gained, you will gain more weight. If you focus on a lack of money, you're guaranteed more lack.

It doesn't take too long to refocus your thoughts when you've been presented with a picture similar to Leonard's. All you need to do is make or break a habit.

Once you've got your thoughts on the road to that aching, burning desire to be healthy, happy, wealthy ... whatever it is, you'll see a shift and you'll never return to your old thought methods again.

Just for today try to maintain a watch on your thoughts. It is not difficult. Try to become aware of at least three or four of the sixty-seven thousand thoughts that run through your mind every single day. Those will be the ones that are sabotaging you.

If your thought processes are like Leonard's, I'm broke all the time, I'm over weight, I'm always sick; I hate my job; turn those thoughts around this minute.

Visualise yourself smiling because you're able to buy what you like. See yourself giving to the charity of your choice, helping a friend out financially, paying it forward. Visualise money flowing to and through you. Think about the service you're rendering each time you spend a dollar. You're sending a message to the Universe that all is well. You have more than enough health, wealth and happiness and dash it all, it's time to share a bit. Smile. Be grateful for what you already have. Enjoy what you can about the job you detest. Know that your body does not enjoy illness, that it wants to be healthy and vital.

Like a mirror, what you send out reflects right back at you!

It is the same process for weight loss. Taking action is exercising and heading forward on a determined route toward becoming svelte and trim. That is a given, but so is *visualising* yourself as taut, svelte and slender.

Envision yourself fit, energised, smiling, happy, and content with your life and you'll find that you're effortlessly focusing on all the good stuff that makes sunshine in your world. And will you just look at your gorgeous body. The bonus of course is very simple. The new you.

You're a slender, healthy, happy, financially free, personable human being who is sought after because you love life.

Once you're aware of what you are thinking you can make the Change!

Day 23: You Attract Who You Are

— Be Abundant



A beautiful heart can bring things into your life that all the money in the world couldn't obtain.

— DauVoire

Remember you don't attract what you want, you attract who you are. So don't be afraid to give yourself everything you've ever wanted in your life. You deserve happiness, wellness, abundance and contentment.

Abundance in any one's life is Enough.

Abundance whispers 'I Am' and means it.

Abundance teaches us that every tree, every flower, all the oceans and rivers, the paddocks and meadows, every bird, fish, animal and fly, the heavens, the stars, the Universe is *Enough*.

Nowhere does it teach me that money is the be all and end all of my life. Abundance laughs when I laugh. It smiles when I smile and when I wink at it; it winks right back at me. Abundance and I dance together in the knowledge that what I hold dear to me I'll always have. Abundance is trust.

Abundance comes to me when I am grateful. It comes when I recognise that I am enough; that I have enough; that I do enough. It does not discriminate. There is no class distinction where there is abundance. Abundance attracts abundance. Abundance is the way you feel right now as you read this page, knowing always that what you feel you attract.

Abundance is that gorgeous knowing that something wonderful is about to happen.

Abundance teaches me I Am. There are two of the most powerful words that shape my reality.

A Snippet of Technical Info.

There is a little filter in the brain, called the Reticular Activating System that sits at the base of the brain stem and in simplistic terms filters information coming into the conscious mind.

The RAS determines which bits your conscious mind notices. For example, you could be in a room of a thousand people and you will recognise a familiar face even if you weren't looking for them.

The RAS helps you to close in on your goal by seeing, hearing, attracting or noticing important people, events, circumstances and things in your life that will get you there along with your affirmations and intentions! That's all for now but if you want to learn more I expand on this in the courses I coach.

So, what you think, you become. What you feel, you attract and what you imagine, you create.

Day 24: Repeat!

—And your subconscious will no longer call you a liar



Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality. — Earl Nightingale

Whatever it is you're leaning towards, whatever your passion, your career vocation, your calling, whatever it is, you learn it through endless repetition until it belongs to you.

Repetition, repetition, repetition.

In order to gravitate toward our chosen success story repetition is the recipe of our personal teaching and learning.

Your conscious mind is keeping its opinion down to a dull roar as it whispers 'Boring! Repetition is Boring!' It's true. Repetition can be boring ... if you allow it to be. But ask yourself, how badly do I want this? How determined am I to achieve this?

Repetition isn't so boring once you establish that you're repeating an affirmation with feeling and emotion for a very good reason. You're changing your life mission.

Your end goal, remember, above everything else, is happiness.

The subconscious mind is your unseen manager. It runs the show and is in charge. Every single morsel of information you feed it becomes another byte of your reality.

Why do so many people 'fail' to reach their goals? They're champing at the bit as they stand at the starting gate. They desperately want to change their life, rearrange their life, alter the direction of their life experiences and so on and yet they balk at the very word 'repetition'.

If you want real change, I'll give you real change in a brief story about someone I know and have worked alongside for a couple of years now.

This person stated out loud that she would be financially independent. I loathe the words 'debt free' for obvious reasons. In fact, I just loathe the word 'debt' due to its powerful calling for more of the same. So this lady is off to a shaky start. She wants financial stability but she has the after taste of doubt lingering behind the scenes.

But now she's suddenly making a decision to banish anything that hinders her progress. She begins to visualise herself handing over her credit card to pay for an item knowing full well the card is in credit! She sees money flowing to and through her. Therein is the importance of structuring a vision. Money cannot just stop in the hand. It is a form of exchange, therefore it must flow to and through you but more than that, it must be felt as a wonderful feeling to be able to give and receive.

Next, she's making affirmations, repeating over and over and over that she is financially abundant. 'I am financially abundant. I have more than *enough* money.' In any moment throughout her day she'll remember to say her affirmations. And when she does she says them either in her mind or out loud but always with emotion.

She owns trust and a knowing that she is getting closer and closer to her goal, and worries little about the time it is taking to manifest this new life experience she desires because she knows force will only prolong the process even further.

The subconscious mind at first says, 'Yeah right! You can quit lying any time you like.' In other words, her subconscious mind refuses to take her seriously until ... and it doesn't take long, suddenly it knows she means business.

Then Wham! The change in circumstances, the events in her life, the people she comes across; her situations, the opportunities presented to her ... all of these things are the ingredients that become the recipe of her ultimate achievement.

From a maxed credit card, thousands upon thousands of dollars in debt and an attitude in belief that never ever let her down, my friend is now financially free. Incidentally, it took her only fourteen months after the launch of her decision.

A reminder is apt here. Patience is a virtue they say and it is.

Imagine trying to force something into your life experience that neither you nor it are ready for. Force repels whereas gentle persuasion attracts with grand results.

Something you may find useful. While my friend was forging ahead with her repetition, her belief patterns and her trust never wavered. She firmly believed she was going to achieve the goal. She also continued to write in her gratitude journal.

From the very beginning, she wrote things like;

- I am so grateful now that I have more money than I need.
- I am so grateful for the opportunities I have to earn more money.
- I am so grateful now that my credit card is in credit.
- I am so grateful that money moves to and through me.

At the time of writing in her journal, those things had not manifested, but she was letting not only her subconscious mind know but also the Universe that she was absolutely trusting in herself and the powers.

Her credit card is still in credit and will remain so. Having dealt with the shame, the guilt and the anxiety, she has learned a valuable lesson and that lesson is one that does not need repetition.

In conclusion, knowing without a doubt that your emotion packed affirmations are your best friends when manifesting is the beginning of a new life experience.

Repeat! Repeat! Repeat! And your subconscious will no longer call you a liar.

Day 25: Visualisation

— The Secret to Achieving Sure-fire Results



*Visualise this thing that you want, see it, feel it, believe in it.
Make your mental blue print, and begin to build. —Robert Collier*

‘What you can hold in your heart you can hold in your hands’. This is a wonderful daily mantra I use often and it brings to mind a slice of life I’d like to share.

My daughter, Sophie has proven that visualisation works! Sophie, studies at university in the United Kingdom but she saw herself living with Molly, our Schnauzer dog in her student house.

Everyday Sophie visualised and believed Molly would be living with her very soon. This seemed an impossible task as Molly had been in Dubai for 7 years and it really wasn’t the ‘done thing’ for students to care for their pets whilst studying! But she asked if she could have Molly back with her at university and we gave her a long list of difficult criteria to fulfil. She fulfilled it in a couple of months.

She never lost sight of her goal. Molly, at the forefront of her mind was living with her and she tenaciously held this vision with absolute trust that it would come to be. Sophie will tell you that life for her and Molly is far better than she could ever have envisaged. Within her manifestation of her vision was the gift of utter fulfilment. How does it get any better than that?

You Want It When?

When you know exactly what you want, through the conception of that thought a desire is born. As you desire, so you ask. When you ask it is given. There are no exceptions. But it is only *when* you're ready to receive your request that it will be delivered.

Through the Law of Attraction, thoughts attract thoughts like a magnet and ***All That Is***, is aligned with those thoughts. What you think about you automatically visualise and what you see will eventually come to you; whether you like it or not. The hidden message is thus: Be aware of your thoughts. Everyone will manifest!

Visualising an end result is the answer. So is 'watching' the journey unfolds in your mind's eye. Doing so gives it the flesh and the blood and the heart and the soul. When you visualise in detail, with emotion, you give your goal breath and subsequently life.

Pay close attention to the emotions you feel as you visualise too. When you continue to feel good about something, you maintain alignment with it and it gently and easily appears in your life experience. You have now manifested that which you want. However, be aware that on the other hand if you allow counter thoughts or intentions into your process they too will manifest.

If you are not receiving that which you have asked for it is not because there is a shortage of resources, it is only because you are not fully aligned with your desire. This is where visualising can be the most rewarding.

If you've thought, 'Wouldn't it be wonderful if I could be in a loving, caring relationship' and you can feel the sense of love and companionship that this thought invokes, you must hold fast to that feeling. If you have had thoughts of financial security and have felt the ease and what it must be like to be able to easily pay your bills, hold onto that wonderful feeling.

If that sense of love and companionship or security begins to wane and you find you are thinking, 'But I don't have a loving relationship, I don't have financial freedom. I don't have

anyone in my life, I don't have any money. I don't know how, I don't ... I don't ...' you have executed a U turn on your original request or desire. You can now feel a sense of desperation leaking into your being because you have just noticed lack. Cast your mind back to that moment when you felt fulfilled and secure. You'll remember it in detail. It's a more pleasant feeling.

The secret to manifesting is holding on to trust no matter what. It's holding onto your knowing what you want, not what you don't have because if you perceive lack will receive more lack.

The recipe to financial stability, your relationships, your weight loss regime, your health and fitness plan, is not how much you earn or how smart or gifted you are, or how skilled, attractive or affectionate; rather it is how you **feel** in any given moment. Any given moment!

You really don't want thousands upon thousands of dollars in your bank account!

I'm sure I just heard a 'What the ...?' gasp as you wonder if I'm crazy.

Not at all. You see, what you really want is the *feeling* having that kind of money in your banking account gives you. You want to *feel* secure. You want to *feel* peace of mind. You want to *feel* that collection of emotions and have them with you always.

The emotion, the feeling of completeness is what you're after, not the physical matter in the true sense of the word. There is a huge difference.

So when you know how you *want* to **feel** focus on that and **All That Is** will move mountains, situations, people, events and circumstances to bring that physical matter to you.

The **feeling** of love, affection, financial freedom, peace of mind is worth its weight in gold. Visualise yourself having already achieved your goal. When you do your visualisation be specific and include lots of detail. Include powerful emotion to supercharge your visualisation but hold fast to the absolute belief that whatever you think about it is yours. Because it is!

Day 26: Look in the Mirror

—There is Your Competition



Opportunities to find deeper powers within ourselves come when life seems most challenging.

—Joseph Campbell

Remember those cherished moments when your mother and dad applauded you as you bowed at the audience? That school play at Christmastime was their *Pièce De Résistance*. It was the most important event of their life and nothing, but nothing was going to quash *Your* dream.

Sure, you feared the stage (but only for a moment) and you said your lines like the fine actor you were. You believed in yourself. You just knew you couldn't fail.

Remember when you told them how you were going to *be* a policeman, a fireman, a ballerina, a veterinarian and they told you they believed in you?

You were all of six or seven.

Okay so maybe they didn't say it in so many words but their hearts were in their eyes and the smiles on their proud faces put the sunshine to shame. They believed in your ability to shine brightly and in their eyes you always would.

Then there were those painful moments when fear got a good grip on you and robbed you of all the courage you had mustered. It threw a curve ball of sorts at you.

You just couldn't do it.

You doubted your ability.

It was simply too hard.

It is in these paralysing moments of adversity that we need to self-evaluate. We need to go to the bathroom mirror and look deeply into our own eyes without any sense of awkwardness or shame. We need to ask ourselves, is it really that hard?

It is in your own eyes reflected back at you that you will find your integrity. Your truth awaits and your higher self is applauding you. It is your higher self who never doubts your ability to do anything. Your higher self has already achieved whatever you are about to attempt.

Indeed, if you ask your higher self how he or she got to where you want to go, guaranteed you'll hear the joy and the happiness in the voice that continues to encourage you to quit procrastinating and get a move on. *Come on in. The water is wonderful!*

Your higher self was six once too. Don't ever forget that.

So what has changed?

Much has. You grew up. You learned that life wasn't all beer and skittles and it certainly doesn't provide a pantomime to act in every Christmas. But you've learned to accept that there are certain things that you've just done and there are things you also regret. There are also those certain things you wish you could do while you continue to sit and watch others do it.

Ah yes, the belief you thought you had in yourself when you were six kind of went AWOL didn't it? Thankfully it's only for a while.

So ask yourself: How bad do you want it?

Right there remains the one and only question you should be asking yourself when your inner self belief has been sabotaged.

Don't you just *love* that word 'should'. It's entirely up to you. All of the advice located here is. You're under no obligation to improve your life experience but I'll wager a bet you want to because you're here.

So once we are aware of our emotional needs we find it impossible to ignore them. And why should we? They are the whispers of the Universe and when it is speaking we listen. Don't we? The Universe speaks of subtle changes to our routine. I did say *Subtle*. Yet the thought of merely changing our lives leaves us listing on an ocean of unknown quantity because if we *change* we feel we are being disloyal not only to ourselves but to the familiar and comfortable we have come to know and trust.

Change goes hand in hand with fear; never mind what it does to self-belief.

During our early life we learn the values of loyalty through our family and we carry it through to adulthood. But how often are we truly loyal to our self? When do we take possession of our inner beliefs? When do we actually stand up for what we accept as true and when do we essentially get out there and do it because we KNOW we can?

Many of us don't! Many of us avoid change. We're terrified of it and eventually we just give up. And we let down ourselves.

Becoming loyal to herself, for example, may cause a woman to recognise a huge flaw in her marriage. She may upon concluding that she cannot remain in the relationship, gently inform her husband of her intentions to leave the union whereby he will remind her 'What about the children?'

What she now needs to contend with is the conflict of loyalty between herself and her family. She may decide to stay put in this unsatisfactory environment keeping peace and harmony while remaining loyal to a group, her family but eventually her emotional needs will have to be met. She may have shelved her personal happiness for the sake of her children but sooner rather than later she will become so empowered that she will irrevocably realise that the mind

can no longer reign over the heart. It is then she will believe in herself for she knows she now has the power to move forward. It is in this moment that she will burn all her bridges.

And as she stands at the mirror and gazes into her own soul, it is in this poignant moment that she will not grant herself the choice to give up.

Remember always, you have a choice to be, to do, to have whatever you desire and if that means flying solo around the world because you really do believe you can then so be it! Damn it, do it! What are you waiting for?

Approval?

Your higher self already does!

And if that doesn't convince you, go stand in front of your mirror and gaze into your eyes. You'll see her standing there staring right back at you, nodding and gently reminding you she's already done it and yes, *the water is wonderful*.

You've got the wings to fly.

Soar!

Day 27: Who Are You?

—Be true to your core values and change your life



The greatest challenge in life is discovering who you are. The second greatest is being happy with what you find. — Auliq Ice

Who am I?

What do I believe in?

What is my purpose?

What fills me with joy and wonder?

How would you describe yourself so that the person asking the question truly understands who you are and what is important to you?

That question is worth giving the thousands upon thousands of thoughts it deserves. I've been watching my eldest daughter, Charlotte from a distance as she discovers new challenges on her travelling adventure. Having departed the cool autumn of the United Kingdom she spends a few weeks back packing down the east coast of Australia before moving on. She learns

independence. She discovers who Charlotte truly is and what Charlotte really wants. She pushes herself out of her familiar comfort realm and naturally she's frightened. When that wears off she loves this new lease on her life.

The necessity of self-discovery involves change and change terrifies some people. They consciously and deep within themselves feel that pulling the plug from the socket of the familiar outlet is the same as saying farewell. Sure. It is the same. And most goodbyes are always a little painful in the long run.

But it is saying goodbye to the old homespun familiarity and consciously welcoming in the cutting edge and latest trend that is the most rewarding gift you can ever give yourself. The transient change and the dread that may come with it is all of a natural progression and it is wholly temporary. You must give yourself the opportunity to experience the light after the darkness.

Change Can Frighten Us but It Will Always Empower Us.

When you're suddenly independent, free, happy and complete and the guilt you may have carried prior to doing something for yourself is replaced with an undeniable feeling of empowerment, you instinctively know you *can* do it. In fact, you already *knew* you could. It was just that proverbial push you needed to take the next step.

Where do You begin?

Ask yourself this very powerful question: What would you do if you knew you could not fail? Many of us want to change our job, or our city, our career or our entire life for that matter. There is only one thing that stops us. We're terrified of failing.

What do you want out of life? Now what appears to be an easy question to answer is not that simple at all. Few people have ever really stopped to think about it, but they can certainly tell you what they don't want and that is precisely the problem. They forget they attract what they don't want because they spend more time thinking about that than what they do want. Stated simply, what you focus your thoughts on is what brings your all-important feelings to the surface. You then you attract what you create in your life experience.

The only reason you will fail is because you've already preordained it.

Remember how in Day 25 we visualised an event we wished to experience? Visualise your change in pure opalescent Technicolor with all the spangles and stars and sequins and don't forget to feel the smile in your heart.

What are your core values? In other words, what is important to you? What are your priorities? What do you hold dear to your heart?

What you determine to be your values determines how you'll benefit in your life. Your values reflect what is important to you. These same values are the influence in your decision making. When you understand your values you will understand why you behave or react the way you do. Going against your values will let you know, you are not being true to yourself. With focus and intent, you won't regret a moment. Listen to your gut and know its messages are always correct.

When you've nailed down your core values you'll then understand what makes you truly happy.

If money were no object, would you live your life differently?

This is a loaded question and it is intentional because I'd like you to take some time to think about it before you answer it.

We've spoken about money.

We've spoken about happiness.

And we've spoken in depth about the causes we imagine we have in our lives that prevents us from having and being and doing. Fear. And silently, the lack of money.

We need only to be grateful for what we have in our life right now and immediately our circumstances change for the better. It is law.

So, what can you do today to push your limits and expand your horizons? Take your core values into account. Take action on your path to launching that dream. Go for a run, try a new walking route, help out in the community, sign up for a painting class, try sewing or knitting, throw a party ~ try something that you wouldn't ordinarily do.

Just opening the windows in an ordinary act of faith will open doors you never imagined existed. Opportunities are awaiting your arrival. And your horizons will expand exponentially!

Day 28

— Limiting Beliefs Are the Words You Live By



Never surrender your hopes and dreams to the fateful limitations others have placed on their own lives. — Anthon St. Maarten

Super tiny, daily victories are stacked into explosive results when they're accomplished over time.

Think about all the things you have achieved just this week alone and congratulate yourself. You are moving forward and now is the time to reflect and take stock and then rest. We want to be ready for any challenges that lie ahead.

Limiting Beliefs and The Words You Live By

We're going to eliminate those limiting beliefs that have us forever reaching for the unreachable. If you think you don't deserve to have a wonderful, exciting and fulfilling life, you are attracting doubt and lack which is what you *don't* want.

The words you live by can be, *'I am successful! I can achieve anything I set my mind toward!'* That word track can literally change your entire life.

People with a mind track like this succeed. They also know that with succession comes adversity of a different ilk. We know adversity is only temporary but if hardship continues, we might find that our word track variations might have something to do with 'stopping' our progress.

We must be aware of what word tracks play throughout our mind and what we are verbally saying to others. When we listen to ourselves speak, we can expose a phrase that does not fit in our scheme of things. And usually what we discover is a limiting belief.

Limiting beliefs are words we think and say that prevent us from being, doing and having. When we hear ourselves saying negative things we find evidence in our words we live by that are stopping us. We have the power to quit thwarting our progress by changing our word track.

What we believe to be true is what we create in our life and as we move through life we must also know that the decisions we made yesterday are the correct decisions.

We want to alter our life, but we might hear words like, 'Why can't I change? Why can't I re-educate myself beginning today?' Those questions can plague us but we know the answer and we've learned that if we can conceive an idea we can then pursue it.

Why can't we just drop everything and just do it? Nike said that in a roundabout way. And I'm betting there's no way you're personally going to arrive at ninety years old and think back to the why not's and the why didn't I's and try to analyse your regrets. If you feel you've missed so many opportunities that your eyes are spinning, check in and ask why. It was all due to a limiting belief.

We take chances and risks every day. We make decisions every day. We have choices ... every single day. They never dry up and when we reach ninety-nine, can't we know conclusively that each and every one of our choices and chances was right and that each and every adversity was an opportunity to make things better? How liberated we can be without limiting beliefs.

There will be people (you've already met them) who will offer tons of advice. They'll also try to stop you from moving ahead.

'Oh, it's too hard. You can't do that' or 'Should you really travel that road? What if ...' or 'do you really think you should invest in that?'

Whatever it is those people are adverse to, it is a mirror of who *they* truly are. They are a spot on indication of fear. They fear themselves. They are the epitome of the walking, talking Limiting Belief. They are scared of pursuing that road outside their comfort zone and as they watch you move away from the 'herd' they begin to take a closer view of your progress while nervously biting their fingernails.

Oh and they'll watch intently.

A few months down the track you'll meet with them again and inevitably they will ask you, 'How is that 'thing' you're doing, going?' Then they might ask something like, 'well have you made your first million dollars yet?'

You are following *your* goal, *your* dream. It is yours and you are passionate about it. Nothing is going to stop you, not even the discouraging people who have all good intentions to have you back on 'their' road, inside their fence.

When you stay committed to your beliefs and your personal values you will begin to notice a very special momentum.

You have left the 'security and the safety' of the old and familiar herd to pursue something that is vitally important to you. I don't have the right to tell you it's a bad idea to go after your dream and neither do they!

Move forward. Be true to yourself.

Day 29: Gratitude

—When you are grateful, fear disappears and abundance appears



Most human beings have an almost infinite capacity for taking things for granted. —Aldous Huxley

Gratitude ~ 'When you are grateful, fear disappears and abundance appears'

I have a right to express my gratitude.

I am so very happy, so very grateful to be taking this opportunity to expand my learning, to live more and to grow more, to enjoy more.

I deserve it. And you know what? So do you!

Expressing your thanks, your appreciation, and your gratitude means more to the Universe than you could ever imagine.

But can you imagine... the hurt you'd feel, the rejection, the disappointment when you've given me something so irreplaceable, so cherished, so treasured and I look up at you and don't even recognise the importance of the gift, let alone express my thanks?

You now know how the Universe feels when you're not grateful for all you've achieved, all you own, all you drink and eat, all the comforts you have attained over your life time.

Even the homeless (God bless them) are grateful. They're grateful they're breathing. They're grateful you give a damn about them. They're grateful for the smallest fire in a tiny tin can to keep their hands warm on the coldest night. I'm grateful for the bed I sleep in. For the water I drink. I'm grateful for the electricity I use to cook my meals, for heating the water for my shower. I'm grateful I have the money to buy the goods I need to sustain myself and my family. I'm grateful I'm healthy. I'm grateful I have shoes for my feet. I am grateful for the roof over my head, however humble. I remain truly grateful for every meal that passes my lips. In every corner of the globe, someone is passing on their heartfelt gratitude.

Gratitude is the map to the soul. It is made up of the essence of who you are. But you need to remember that gratitude has no size. No weight. No length or width. Nor is gratitude expectant. Gratitude pays it forward. Gratitude notices the needs of others. Gratitude is not introverted or withdrawn. Rather it is loud and strident.

Gratitude, when it is expressed, is spoken from the heart. It can be silent. It can be loud but it is always laughter and joy. It is wonder. It is fascination. It is acknowledgement and recognition. It is happiness and it is respect. But most of all gratitude is 8 letters that infinitely spell, 'Thank You.'

You should be feeling a subtle shift within now that you have been consciously thinking about being more grateful for the things you have in your life. For example:

- Having food and clean water to drink
- A wonderful coincidence where something worked out ~ serendipity
- That moment when you found you were able to grow through a difficult situation whereas previously you would have been frustrated
- Having a reliable car
- Experiencing the feeling of joy as you walk along a beach

The hidden benefits of gratitude are endless. Physically you are:

Stronger and your immune system is improved. You feel less aches and pains together with a lower blood pressure. You tend to want to exercise more because you want to take better care

of your health. You sleep longer and your day is enhanced with motivation to get out there and enjoy it.

Your psychological side is buffered with more positivity and less negativity. Your endorphins are refilled and you feel more alert, aware and more alive. You can feel so much joy just through gratitude. The bonuses alone are phenomenal.

You will notice how more outgoing and less lonely you feel. It's almost as though the Universe is taking you by the hand and showing you what's on the other side of gratitude.

Gratitude is an affirmation that states, 'All is well in my world.' Where gratitude comes from is important to consider too. What we've achieved, what we've attained throughout our life came from a source that truly cares about where and how we finish up while we live here on this gorgeous blue planet. We were gifted the power to achieve both big and small all the good stuff that comes into and out of our lives.

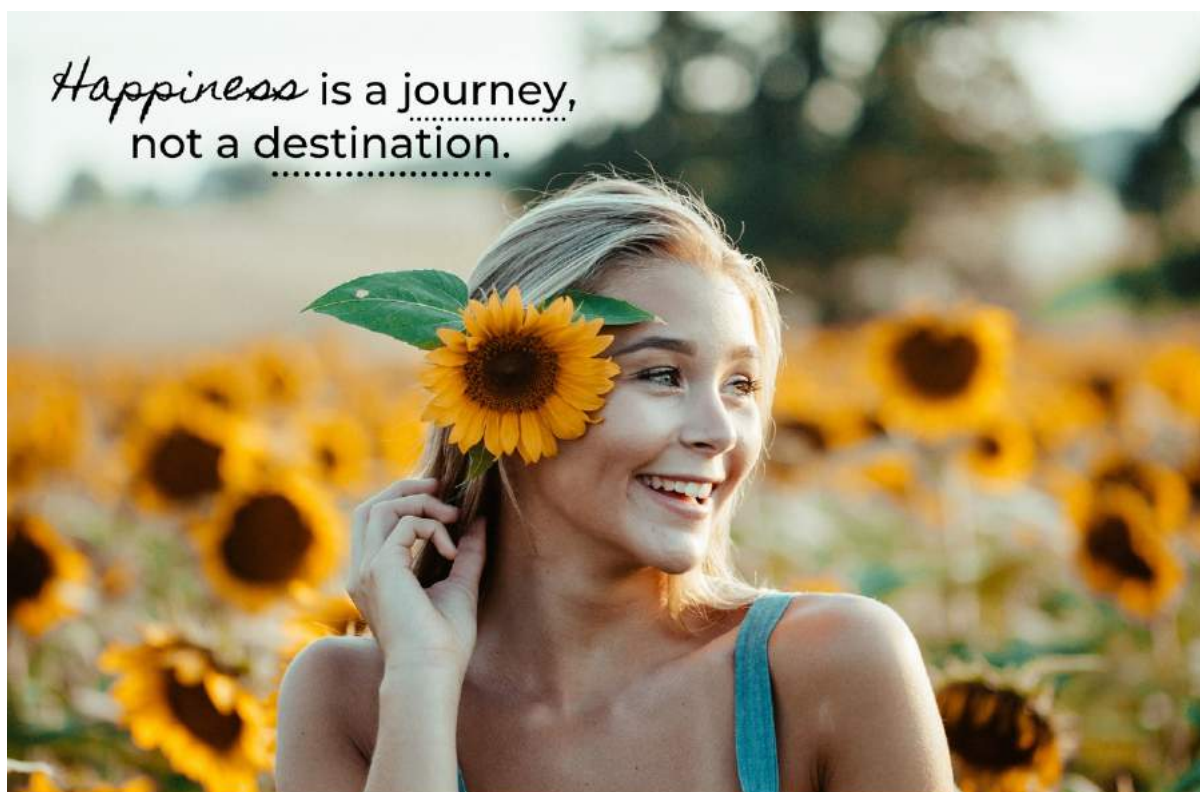
Take a moment to enter your Happy Place and *feel* the present moment. As you express your gratitude you are most certainly guaranteed more to be grateful for.

Coming full circle is so very rewarding. Coming from your Happy Place further enhances all you deserve to receive.

Gratitude = happiness ~ make it a daily habit!

Day 30: Happiness

—The Ultimate Journey



*Joy has nothing to do with material things or with man's outward circumstance...
A man living in the lap of luxury can be wretched, and a man in the depths of poverty can overflow
with joy. — William Barclay*

Apropos to yesterday's reminder that we need to be grateful for everything we have and all we experience in our life, the above quote is a fitting statement in our quest for happiness.

We've come a long way in 30 days and you may be noticing that already there is a subtle adjustment in attitude, in your life experiences however small they may seem. Nothing is stagnant.

- Happiness
- Bliss
- Contentment
- Joyfulness
- Fulfilment
- Optimism

- Peace of Mind

We've read, thought and looked up the how to's and the ways to happiness and still it remains a personal choice. Happiness comes from within where gratitude dwells. When we train our thoughts to a moment in our memory of complete and utter joy, we awaken the essences that lay beneath.

Why are so many people struggling to make even the barest ends meet? Why are so many lonely people populating streets where the down trodden walk? And why aren't they successfully pursuing their dreams?

Most of them have dreams but many have long since abandoned them because they expected one thing and got a different result. Once that occurs happiness vanishes like quicksilver.

Look at it this way. You may believe that people and circumstances make you unhappy but this is untrue. You make yourself unhappy and it still remains your choice to either linger in the unhappy stages or change your outlook.

There's a tiny secret that will eliminate unhappiness in the blink of an eye. It goes like this: If you attempt to live your life back to front; wanting a thing and not settling to be happy until you get it, then you may remain unhappy interminably.

It Is Better to Believe It Before You See It

Being happy with yourself means you don't ever have to change who you are. You smile because you love who you've become. If some people don't like you the way you are that's okay. Acknowledge it and release it. You don't have to own it.

You are unique and special and you deserve to enjoy the wonderful things that make you happy. There is happiness in every single moment.

Don't fall into the 'When' trap:

When I have more money ...

When I have a better career ...

A better relationship ... when I have a better ... then I'll be happy.

It doesn't work like that. In fact, that kind of thinking only serves to thwart the natural progress of your happiness.

A good life is a happy life and any action we take toward the happiness goal right now takes the same amount of effort to live a life of sadness.

Below is a selection of tips toward happiness.

- Knowing that you have everything you need will keep you happy
- Liking yourself will keep you happy
- Making plans and carrying them out will keep you happy
- Enough sleep, exercise and nutrition will keep you happy
- Surrounding yourself with happy people will keep you happy
- Smiling at yourself in the mirror will make you laugh and keep you happy
- Working toward short and long term goals will keep you happy

I'm just going to borrow a brief moment from a science laboratory ~

Researchers have discovered that pursuing happiness can actually lead to negative outcomes. It does not suggest we don't surround ourselves with positive people, or master a skill, or smile at ourselves in the mirror, or take action to accomplish a goal, but, if you're doing any or all of these things with the expectation that it *ought* to make you happy, then you may be treading a road that leads to disappointment and decreased happiness.

The message here is quit *trying* to be happy.

When you understand that gratitude is your strongest link to your own inner happiness, you'll never quit being grateful.

I think it is apt to say if your partner, your son or daughter, your colleague or friend is not happy, or seems to find more comfort in remaining in a bad mood, don't make it your responsibility. Because it's not!

Carry with you always, the reminder that you are not responsible for anyone's happiness except your own. We all have the power of choice therefore we choose to be happy or not.

However, it would certainly make me wonder why anyone would want to constantly live in a sad, emotionally fraught world; a world of their own making mind you.

I want to take this a wee bit further and share a technique with you. It begins the moment you wake up, before you get out of bed in the morning and is guaranteed to bring happiness to your entire day.

Choose 5 things about your personal life that you feel grateful for. Choose 5 things about your career that you also feel grateful for and lastly, 5 things about you that you're grateful for.

Now, some people feel that finding 5 things is difficult but it doesn't have to be. In your personal life you might be grateful for that cup of coffee you had yesterday, or the hug you got from your spouse or children. You could be grateful for the gorgeous telephone conversation you had with your friend last week. You might be grateful that your car is running beautifully and your commute to work was effortless. What about that movie you watched on the weekend? Your career might entail the valuable assistance you received from the filing clerk. The compliment you received from your boss. It could be the raise you got in the past year.

Now, the third step is very important because many don't include themselves in their gratitude and without themselves, well the job wouldn't get done would it? You might be grateful for your winning smile, the fact that you paint so well. You could be grateful that your kids are well behaved. You might be grateful that you're great with animals and people. What about your sense of humour?

To get wonderful results out of your life be grateful and your entire life begins to take on a new colour.

Happiness is such a powerful emotion. When you've taken the moment to be grateful for the three most important areas of your life, you'll find you'll age slower. It's true! Your rate of aging slows down when you feel gratitude. You sleep better. Your concentration is at an all-time high and the bonus is that you're less likely to experience anxiousness or depression. Your entire demeanour begins to shine and you'll find that people will seek you out like moths to a flame.

I can't think of a better way to guarantee my day is going to be a happy one. A moment or two is all it takes to feel grateful for your life, your career and your special self.

If you've remained true to yourself throughout this incredibly liberating journey you will have noticed countless moments when everything just falls into place. Your days, not necessarily every single one of them, but most will have a different element to them; an effervescent quality with a flavour of quiet joy.

Of course there are going to be moments when it will appear that absolutely nothing is going as intended and that's okay too. Those moments are necessary for growth and will enhance your appreciation for what you've already accomplished.

All you need to do on days like that is realign.

Day 31: Intuition

— Everything you Need to Know



Your intuition knows what to do. The trick is getting your head to shut up so you can hear.

— Louise Smith

The A-Ha moments ~ Don't you just love them?

They're known as moments of sudden inspiration, realisation, insight and comprehension. They come from the inner voice that sends whispers from your heart and hopes you'll heed what it says.

Try this. When you wake up tomorrow morning, before you open your eyes, say to yourself what steps do I need to take so that I can move forward toward my goal?

See what happens. Answers may well come to you straight away or they could come throughout the day. If you do this regularly you will be surprised at how in tune you feel with yourself as things begin to fall into place. This is your launching pad to learning to trust your intuition which could help you in so many areas of your life.

We've all had those moments when we've heard *that* voice.

It whispers, 'don't go that way, go this way.'

What do we do?

We go *that* way.

What is our result?

We often wish we could turn back the hands of time so that we would've gone *this* way. But it's too late and we know it.

Oh I know, it's annoying sometimes, but it's also an immense lesson.

Yeah Right! What about the time when I figured taking the highway would be quicker when my inner voice told me to take the back roads? I got stuck in traffic and was late for my job interview. Naturally I didn't get the job!

And the time I thought I'll just go and get that then I'll come back and get this because it's 'more convenient' and when I went back it wasn't there anymore ... why didn't I listen to my intuition? It happens to all of us until we finally realise that our intuition, our gut feeling is not lying to us. It's fervently shouting now so we'll listen and take the appropriate action.

But it hasn't always been like that. There've been times when we've felt we lacked direction, that our inner compass was spinning out of control and we were disconnected from our true purpose. Your intuition is your valuable inner vision. It is also known as your third eye chakra which is located in the centre of your forehead just above the bridge of your nose. It's not a loud voice. Often the opposite but it resonates until you can actually feel a shift in your emotions. You either question it or you run with it.

For some people it takes many wrong turns until they really begin to listen to their intuition and for others, it takes only one or two. Your intuition is always correct no matter what. With trust in yourself, with patience and love, you can flourish as though spring has arrived in your world.

Intuition is Divine Guidance and it should not be discounted. Nor should logic be allowed to tread all over it so that we begin to doubt it.

How many times have you asked for guidance only to become so preoccupied that when guidance comes you don't even notice it's there? The problem is there but you're stressed and anxious, not even in a balanced state of mind to appreciate the gift. Quit focusing on the problem

and the solution will sail in like a feather on an errant wind. And for goodness sake, quit trying to figure out how to solve the problem. The answer is going to arrive okay? In fact, it's almost here but if you're preoccupied with the adversity, you're bound to miss it when it does come!

Oh and don't force or rush the solution ... gently, slowly, catch the monkey. Remind yourself you cannot control the outcome but you can certainly find the trust, the faith and the knowing that all is already well.

And leave your fear behind. Fear has an uncanny way of putting a stopper into the channel, blocking the flow of possibility and answers. Fear is worrying about the what if's. It's a work out for an over taxed imagination.

Remain open to serendipity and synchronicities for they will always find a way of squeezing through the tightest of sealed portals. Intuition is a gift bequeathed to each one of us and each one of us has that little angel on either shoulder. I listen to the white angel rather than the black one.

All of us have been brought to our knees at some point or another. Grip the life line and know, without a shadow of a doubt, as you listen to your intuition that guides you to the shore that all truly is well. Let life in. Trust in yourself and connect with Source.

In those times when you feel as though you see nothing but darkness, harvest love, determination and temerity and you can emerge with a new lease on life. You'll find overwhelming peace as you surface from shadows you believed would drown you.

It is during these precious, unforgettable moments that we prosper as we discover the abundance of love, trust, happiness, bliss and tranquillity is ours for the taking and the giving; and as we now accept it the Universe knowingly smiles.

We just needed a moment to find the light switch.

Day 32: I want it Now

—Just don't expect it



Accept what is, let go of what was, and have faith in what will be. — Sonia Ricotti

The greatest thing about that statement is you do not need to know HOW it will all happen. You must just trust it will.

Successful people achieve their goals by letting go of the how's because they understand that being too focused on exactly *how* they will reach their goal chases away other opportunities for further successes. They let go and just focus on the outcome. Or the end as it's also known.

In the land of the instant 'I want it now!' we have fast food, all night express super markets; thousands upon thousands of establishments that offer almost immediate remedies to make us lighter, sexier, healthier, heavier, younger or more attractive to the opposite sex.

If we want an instant mood change there are many potions and pills that will pick us up, bring us down, keep us awake or put us to sleep. We have an endless recipe that keeps us focused on the urgency of wanting it now.

But there are a handful of people who don't want all that. They want financial freedom, health, and a relationship they can cherish. They want to feel the freedom of happiness and fulfilment. And yes, they still want it now.

As unaware as we are, we need to realise we are impatiently searching for the *How* button. We are also trying to satisfy our needs but our manifestations are not instant and they are taking an awful long time getting here.

There is a reason for this.

The reason manifestations don't happen within the click of your fingers is simply; you're not ready! The first and most prevalent fact is; you're just not *ready* to receive it.

But of course I am. I'm more than ready!

No, you're not. You're not aligned. Your inner vibration is on another frequency but, the moment you shift into alignment; it will come to you with lightning speed.

When you're *aligned* you're attuned to your highest self. We've explained this person is the one who has already been and done what you're about to do. Being aligned is consistently integrating between your inner awareness and how you behave in the world. In other words, you're aligned when you're true to your core values.

So, if you're yet to receive whatever you've 'ordered', you've got to let go of it first.

Confusing? No, just Ironic.

It will make a whole lot of sense in a moment.

You see, the more common reason is that because you're researching the How Can I Make It Happen Now? You're pushing the Impatience Button. You're forgetting that there is a Power much greater than you that knows exactly what to do and how to do it and when you're ready to appreciate it. And you're misaligned!

When you are realigned it will be done and it will be delivered.

If you can back off just a wee bit and allow it all to flow oh so naturally, (without expectation) you're going to finish up smiling. You're going to be grateful and so convinced that it's All meant to be.

Scrap that! You're grateful now. Before it has already occurred.

But don't expect a time frame. You see, there isn't any such thing in *that* place. Man was given the gift of illusion by another man, so time to man means twenty-four hours in a day, seven days in a week and 365 days in a year. So it could take that long; even longer for your manifestation to reach you ... if you are not aligned.

And it will much quicker if you release the 'How'. Just expect it, trust in All That Is, trust in your own beliefs and it will be delivered.

When is time. *When* is an unknown quantity but by the time you've reminded yourself to disown the 'How' and released it, well by Jove, there it is. It has arrived!

Don't you just love serendipity?

Day 33: Dreams

—Never Lose Sight of Them



"Ester asked why people are sad.

"That's simple," said the old man. "They are the prisoners of their personal history. Everyone believes that the main aim in life is to follow a plan. They never ask if that plan is theirs or if it was created by another person. They accumulate experiences, memories, things, other people's ideas, and it is more than they can possibly cope with. And that is why they forget their dreams."

— *Paulo Coelho*

If it's going to be, it's up to me!

This week has been all about taking action towards your goal. About being flexible, exploring opportunities that come your way and keeping your end goal in mind whilst also listening to your word tracks. It's not about worrying about the *how* bits but it is about using your intuition.

You've got a dream. I've got a dream. I think everyone has a dream. How sad it is to watch a dream wither and die.

Are you familiar with Walt Disney? He was the dream, the designer and builder behind Disneyland in California, USA.

As a little boy, young Walt together with his siblings was physically abused by his father. When the family moved to a farm, Walt befriended a mouse whom he never forgot. He had several farm animals to tend to, thus began in his young fertile mind, a dream. As though to escape the hell in which he lived he began to draw, took art lessons then dropped out of school to serve in WW I.

He later married and began making a series of drawings with minute changes that when filmed in order would appear to move.

The first mouse was named Mortimer but Walt Disney agreed with his wife that Mickey sounded much better and the rest of course is fabulous history. Walt's legacy is Disney Land. It was a dream in which he never lost sight.

Dreams are important. They shape the dreamer and buoy his motivation. When the ultimate is achieved and the dream comes alive, the visionary knows that anything is possible. And it is.

You see, the secret sauce to bringing dreams to life is adhering to the old adage *One Step At A Time*. With each step, no matter how small, progress is always made and with progress, no matter how quickly it arrives, it brings with it that wonderful inner encouragement and self-propulsion.

You know that special moment when you're finally treading the right road. Your heart is racing so quickly, your thoughts are in over drive and your impatience is so out of control it's like trying to ride on the back of a rocket. You just know you're experiencing your finest hour yet – and you are!

Dreams take nurturing thought. Sadly, however, many are left in the bottom of a drawer. But if you've ever nurtured a dream, one that you can see from its conception to its end result you'll know in your heart of hearts it will never die.

Feeling vulnerable can halt a dream dead in its tracks. Feeling like a failure before it has even been launched can send a dream back into the cave where it once came from. But giving it

encouragement gives it power to perform and that stuff costs nothing but a whole lot of belief in yourself.

Everyone has a worthy dream. Everyone who is precious has a dream that needs to live. You're worthy. You're precious and you're deserving. Now go! Give your dream the best ever chance of survival in a world that in a lot of cases, has given up on the very thing that gave it life.

When you wish upon a star
Makes no difference who you are
Anything your heart desires
Will come to you.

If your heart is in your dream
No request is too extreme
When you wish upon a star
As dreamers do.

Like a bolt out of the blue
Fate steps in and sees you through
When you wish upon a star
Your dreams come true.

I have a dream. I've had it all my life, at least since I can remember being so passionate about a thing and I've carried the candle through every segment of my years. I have determination. I have tenacity. I have courage and a knowing that what I set out to do will be done. It will be achieved and it is. However, it is only in these recent years that I have quit riding shotgun in the back seat with fear.

Fear prevented me from doing a lot of things I should have done years ago. They're being done now. It's never too late to take hold of the reins and regain control of your life. I don't give a rip if you're 97 and you want to tick off the last item on your Bucket List.

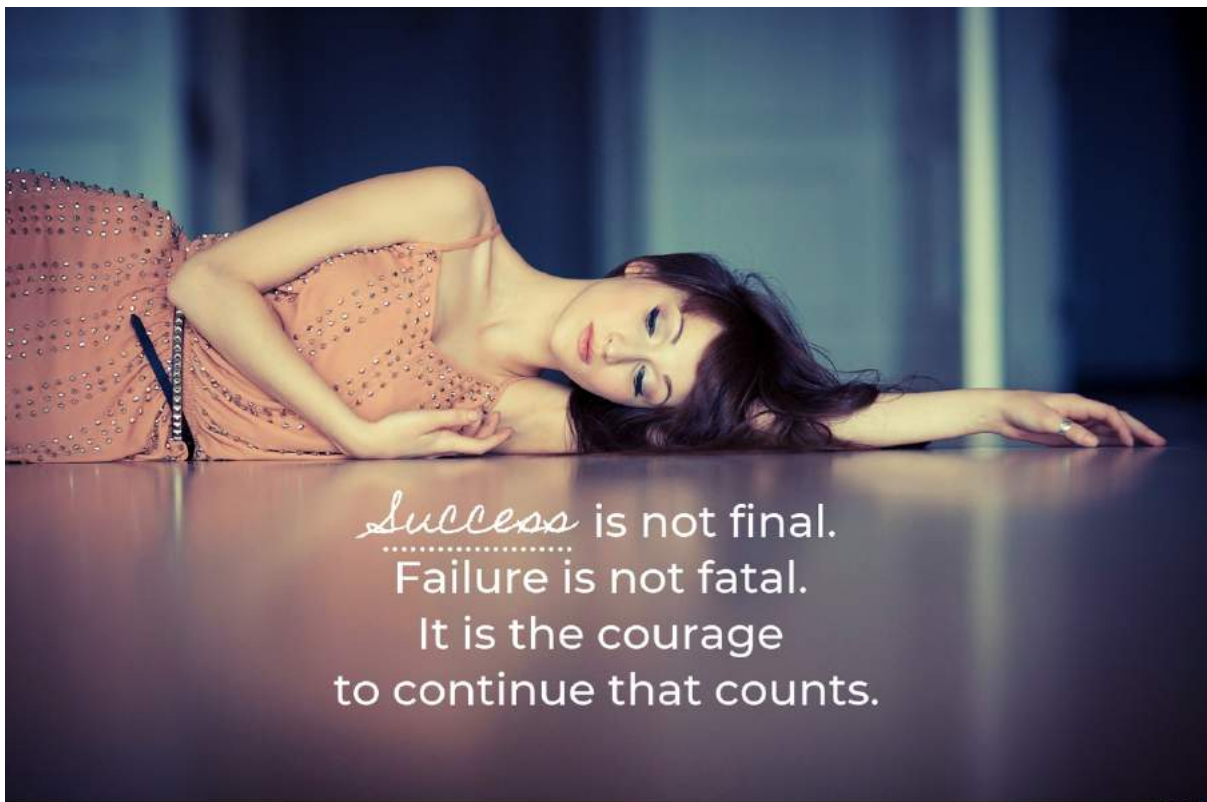
Do the thing you want to do, tick it off the list and write another 'To Do' down.

When someone says to you, 'Life's to darn short!' Reply to them, maybe it is for you, but it's never too late to add another free fall parachute drop, or another solo sail around the world, or another ride on those blasted roller skates. Whatever it is, just know you can do it.

Give your dreams wings to fly and never, ever give yourself that ungainly opportunity to regret those things you didn't do.

Day 34: Success

— Tools to Discover, Learn and become Successful



We learn more from the times that test us than we do from the times of success.

So many people are dogged by the words, *Success* and *Failure*. Success for many people means fortune and wealth while failure is the road on which the down trodden walk.

You were allotted a certain number of hours to live on this earth plane. Your time is not only limited but very valuable. Why are you so focused on what others think of you?

Why are you following other people's ideas and results that are not ideally yours? And why are you listening to opinions that don't even parallel your own? What happened to your inner voice? Is it vainly ricocheting off the inner walls of the abandoned caves in your imagination?

You were given the tools to discover, learn and become successful. You were also advised that *failure* would, in many circumstances, become your foe but you would beat it through the magic of education, through listening to your intuition and through learning from your mistakes ... and you would make many (mistakes).

But is it so wrong that you made an error? Does it make your heart bleed? Are you so swallowed by 'failure' that your entire being is all about living in your perfect environment where mistakes are forbidden? Is that last err going to matter in two years' time?

Allow yourself to make mistakes for they aren't mistakes but learning curves. They are the reason for your growth. Without them, you are stunted.

When you find the courage to follow, to really listen to your intuition, you will find a world that is successful with a capital S. And it will be yours to own. Just remain aware that there are always going to be things that just didn't pan out. Things that disappointed you and things that just didn't make it. Full stop. It is an old soul they say, that finds no anger over these things.

There are also times many of us don't celebrate those times when things go exactly as we planned. It is in those moments that we surely forget to say, 'I am truly grateful.' 'Thank You for the lesson.' Yet, those magical words are the keys to many doors.

In order to ensure we don't repeat the mistake, we have an inbuilt mechanism called a brain that recalls the failures, the disappointments and the heartfelt anger when it all fell over, when the wheels just careered down the hill beyond our control. Just before we're about to go on a Repeat Rampage, the brain says 'Just a moment! Haven't we done this before?' Chances are you'll be able to reply, 'Indeed we have.'

It is in this moment; a snatch of an opportunity is presented before the balloon bursts. Before the fragments are flying all over the place and are now hard pressed to be put back together, you have a moment to make a U turn. In other words, while your intuition is saying 'Don't Do It!' you ought to be listening.

Indeed, it is gently whispering 'Don't do it that way ... do it this way!'

You know what happens if you keep going in a straight line without listening. Yes, that old phrase that makes an appearance with a knowing smirk. 'Oh if only I hadn't ... or if only I had ...' Success isn't about how much money you have and how many times you look down your nose at me because you're wearing the latest designs. Success is being with happy, positive, laughing and absolutely certain people. People who are aware of the consequences when they don't listen to their inner voice.

Success is being able to live happily in the body you were awarded, seeing and laughing with the mouth and eyes with which you were provided. Success is being able to smile at anyone without judgement.

Oh, and the successful people will tell you the price they paid when they didn't take the left turn and only listened to their uneducated, screwed up thought processes. They'll reminisce on how engaged they were in the opinions of Nay Sayers who said they were nutters if they even tried. They'll tell you how they nodded tactfully as though agreeing but instead were making plans to follow their inner guidance system.

That's why they're successful. Because after a while they learned a delightful little lesson called 'How to avoid failure.'

If you're in doubt when you come to any cross road or T-intersection in your life, stop! Just stop. Don't move forward or back; don't even take a sideways step. Just stop and listen and breathe.

Your intuition is a valuable tool given to you when you first landed smack dab on this earth plain with nothing other than a thirsty brain that would enjoy the learning processes as you lived through each day.

Your intuition has been SHOUTING at you since you were no bigger than a minute. If you haven't been listening to it, heeding it, growing to love how it cares about you then you might take a moment to listen to it now.

What is it telling you? And if it is asking you to get up, to do and to be, then get up and do and be because although it will never ever get tired of 'suggesting' that you take this road or that one, there will come a time when (if you haven't already) you'll ask yourself 'Why didn't I listen to my inner voice?'

You can only hope you're not sitting in a rocking chair with a lap rug over your knees when you ask that question and time has finally run out.

Think about this when you have a quiet moment this weekend, when you are alone and enjoying peace you might surprise yourself with some answers.

Day 35: Children

— Learn their Road to Careless Freedom



'A rose can say "I love you", Orchids can enthrall, but a weed bouquet in a chubby fist, Yes, that says it all. — Author Unknown

'The greatest gifts you can give your children are the roots of responsibility and the wings of independence'.

Way back in the Victorian era there was a very strict time when children were to be seen and not heard. How utterly cruel to sit a child on a chair and demand it be silent.

Grateful we are now that the rule of silence has become null and void with exception to the convents. You'll have the silence of an undiscovered tomb when the kids have left the nest. Children are on loan to us for a very short time. But during that time it is from them we can learn so much.

We're so busy worrying about what our children will do with their lives when they're old enough to make decisions that we forget that they are people who have unique character traits, strengths and weaknesses and an ability to express themselves as individual beings.

Just like us, they have a purpose in life. Their talents are gifts that will shine as brightly as our encouragement. If they love music, love to build with blocks, dress up their favourite dolly, these small activities might just turn them into musicians, architects or fashion designers.

Whatever they expose as their passion, as parents it is our responsibility to instil a sense of uniqueness into them. They are special. They have dreams and goals just like us and with their special dreams they should know that they are one person with exceptional abilities. We must let them know that they live in a world filled with opportunity. That they'll go far when they allow themselves to tread beyond fear and circumstance.

There's a gorgeous book written by Dr. Seuss; *Oh the places you'll go!*

It reads something like this:

Congratulations!

Today is your day.

You're off to Great Places!

You're off and away!

You have brains in your head.

You have feet in your shoes

You can steer yourself

any direction you choose.

And so it goes on to explain in simple rhyme how it is a desirable trait to want to travel beyond the familiar, to give procrastination a kick and just go on. Let them do what they need to do and celebrate their achievements in and out of school. Tell them how amazing they are.

There are going to be moments when their needs are very specific or urgent. In these moments it will be necessary to reassure them with words that encourage and support them. Of course there are going to be moments when anger gets in the way of love and logic.

'Don't talk to me in that tone of voice young man!'

Our voice will probably be as loud and as demanding as the voice our child used on us. He's going to mentally say, 'Just watch me do it again!'

If he refuses to eat what is put in front of him, there will be dinner table 'discussions' that will probably go something like this.

'Eat what you're given. There are starving kids who would be happy to have it.'

The not so silent reply will be; 'Good. Wrap it up and send it to them.'

Using calm tones, (it's difficult but with practice it gets easier) just tell your little one, that you'll be happy to listen to him when his tone sounds like yours. And please, whatever you do, don't threaten him with 'Just wait until your father gets home!' You'll put the fear of God into him and his father will eventually be seen as the 'baddie.'

Cherish them whilst they are with you but when they leave the nest allow them room to spread their wings. Remember to listen to the small stuff so when they are older they will share the big stuff with you. Let them make their own mistakes. Allow them to learn from the experiences that didn't work out the way they thought. Empathize their disappointments and celebrate their successes and watch them grow into the young adults your wish for.

You'll have plenty of time to reminisce on their propensity for fury explosions, tantrums and unfathomable fits of stubbornness. And you'll cherish those gorgeous moments when they confided in you for the very first time. Every day with your children is a gift in itself. When you can take into account that they came to you with their unique characters and personalities inbuilt, and you raised them without instructions, you deserve to pat yourself on the back for a job well done.

The ultimate reward of course is the friendship you'll reap with your unique sons and daughters. The lessons learned are how you've found unconditional love. And when you run the cinemascope back to the days when they were small, you'll see how very little fear they possessed.

We've come to own plenty of fear through the years. I wonder how we can release it?

We'll be introducing new ways to just that as we journey forward.

Day 36: Fear

—Conquer your Limiting Beliefs



The one permanent emotion of the inferior man is fear — fear of the unknown, the complex, the inexplicable. What he wants above everything else is safety. — Henry Louis Mencken

Feed your faith and your fears will starve to death. Someone said that a very long time ago and many people have gone on to live wondrous lives with that phrase bouncing around in their souls.

Fears are born of self-limiting beliefs. Self-limiting beliefs can sabotage much of whom we are, what we want to be, do and have. So what are they, these fears? They are beliefs that have been planted in our subconscious minds from childhood. Put there by our parents and teachers who were doing the very best they could, we grew up believing that not only was the stove hot but also in life there was less safety.

After the age of six or seven we began to listen to people; the authorities, the government, society and we formed our own opinions, however muddled by the unfortunate punctuations of fear.

We're not talking here of the fear of heights or the fear of spiders or the fear of water although they are prevalent fears too. And with the tools provided they can be eliminated from one's life. No, we're talking about the fear of success, the fear of failure, the fear of moving forward, the fear of rejection, the fear of change; only some of the many, but all of which hinder our capability to grow. These fears have the power to paralyse.

Fear is nothing more than the uncertainty we invent at the outcome. Therein lies the recipe of simple, unadulterated fear. There is no deliberate condescension here. Fear is real but it can debilitate a person to an extent where nothing can or will move him.

F = False

E = Evidence

A = Appearing

R = Real

Fear in the end spells R E G R E T.

So the first step is to work on the insecurity borne of a belief that is eating our courage from the inside out. We may be second guessing every decision we make but now we can quit doing that by reminding ourselves that we have the power to create an engaging life simply by listening and heeding our inner voice.

The second step is to acknowledge that our fear exists. But is it justified or is it just a cinemascope in our imagination? Remember; while you allow the outcome to reign in your unknown, fear will always hang around for the ride. When we realise that fear robs us of our motivation to do something that is important to us we counter realise that if it wasn't that important, we wouldn't be feeling the way we do about it.

The third step is put in motion when we hear the fear talking us out of a certain something. It is then we need to seek out people who have done it. Those men and women who jammed their fear under their wing and just went and did it. As we congratulate them, we silently ask them how they overcame their fears. We should ask and then listen. They'd be only too happy to help I'm sure.

Finally, knowing that ***the brain cannot differentiate between what is real and what is pretence*** is in and of itself a tool we can use as we visualise our end result. When we imagine (in

gorgeous Technicolor detail) ourselves overcoming a particular fear, there is little doubt the end will finish up the way we imagined it.

Aim, focus then toss the ball. Guaranteed, with a little practice, that ball will go exactly where you want it to go every time. Continue to take small steps toward what it is you want to accomplish. Cultivate an absolute belief and trust in yourself that you have the power to do it, achieve it and make it happen. Because you have.

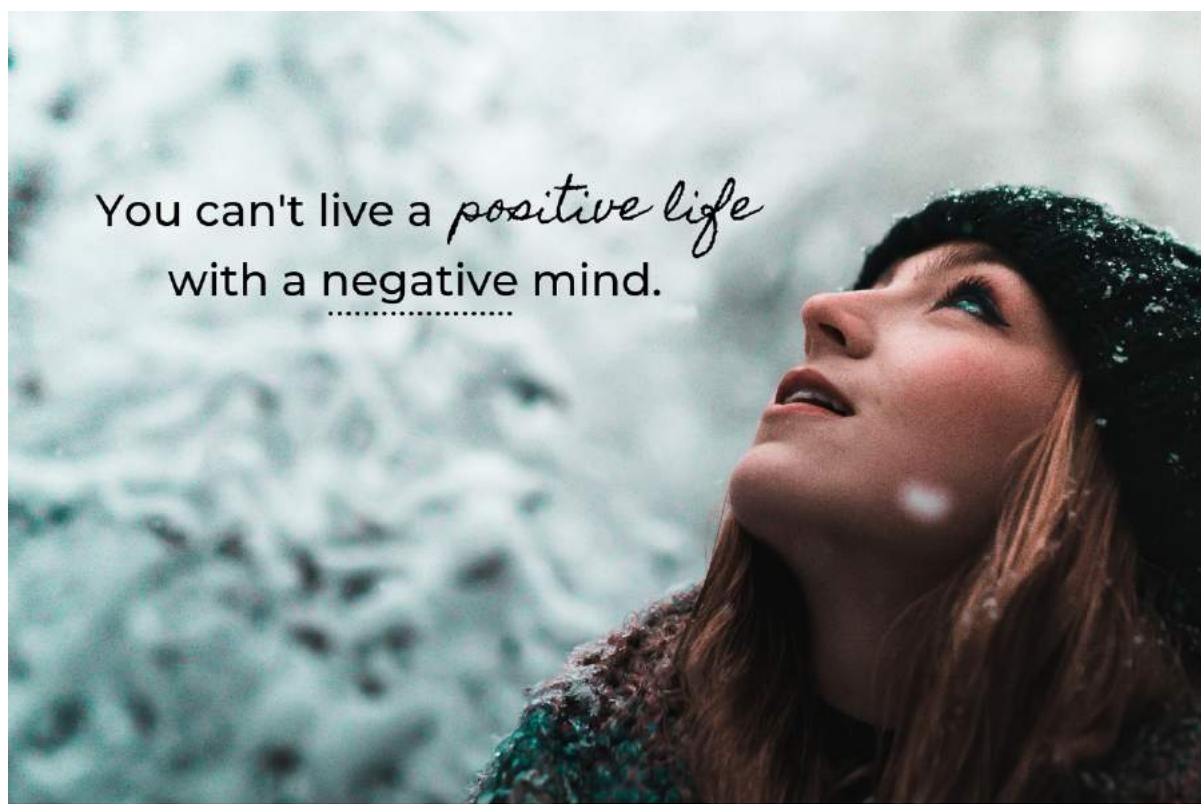
Don't push or force yourself. That's not the name of the game. Exercise understanding and be kind to the voice that whispers, 'But I'm scared.' Be gentle as you prepare to take your first step into the unknown. The voice that just told you she was scared is really saying, 'I truly want this but my steps are going to be tentative; be patient.'

You're going to strengthen your courage. You're going to learn from your mistakes. You're going to seek out new experiences to enhance your life. You're also going to take action, be persistent, make a commitment to your ambition and you're going to anchor all your faith. With the understanding that insecurity is the common thread to your fear; with the understanding that the brain cannot differentiate between what is real and what is not; and with the realisation that you can conquer your fears by imagining your preferred outcome, then I would imagine you're now ready to move forward.

~ The cave you fear to enter holds the treasure you seek ~Joseph Campbell

Day 37

—I'm going to Do/Be/Have That!



Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough. — Oprah Winfrey

We have discussed the RAS. (Reticular Activation System).

Within your mind there is the Reticular Activation System (or RAS) as it is known. It helps you to emphasise your thought patterns. It is also a survival mechanism. But the RAS also helps you to notice things that are relevant to your current goals. When you focus your thoughts on a particular something, the RAS will begin to find evidence of 'the something' in your surroundings.

The RAS can also **eliminate** limiting beliefs.

What is your biggest self-limiting belief? Many people will answer that question with one word. *Fear.* (As discussed in the previous day).

It's interesting to note that the physical symptoms you get when you're scared silly are exactly the same as the ones that accompany extreme excitement.

Look at these emotional detours.

- I will probably fail
- Nobody will love me if I do what I really want
- People will laugh at me
- I'm not worthy
- Rich people are selfish
- Change is always hard
- I don't deserve it

These detours are designed to turn you away from your core values. If you allow them, they'll drive you far from who you truly are and what you truly want to be.

With your thoughts focused on the *Something* that you want to be, firstly allow your subconscious mind to understand that you *are* Determined. You *are* going to be:

- Confident
- Respected
- Believing
- Worthy
- Wealthy
- Welcoming
- Successful
- Loving
- Healthy

It is very easy to appreciate the qualities you already have and whilst you're being grateful you'll find that things will begin to 'appear' in your reality.

Oh they're there alright and they're very tangible.

Now we have that sorted, you want to focus on the *Being*. Whatever you want to Be (or have or do for that matter), focus on it. Pick out the colours, the smells, the tastes, the feelings and find the clarity in your vision.

Now, watch as the RAS organises events, people and circumstances and brings them all into your vicinity. You'll see the relevance of those things you focus on when they begin to pop up in no particular sequence.

You might be amused at first but you're being subtly reminded that you are unique. Don't ever forget that and just know that the RAS is assisting you to find your niche, your vocation, your passion. Call it what you like, it is still very much a part of your inbuilt ***'I'm going to do/be/have that!'***

There are so many advantages you can harness when you're grateful. Just thinking about it makes me want to commit Happy Dance. When you're thankful you tend to make appreciating a daily habit. And the habit is effortless.

By feeling grateful (remember to come from your Happy Place first) you can change a sour mood into a positive one, a bad day into a great one, a problem into a solution. There's nothing to it and then wham! Your RAS goes into 4-wheel drive and you're smiling at all the 'miracles' that are coming your way from every direction.

Believe it or not, they've been there all the time.

Look, if you're wedged in that 'Fear of Failure' crack know you're not an orphan. Even the Lone Ranger discussed his fear of failure with his dear friend Tonto. All Tonto told him to do was to up the ante on his self-respect. Self-respect comes when you embrace risk and although risk is also borne of the unknown, it is a necessity.

And if you happen to fail, it's okay. Failure is the learning component you need to succeed when you rein in your steadfast determination to go ahead and pursue your dream again.

This time you'll have the inner assurance that you've come to accomplish your goal. You haven't come to fail. When that gorgeous moment knocks on the door of opportunity, own it. Embrace it all the while knowing failure is just a learning experience; a lesson for a mind that is thirsty for knowledge. Failure is the cushion on which the uncertain soul rests until next time.

A negative mindset perceives lack. A positive one perceives abundance. A fear of failure is a negative mind attempting to justify why it doesn't want to take another step or another risk.

So the key here is acceptance. When you can gently accept who you are and what is, that acceptance frustrates the negative energy flow back into the fear. And without negative energy fear can't grow.

The more negativity you issue the more you will invite into your everyday life. This is simply the energy you own at this time. In other words, the attitude you carry mirrors your problems. The more problems you *think* you've got; the more you'll have because you believe they're problems when actually they're not. (We'll go into that topic in a later day). As a result, you'll overreact and a funk will once again arise.

If you get nothing else out of today's proposal, I hope you'll take this reminder with you. While you're mirroring your negativity you're feeding your faithful RAS.

Your RAS will reward you with more negative results, circumstances and events. I'd rather turn that around to reflect happiness, pleasure and harmony. Get yourself a positive RAS.

Happiness is a choice ... so is appreciation.

Day 38: You are you

— It is Your Life; no one else's



Dream and give yourself permission to envision a You that you choose to be. — Joy Page

Throughout your life, many people will tell you who you *should* be, what you *should* do, and with whom you *should* do it.

You'll notice that when you don't conform to their wishes, those same people will be the first to look down their noses at you. Not in the literal sense but in a way that might make you feel inferior if you knew.

Who you are is determined by the relationship you have with yourself. You'll discover that the only constant you have throughout life *is* that very special relationship which you must cherish. You can deal with adversities and you can deal with people who like to think they know you better than you know yourself. The certainty of your self-esteem remains intact because *you* maintain your self-esteem. When you're comfortable in your own skin you stay true to yourself and your integrity is your best friend.

We all have an 'Inner Coach'. We often refer to this person as our 'Higher Self.'

If you're in touch with your Higher Self, you'll know her very well. You'll know that she's already been and done what you're about to tackle.

She will support you in many of the following ways:

- Your future self will inspire and encourage you to pursue your goals
- Your future self believes in you unconditionally
- Your future self explores options to take action
- Your future self loves you for who you are
- Your future self celebrates every one of your accomplishments
- Your future self delights in getting the job done
- Your future self can't wait to tell you, 'I knew you could do it. Well done!'

We also have an 'Inner Critic' and this 'person' often reminds us of the people who try to 'better' us by hoping like mad we'll adhere to their suggestions of improvement.

But who are you really?

Your definition might be a mother, a father, a son, a daughter, a doctor, solicitor, a sister, an accountant. These are labels. Who you are is what makes you happy and since your thoughts shape your actions and your end results, it makes sense to be passionate in all you do.

Remember as you look at yourself in the mirror that you truly are unique. You deserve love, attention and happiness. You're not perfect and neither am I, but we can love ourselves regardless of any tiny flaws we imagine we might have.

The key recipe to being you is building your self-confidence. You can do this in small increments of time and steps that will ensure that each day you're getting better and better.

- Quit comparing yourself with others. What you can do in your own very special way is appreciated by so many.
- Appreciate that you have an exceptional talent.
- Set realistic goals and progress toward them with thorough steps. Each one is advancement, hold fast to that knowledge.

- See yourself as capable. You can do anything you set your mind to.
- Love this person you are.

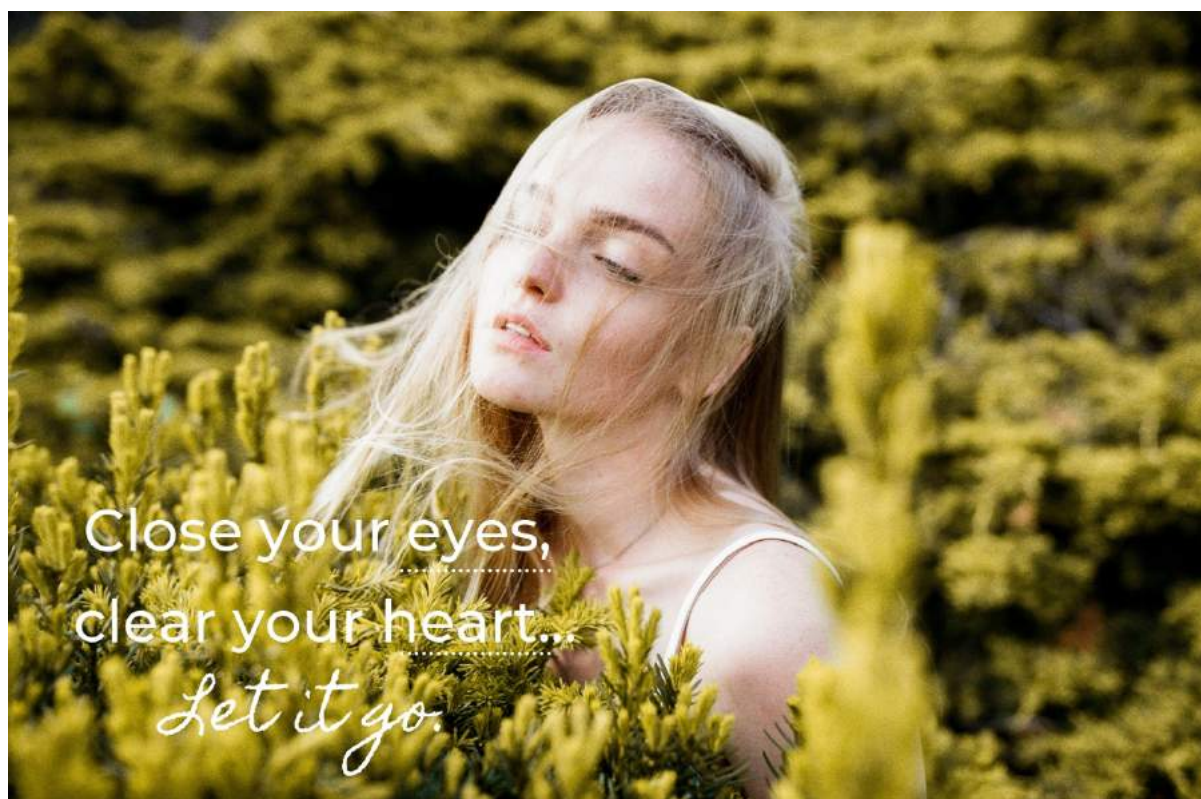
Being curious about yourself will also help you figure out who you are. If you want to know more about your Higher Self, sit down and have a conversation with her. Understand that what you're about to launch into or do or be is what your future self has already done. And the success ... it was worth every step she took!

With her help you have the 'eyes' to see how it all turned out. It truly is a gorgeous conversation and it can be so very informative.

Who knows, you might finish up being astonished at your own abilities and then you can kiss your fears goodbye.

Day 39

—Don't look back, you're not going that way.



One problem with gazing too frequently into the past is that we may turn around to find the future has run out on us. — Michael Cibenko

There's a lot of fun to be had when we can bridge the gap that lies between where we are and where we want to be. Hopefully we've already bridged the one from what we are to what we wish to become.

But the further most anyone can go is when they take the first step toward transcendence. That means going beyond oneself in time where one can reach out beyond oneself to one's future whilst still living in the present.

We've discussed visualisation and we've talked about affirmations. There'll be more on those subjects in later days but when we can see with trust and faith that our future is awaiting our input, why would we make any other choice than to go forward?

This is the time when chatting with your Higher Self can really come into play. Your Higher Self lived in the present moment. Believe it or not, what it has achieved and what you're about to achieve wasn't accomplished in the past.

If we quit spending time reminiscing past moments and anticipating future events, we can live and appreciate the present moment as it is. It is in this time that there is so much on offer; so much to grasp and yet we plan holidays, romantic dinners, weekends and retirement all bound in the future.

All these plans are great but rarely do they live up to our expectations. Our real enemies in life are our 'should's and 'if's. Those two words propel us back into a past where regret lives up to its name. 'I should have' or 'If only' are two phrases that have trapped us in a place that is unalterable and utterly irrevocable. We don't need to look back. We're not heading in that direction.

The present moment is begging us to appreciate right now. The future will take care of itself whilst we're at it.

I AM HERE IN THE NOW!

I am living now.

I am present now.

I am alive.

I am grateful to be here.

I am happy.

I am joyous.

I am wealthy.

I am prosperous.

I am ... you fill in the blank.

You are not some time tomorrow or next week or five years down the track. You are Now.

If you want it now doesn't it make sense to live in the now? Living in the moment is about awareness. It's about feeling the breeze on your face and laughing as you run through the rain. It's about noticing the colours in the flowers or the hue of someone's eyes as you talk with them. It's about listening to your child as he tells you about his day at school or watching the sunrise and nature's creations as the sun sets. It's about living today in the moment *because this moment is unique and there will never be another one like it.*

Learning to live in this moment will help us to regain the balance we were meant to have.

While everyone eventually dies not all of us lives.

Each day is a new beginning. Each breath we take, each smile we smile, each time we look into the eyes of someone we love; all these things we do each day is an opportunity to appreciate and be grateful for who we are and what we have.

When you can do that without thinking about it; when you can feel the gratitude wending its way through your heart, the future, and what a future it is, is so glorious you'll never want to revisit what could have been.

Sometimes we live so far back in the past that we cannot see the present or begin even to conceive of the future. We are so busy holding on to the pain of past regrets or a grudge because someone hurt us so very long ago that we are over shadowed and rendered blind to all that is in the present moment.

Little do we realise that whilst we're doing that, we're actively inviting in more of the same. More past. More regret. More discontentment and way too many if only's. Quit staring down the barrel of your past. It doesn't exist.

The biggest guilt anyone carries is the guilt of not becoming our true selves.

Even though you may want to move forward in your life, you may have one foot on the brakes. In order to be free, you must learn how to let go. Release the hurt. Release the fear. Refuse to entertain your old pain. The energy it takes to hang onto the past is holding you back from a new life.

While you're reminding yourself that your future is safe and fulfilling, your subconscious mind is getting used to the idea that revisiting the past maybe isn't such a great idea after all. Don't be surprised if you find yourself beginning to enjoy each and every moment you breathe regardless of what is tossed at you. That's what life's really all about and the rest ... well, that's already been taken care of.

I wonder what we could let go of today?

Day 40: Paradigms

—A Basic Framework to a New Habit



The road to success is dotted with many tempting parking places — Earl Nightingale

Affirmations are the vehicle to your manifestations. Repeat anything often enough and it will start to become you!

When we affirm 'I am' we need to move forward in faith. That is to act 'as-if'. When we can do that, the information is already in our heart. From there it becomes a 'Knowing'.

This is what is known as a relative to a paradigm.

A paradigm, in the most basic sense of the word, is a framework containing all of the commonly accepted views about a subject.

Your new habit. Repetition is the only way for the subconscious to understand that you are serious about a thing.

You might view repetition as a chore.

Don't. It is the vehicle to change whatever you want to change in your life. It is the means of directing yourself and your life to something amazing.

Very much like Gratitude, saying your affirmations daily becomes a habit. It is a valuable habit with bonuses attached. Affirmation: repeated instruction to the subconscious mind through the principle of auto-suggestion, must be felt.

With any affirmation you should experience a rush of absoluteness that encompasses your entire being. With that rush comes faith together with boundless trust that all is on its way to you.

When you affirm, not only do you need to truly believe in your desire and dress it in a suit of faith and really feel it but you need also to bring it into the now. The first key is using the term 'I AM'. The second key is to be precise.

Affirming 'I *intend* to earn \$250K in Twenty Sixteen' is not going to cut it. Sure you have the faith and the emotion but like an undelivered email, it will float around in the cosmos for eternity. Why? Because your subconscious mind is shaking its regal head whilst calling you a liar. 'I intend' is saying, 'I am postponing a desire until I'm ready to receive it.'

Instead, replace your affirmation with, 'I AM earning \$250K.' Then release the 'when' or the 'by'. Hold onto the trust, the faith and the knowing and visualise yourself earning this money. *Feel* how it would feel and let those feelings consume you. Whilst your emotional processes are in progress, your subconscious is tossing up a high five and saying, 'Okaaaay, let's get this show on the road. You're for real!'

The recipe is to affirm 'I'. 'I weigh x amount' or 'I AM generating x amount of sales' then *Feel* It. Wrap it up in emotion and faith and for a tiny price add determination and temerity when you affirm that phrase every single day. Once your subconscious mind is convinced you're absolute it will then hand over a definite plan of action that you must take whether you are ready or not. You will act accordingly and usually without effort.

When you affirm, it costs you nothing and the rewards can be phenomenal. As you repeat your affirmations you will receive inspiration. Act immediately upon your insights. They can come gradually like birds flying across the horizon of your mind or they can come as inspired thoughts. Either way, this is a communication from the Universe.

You have desired and aspired to having something and therefore you have let the Universe know that is what you want. The Universe has now conversed with you through thought, an idea or an insight as a gift. It is showing you how to achieve it, how to manifest it. Send back your thanks and gratitude for the inspiration and then honour it by taking immediate action. This is the way to turbo-charge the manifestation. It works every time.

If you do not take action of some kind, thereby taking initiative for the team effort the Universe requires from you then you cannot expect anything to come to you. Remember always however, emotion is the key ingredient to manifesting anything you wish to be, do or have.

Emotion is the language of the universe.

Day 41: Living Now

— Developing Appreciation for the Present Moment



Pile up too many tomorrows and you'll find that you've collected nothing but a bunch of empty yesterdays. —The Music Man

The Dalai Lama was intrigued about mankind. 'Man sacrifices his health in order to make money then he sacrifices money to recuperate his health. Then he is so anxious about the future that he does not enjoy the present. The result being that he does not enjoy the present or the future. He lives as if he is never going to die and then he dies having never really lived.'

We learned in Day 39 that living in the present moment is most desirable. Just imagine all those gorgeous awareness moments we'd miss if we concentrated only on the past or the future.

If you're busy organising tomorrow, swallowing regrets from the past and only aware of a second of the present moment then you're doing yourself a grave disservice. It is said that when the earth was created, it was created round so that we would never be able to see too far down the road.

Just for a moment; this moment, stop.

Stop what you're doing.

Stop reading.

Just stop. Breathe. Appreciate.

I did for a moment stop writing and I paused to appreciate an indigo sky, the soft gentle white clouds and the vivid green of the trees all enveloped in the freshness of the air. I tasted a cup of tea, smelled the freshness of mown grass, watched a bird glide gracefully through the air and I felt the transient whisper of the breeze as it cooled my skin.

Now, discover the awareness sluicing through your body as you notice the gentle shift of the leaves in the trees as the wind blows.

Is that bread baking somewhere in the neighbourhood?

Did you hear the sound of the chimes as the wind passed them?

Reach out and touch the velvet softness of your child's skin.

How does your coffee really taste?

All of the above are designed to awaken your senses as well as your awareness. Inside, where your awareness slumbers under your ever beating heart, gratitude awaits to be expressed. Ah, yes you were given breath and life and then death but moreover, you were given right now.

An interesting question you might ask yourself is, 'How long have I lived?'

If you answered, I'm thirty-five, fifty-two or eighty-nine; you have not answered the question.

You have not asked yourself how long you have existed; you asked how long you have lived.

There is a difference.

How many moments in your life have you truly enjoyed? Has your life been a meaningless parade of time where on two hands you can count those moments when you were really alive?

Confronting isn't it?

What are you not taking for granted? Becoming aware of what you're doing in any given moment can be fun and very enlightening. Awareness is like an idea. When an idea conjures, it invites other like ideas into the square and suddenly you've got this huge innovative Rubiks Cube of thought that is just begging for attention.

Awareness invites knowledge, invites thirst for learning invites gratitude. There's a distinct pattern to being aware in the present moment. Being present in the now awakens love, preparation and organisation, an ability to feel peace, understanding, growth and laughter. Not necessarily in that order, but you get the meaning.

A Buddhist monk once said: 'all I have learned in the twenty years that I have been a monk I can sum up in one sentence: All that arises passes away. This I know'.

What he meant was he had learned to offer no resistance to what is; *'I have learned to allow the present moment to be and to accept the impermanent nature of all things and conditions. Thus I have found peace.'*

Things you can do to develop an appreciation for the present moment:

- Take 10 deep breaths and let them out slowly. Doing this relaxes your body
- Say "sham" slowly ten to twenty times. You're combining sound, breath and rhythm to calm your nervous system and mind.
- Day Dream for a few moments. Remember to begin at the end.
- Accept all your feelings in this moment. This first simple step is the step to inner peace.
- Declutter your work space and you declutter your mind
- Hug someone
- Add some more gratitude to your journal
- Set aside 10 minutes for yourself amidst the business.

Accept what is in the moment and be grateful, for it is a gift as profound as faith.

Trust in All That Is.

Day 42: Choices

—You Have a Multitude of Them



For every minute you are angry you lose sixty seconds of happiness. — Ralph Waldo Emerson

Have you ever just stood stock still and asked yourself why you're so angry? And if you have, did you feel that crunchy, prickly feeling that seems to accompany a (thankfully temporary) venomous demeanour?

If you have, you're human. If you haven't you're human. It's just that you've not been curious enough to tune in to the angry person you were a moment ago but in essence are truly are not.

Stay with me here. It's not as confusing as it sounds.

If you're someone who can say; 'I've seen better days, but I have also seen worse ... I don't have everything I want, but I do have all I need ... I woke up with some aches and pains, but I woke up ... My life may not be perfect, but I am blessed,' if I were you I'd be executing the Happy Dance right about now.

Why? Because you're showing your true colours.

You see, with all you think about, all you appreciate, all you realise and acknowledge, somewhere in all that 'all' is a person who is truly grateful. And you know what happened to Mr. and Mrs. Grateful? Ayup, they reaped desires they always knew the Universe would yield. They smile for the feeling it gives them. They appreciate every waking day because they *know* the Universe loves to hear a 'Thank You' from the heart. (Preferably first thing in the morning before the day has even begun), and they are in love with life.

Look, even on the roads where the less fortunate walk there is appreciation and it doesn't matter in what colour the gratitude comes. It's there, it exists and it's real and while they appreciate what is awarded to them, the Universe appreciates them right back.

It's pro rata. Whatever you think about you reap in no more than equal quantity. The 'Down Trodden' just doesn't know society labelled them as such and society doesn't know what it's like to be responsibility free either. Either way, these people are happier when they are grateful.

We've chosen in earlier Days to be happy, joyful, grateful, content and peaceful and life has trotted along like a faithful puppy while we maintained our choices. It's all about choice. We know that now. It's all about what you want.

If your spouse is in a bad mood; if his or her day isn't going well, you can rest assured they're not, not only living outside the present moment, but they also forgot to choose. They're allowing outside forces to govern their moments.

Remember, for every moment you choose to feel angry, you've sacrificed sixty seconds of happiness and joy. Calculate that into a year and not counting the hours you're asleep, it seems like a huge waste of life when you have the power to feel something so much better. We're all now aware that we have the power to choose to be happy, fulfilled, content and peaceful. Why aren't we using it?

I am responsible for my own emotional world. You are responsible for yours. I cannot blame anyone for making me angry or sad or happy or euphoric. I choose to be *one* of those things for I cannot be two of them at once.

We all accept that there are going to be good days and bad days. We don't welcome the bad ones but they come nevertheless. So what do we do with them when they've arrived? We turn them around!

Have you noticed that a bad day is just a bunch of frustrations tied up with farmer's binder twine?

Frustration is a myriad emotion. It's got anger, sadness, fury, regret, guilt and anxiety all wrapped up in little layers like a hay bale. Little layers like biscuits. Layers that can be easily peeled off, one by one.

Stand aside and look at your frustration. Or your anger for that matter. Recognise it for what it is. It's a pain in the toosh! Whoever chooses to revel in that kind of sad, energy debilitating world is not being true to herself!

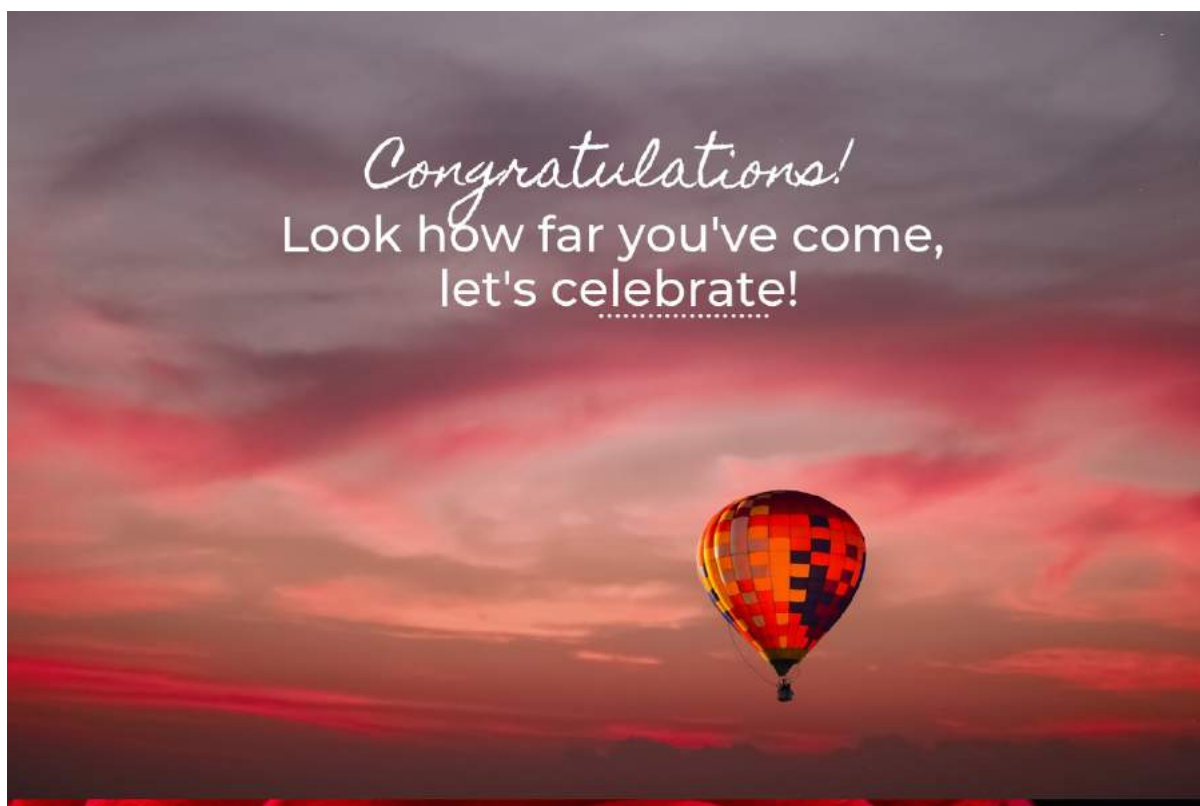
Recognising that you're annoyed, furious, angry, unhappy, anxious, whatever ... gives you an opportunity to recognise it; not to dwell upon it. Now, turn it around. You've got the tools.

Wave at it! Then shout, 'Hello! I'm not entirely glad you're here, but I accept that you are.' Now, you have the power to give it a swift kick up the ... where the sun doesn't shine and smile as you wave it on its way out of your realm.

Look, it's a given. It works every time because while I'm waving at it like an idiot, vigorously flapping a hand at thin air, I begin to laugh because of the picture I imagine I must be painting and voila, the anger has dissolved.

~ I don't believe you have to be better than everybody else. I believe you have to be better than you ever thought you could be. ~

Day 43
—Congratulations!



Take pride in how far you've come. Have faith in how far you can go. But don't forget to enjoy the journey. — Michael Josephson

You must celebrate!

You must thank yourself for the progresses you've made and while you're there; tell your subconscious 'Thank You for believing in me.' Think about how far you've come over these past few weeks. It wasn't as difficult as you may have first thought.

Will you feature that ...? Your Higher Self is standing just over there and the applause is deafening. Just look at that smile!

You're now able to get yourself into a Happy Place. You can clearly visualise. You are becoming aware of your daily thoughts and you are eliminating the negative ones. You have set your intentions and you're journeying toward your goals! And your word tracks, haven't they changed into positive statements?

Wow, that's real progress and it all gets easier and easier over time. I'll bet you've come further than you even imagined; because you have. In fact, although what you've achieved so far is only half of the equation, the rest of what's in store is a walk in the park.

Well done and congratulations on coming thus far.

The important thing here is that you've been true to yourself. You've satisfied a part of you that was looking for some answers and here you are. You've come a long way and during your journey you will have noticed some subtle changes. They were all effortless and painless, did you notice?

You're making wonderful progress just by taking each day one by one. Allow your mind to slowly digest what it wants. Those gold nuggets it is thirsty for are making their way into your subconscious where they will be analysed and utilised for your greater good.

If you feel your understanding on any of the past 42 days is a little hazy, write it down. Make a list of what isn't fitting together for you and together we'll work through it.

On the home page you'll find how to get in contact with me. If you feel you'd like to discuss any concerns, I am happy to help.

Get ready to go full steam ahead into learning and understanding what your core values are.

Bring on Day 44!

Day 44: Core Values

— your belief in what is right and being willing to fight for it.



Always be a first-rate version of yourself, instead of a second-rate version of somebody else.

— Judy Garland

Core values are the gems you hold within. Core values are what makes the essence of you, you. It is the importance of honesty, personal integrity and courage. It is your belief in what is right and being willing to fight for it. But more than anything, core values are the words, the feelings and the emotions you live by.

Let's proceed into the magic of core values. Remember it's all about you.

Your personal core values define who you are. They are the mind theories that fuel your decisions. They are what motivate you to strive to become better than you are. Core values mean trust, love, health, freedom, security, conviction, hope and exciting activities that make your heart smile.

When you have an idea or a belief that is important to you, you make it a significant influence on all that you do and how you behave. Example: If you value your health, your actions will be aligned with preserving your well-being.

If you're not sure what your core values are, you can discover them by asking yourself a question.

What is important to me in my life?

Grab a piece of paper and make a list. Write down everything that is important to you. What turns you on, what keeps your passions alive? What gets you out of bed in the morning? Now, examine your behaviours to determine if they support your values.

- When you know what your core values are you'll find making decisions becomes so much easier.
- If your job requires you to work away from home more than you feel you should, your values will enhance your instinct to release the job and find a new one. Your relationship with your spouse and family is more important to you isn't it?
- If you go against your core values, you'll find stress around every corner of your realm. Warning: If you're not prepared to be true to yourself, you'll be pulled in every direction.
- You may have a lot to complete in a given time structure. Suddenly you're emotionally competing with time and deadlines and you feel guilty because of where your time is being spent. Listen to your core values. What is priority?
- If you go against your core values too often you might just be in for a round trip on the back of self-sabotage.

Self-sabotage is an insidious enjoyment blocker. You do stuff you really shouldn't do or the opposite, you don't do what you know you really should. Worse, you're looking after everyone else's interests but your own. All that creates resentment and self-loathing if it's taken too far.

So where do they come from, these core values?

To begin, core values are what shaped you while you were growing up.

Your upbringing:

Where you were raised,

How you were raised,

What you experienced will be the root of your core values.

Some of them come from your social side, some come from what you've politically heard and others are cultural. You may even hold values that have been handed down to you through generations.

However, they arrived, core values are your own self explained story. They define your honesty. Being honest with yourself let alone others is the first step toward true self-respect. In fact, they go hand in hand. They're yours. You own them.

Consider this; if you continue to do what you know you ought to do, make decisions you know will benefit everyone involved and hold fast to your own inner values, then what could possibly upset your apple cart?

Core Values matter.

In the opposite direction, if you were to live your life wherein you were not aligned with your core values, you would find it very challenging.

Example:

- With all the best intents and purposes, someone makes a decision on your behalf without your consent. How are you going to feel about that?
- High on your list of core values is honesty and integrity. How are you going to feel if someone you trust lies to you?

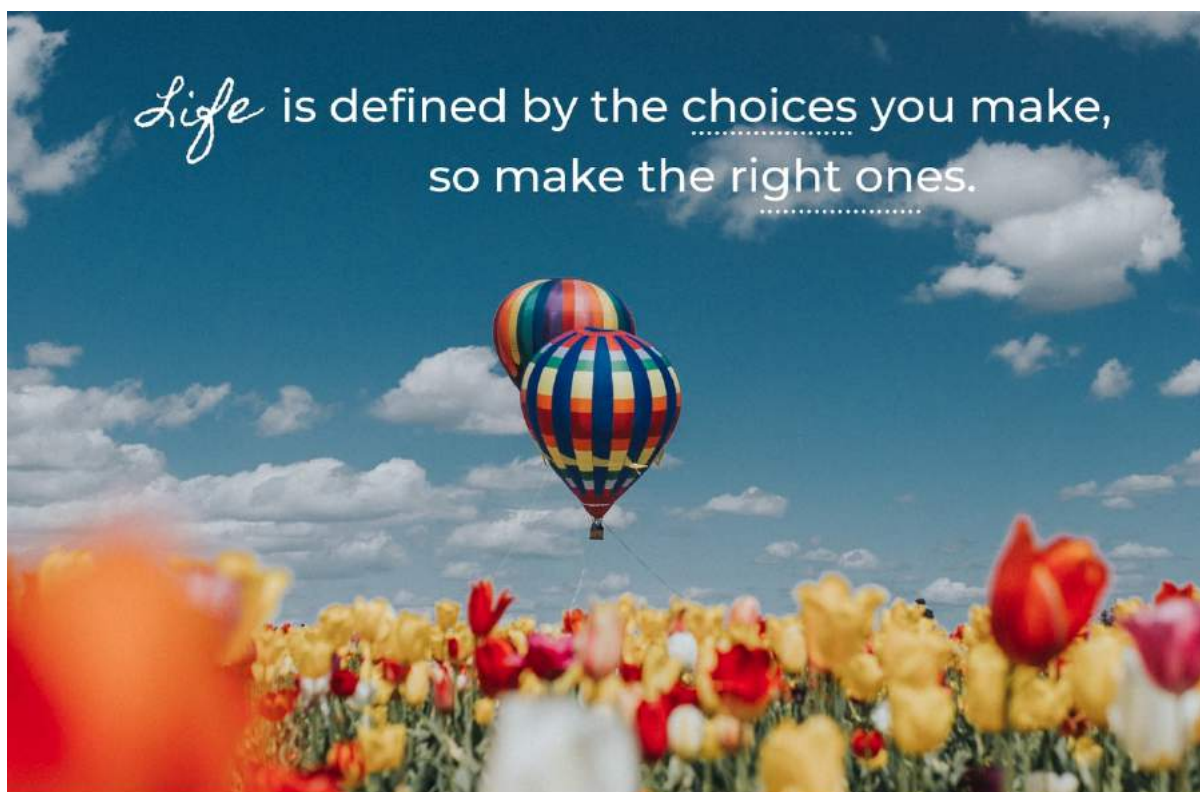
When you have a handle on your core values, get to know them and learn from them. Embrace the ones that serve you; they're going to be your lifelong friends.

You'll discover that gorgeous light that shines when you are true to what really matters to you. Your core values will explain to you why you feel what you feel when you follow your own integrity. There is nothing more precious than being true to you.

Heed the words of your soul and watch your life's inner being glisten with joy.

Day 45

—Naysayers. 'Really? Tell me about the time you tried it.'



Piglet sidled up to Pooh from behind. "Pooh?" he whispered.

"Yes, Piglet?"

"Nothing," said Piglet, taking Pooh's hand.

"I just wanted to be sure of you."

— A.A. Milne, Winnie-the-Pooh

You're you. You've got your core values stacked and you're on your way from misery to happiness today. Please pardon the pun.

You're now aware that your core values, or rather sticking zealously to them makes decision making effortless and you know you are going in the right direction. You also know that heeding the whisperings of your core values enriches your life. You'll always use them for guidance. They're very valuable.

But what about you? What about that prevalent moment when the you inside you is brimming with gusto and passion? You're excited. You've got an idea and you're anxious to launch it. Your enthusiasm is at a premium level and you're almost ready to burst.

You've got to tell someone!

Every word you say is punctuated with bells and whistles and streamers are flying. It's a heck of a great idea until ...

Definition of a Naysayer: One who frequently engages in excessive complaining, negative banter and/or possesses a genuinely poor and downbeat attitude.

You've probably come across a naysayer somewhere in your life. He just trampled all over your sand castle. He tried to discourage you. He slammed his fist down on your dreams and goals and then laughed because he thought you were joking when you said you wanted to be a successful musician/artist/lawyer/writer.

He told you 'impossible!' when you shared your grand plan and tried over and over to talk you out of it. It's too expensive/risky/frightening/stupid/irrational and furthermore, what if you fail?

You're sitting there and suddenly you're wilting and withering and you release the last of your belief and hope in a sigh of utter resignation.

He's right. He knows best. It was a silly idea anyway.

I mean, how could I possibly be able to get my grand plan off the ground? Besides, it really is too risky and it's quite scary and what if ... oh boy, what if I fail?

Okay ... so I'll just forget it.

That scenario is real.

It occurs more often to some of us than we care to admit. But when we own us, when we are true to ourselves (remember core values) all those words you read are just words. Words without meanings.

Indeed, on the other hand if you do choose to allow the naysayer to crush your dreams, just ignore your core values. Good, you're doing great. You're about to dive off the highest self-sabotage board into the pool of future regret! Your friend is *not* right. Nor does he have the right to frighten you away from your goal.

And the only reason he's discouraging you in the first place is because he's in awe of what you were about to do. He is frightened that you might just pull it off. And he's scared that you'll succeed and that when you do, you'll leave his realm.

- You're going to leave the familiar in a small way when you launch this new idea in any case.
- Be selective with whom you share your goals and dreams and don't let go of your vision.
- If you have something tangible to show the naysayer that you're on the road to success so far, there's nothing more to challenge.
- If the naysayer remains adamant that something won't work, that it is impossible, listen without interruption and then respond by saying, 'Really? Tell me about the time you tried it.'

I think you'll find you'll have backed him into a corner with no ammo.

Do the things that reflect the real you and you will always be happy with yourself. When you are true to yourself, you allow your individuality to shine through. Respect the opinions of others but you do not conform to their expectations of you.

You remain open minded and you listen to the opinions of others. You are never disrespectful but you will not allow others to define you or make decisions for you.

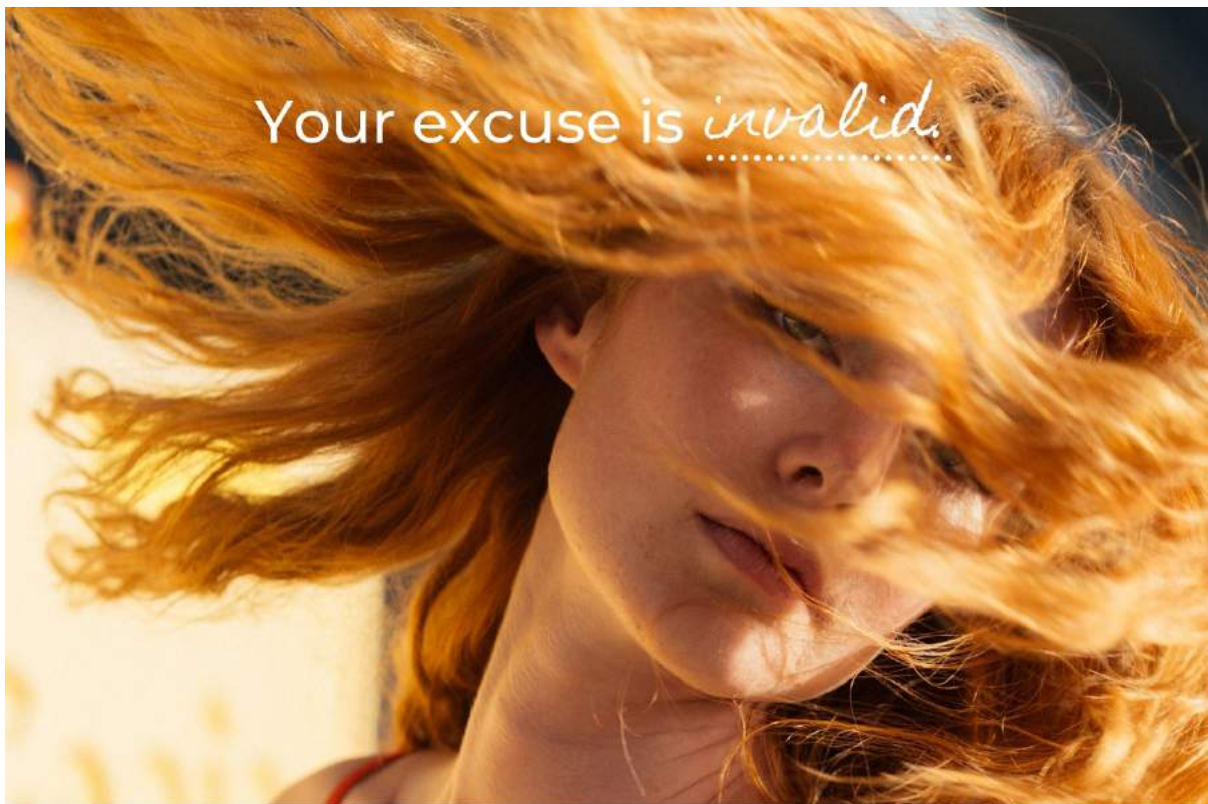
You have a role to play in this life. It takes courage and tenacity to be true to yourself but when you live your life in accordance with your highest values, you'll find that the naysayers will either leave your realm on their own account or they'll seek you out for a piece of wise 'how to' advice.

You're on the road to not only enriching your own life but the lives of others who now watch you as you succeed.

"First they ignore you. Then they laugh at you. Then they fight you. Then you win." ~Mahatma Gandhi

Day 46: No Excuse.

—Do what you love and stick to that.



When you get into a tight place and everything goes against you ... never give up then, for that is just the place and time that the tide will turn. — Harriet Beecher Stowe

If you've ever read the all-time classic, *Think and Grow Rich* by Napoleon Hill, you'll remember the story of R. U. Darby.

One of Darby's uncles had contracted gold fever. One day he staked his claim and began to dig using a pick and shovel. It was hard work and after several weeks the uncle discovered a vein of shining ore.

He carefully concealed his find and returned home where he would raise money for the machinery he required to unearth the ore and bring it to the surface. Having spoken of the 'strike' to a few relatives and neighbours the money was raised and the machinery was shipped to site. Darby travelled with his uncle back to the claim where they worked. It would become one of the richest mines in Colorado.

With the cars of ore being sent to the smelter, they figured they'd clear their debts and then they'd enjoy the profits. But something went wrong. The supply of gold dried up. The vein had completely disappeared.

They drilled on, kept the machines moving but their efforts were fruitless. Finally, they just decided to quit.

They sold the machinery to a junk man for a few hundred dollars and returned home where they paid back all moneys owed to their lenders.

The junk man called in a mining engineer to examine the mine. The engineer explained that the mining project hadn't gone to plan because the miners were not familiar with fault lines. He calculated the vein of ore would be found just three feet from where Darby and his uncle had quit drilling. That is exactly where it was.

The junk man took a profit of millions of dollars in ore from the mine because he had sought the expertise of someone who knew what they were doing.

Darby went on to become a very successful and wealthy insurance salesman who earned phenomenally more than what he would have from the mine, but he remained determined never ever to give up so easily ever again.

All of us have to navigate the bumps in the road on our way to achieving our goals. Some of us also have to decide whether or not to take the left turn instead of the right. And some of us need to rethink our 'chosen' path because we've taken the wrong approach.

When you feel as though the passions have run dry and the rewards just aren't what they're cut out to be, and you're about to justify your reasons for giving up, this is the moment that the tide turns. Before you walk away from your dream and return to something far less interesting, ask yourself; why did I want to pursue this goal to begin with?

You committed to this goal plan because it meant something to you. What changed?

I'll hazard a guess and say that nothing really has. You still want the things that made you pursue the goal. You probably want them as much as ever but you quit believing you could have

them because everything you've done so far just hasn't come quickly enough for you or worse, just hasn't worked out.

Your choice; do you push through this temporary adversity knowing it will be worth it once you have done so, or do you give up?

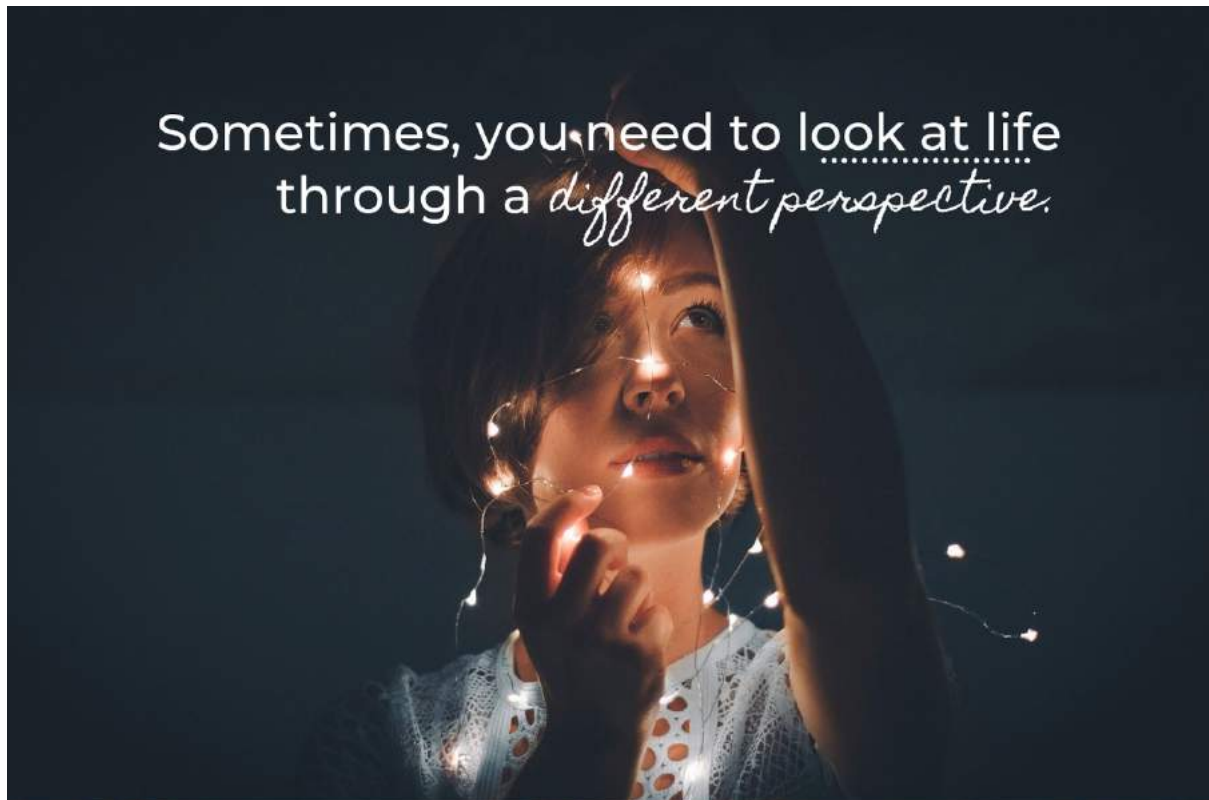
Only you know if your goal is worth the effort it will take to bring it to fruition. There are ways you can analyse whether or not it's got a good chance of coming to life; in particular, by reading your internal gauge.

Your emotional 'temperature' is what will give you a true reading. How passionate are you about this *thing* you want to be, do or have? If you're dying to get started right away there shouldn't be any question. Any tiny doubt that raises an excuse can be analysed by asking yourself if you really can be bothered to take the next step.

The only real way to know if you're right for the situation or if the situation is right for you is to align yourself with your passions. Do what you love to do and stick to that. Of course, by all means take a slightly different road if the grass looks green and inviting enough to go rolling in it. You never know what might just become a new passion and you can never have too many.

It is entirely up to you.

Day 47



The difference between ordinary and extraordinary is that little extra. — Jimmy Johnson

Imagine carefully planning every single day with someone else's view in mind. Imagine never being able to use your own insight or ability. Imagine having to be content to do just that and no more, to see just beyond and nothing else all because that's what the Joneses do.

Now, imagine being stuck in that same familiar place day in day out because gee if you stepped beyond the boundaries, someone might deem you as selfish or thoughtless.

And yet, you are an individual with unique thoughts, abilities and talents. You know it. I know it. But if you're going to remain in a state of stagnation abiding by someone else's purposes, then so be it and you can't expect to receive much for doing so.

Tomorrow is brand new; but so is the very next moment. When you allow yourself to visualise your future actions and step toward it with the current moment in your forethought, you have the right to exercise your own options.

You are capable of a lot of things and you will find that you are more capable of doing stuff that particularly means a lot to you.

You have already discovered your core values and they are now aligned with where you want to go, with what you want to be and do. Your decisions should already be effortless and you will have felt that absolutely unmistakable sense of purpose. Your core values are the sprinkles, the sparkles, the glitter. They're the crumbs dropped by the Universe for you to follow. They are the echoes of your ideas. Your thoughts brought you this far and your values kicked in. I hope you're grinning at the vision as you imagine yourself happily fulfilled because you've come so much further than you imagined. Just look where you've been and where you've come!

When you're fully focused on your life, your values will take you to wherever you want to go. You are familiar with the term, 'Thoughts are Things'. Any 'Thing' can bring wealth. It can bring in a wealth of happiness and harmony, a wealth of peace of mind, of physical health and ability and wealth for riches sake. But, if you're content to just ride the inner tube down the Joneses tidal river then there's little more the Universe can offer than the same old stuff that's been happening in your world for a long time.

Utilising the individual in you will only occur when you combine it with a definite desire to bring your passion to fruit. That definite desire requires focus and core values. You already own a sense of determination, temerity and persistence. You will also own a strong sense of faith for without these ingredients your dreams will drift in vain.

Give yourself a pat on the back. That is a priority. Next, forgive yourself for your past errors. They're past, they're gone and they no longer exist. Now take on board your knowing. Know in your heart of hearts that any new decision *you* make will be made easy when you tune in (focus) on your core values.

You must know what you want in order to receive or achieve it. Your future self, armed with its core values already has the blue print. There is no greed, no selfishness and no oneness here. What you perceive to achieve will be a benefit to all who walk beside you.

Listen as your future self whispers 'What about you?' And when you heed what it says you'll be virtually failsafe.

Sometimes you need to look at life through a different perspective ... your own standpoint. You can do this by taking a moment to be by yourself.

I'm fortunate to take a moment, more like a couple of hours every morning to ground myself. My dogs and I walk the shores of a beach that hems the upper eastern side of Australia. As I look at Fraser Island, glance down at the wonder of nature as soldier crabs bury themselves in the sand, as I gaze at the intricate patterns a sea creature had made of his now abandoned shell, I am aware of my feeling of peace and utter bliss and I silently ask, 'How does it get any better than this?' That kind of inner contentment is priceless. And it is in these solitary moments with the Universe that my gratitude over flows. My life is my life. I live it the way I prefer to live it, without the should's and would's if they could's and although it hasn't always been as free and easy, I knew eventually I would experience what I've always dreamed of; a life of design.

If you can teach yourself to preserve a habit to understand that the glass is always half full, never half empty, you'll realise too that the very simple, the very satisfying, fulfilling things in life costs absolutely nothing.

Why?

Because you chose your life to be as exciting, as serene, as happy and as rich as you envisioned it would be. It took patience, a lot of baby steps, and a little criticism from people who said 'it's a waste of time and effort ... it's so selfish.' Those critics unknowingly buoyed you for you had a whole lot of trust in yourself and as determination bubbled you knew you were out to prove them wrong.

It's the life of the unwavering personality who knows that by her own vision, she's assured success no matter what she's doing.

Day 48: Gratitude



Gratitude is one of the
most medicinal emotions we can feel.
It elevates our moods and fills us with joy.

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow. — Melodie Beattie

When you discover the power of gratitude there really is no turning back. And why would you? I'm fervently hoping you have made a habit out of writing in your gratitude journal daily.

Why?

Because it is powerful!

But how powerful is powerful?

One very dominant law of the Universe is gratitude. With a specific attractor energy field, gratitude is a magnet. It attracts other forms of grateful energy and expands. It brings more into your life to be grateful for, more love, more happiness, more excitement, more bliss.

Your gratitude journal, gratitude diary, whatever you wish to call it, is filled with the supreme rule and command to bring to you *more* of what you're grateful for. When you physically write with a pen in your gratitude journal, several wondrous things begin to occur.

I take this opportunity to briefly explain that typing on a keyboard uses only eight muscles in the hand and leaves very little to bring about the emotions within kinetic movement (the muscles in the hands). Therefore, the first attractor aide is your neuro-motor control which employs kinetics. In other words, by using your hand to physically hold a pen and write in your journal, you're opening up doors that have been previously ajar or worse, closed. Very little of the gratitude elements have been able to squeeze through the tiny gaps left between your typed words.

Your journal reminds you to think of at least five things every day that you can feel grateful for and something very special happens. Negativity doesn't have a hope in Hades to penetrate all that gorgeous positive energy.

You're thanking the Universe for your electricity, your home, your warmth, your comfort, your peace of mind, the money that flows to and through you, your water, your food, the coffee you drank this morning, that gorgeous book you read, the flower you received, the door that was opened for you, the compliment you received, the air you breathe, your health, your happy heart, your walk, your bright eyes, your pets, your siblings, sunshine, laughter, your education, your children, liberty, the men and women fighting wars so you can maintain your freedom, your ability to learn, the clothes on your back, fresh clean sheets, the computer you're reading this page from, the internet that connects you to sites like this.

Look, I could go on and on. But the reason the above list is extensive is because numerous times I have heard people complain that they can't think of five things to be grateful for. Knock the 't' off can't immediately.

Gratitude. Just the sound of that word is filled with music. Gratitude fills the heart with love and sunshine smiles. But when you know the boundless rewards gratitude brings back to you, you'll find it very difficult to ignore your glorious new habit.

Imagine being able to flip back to a moment in the past when you were grateful to the person who gave you your first job. Then you were grateful for the cash that flowed to and through you.

You were grateful for the experiences and the skills you acquired. Now here you are Managing Director of your chosen passion.

Indeed, life rewards you when you reward it.

There's a reminder that is pertinent to everyone who is indeed grateful and that is to feel your gratitude *before* you receive and to appreciate the fulfilment of giving back.

'You say grace before meals. All right. But I say grace before the concert and the opera, and grace before the play and pantomime, and grace before I open a book, and grace before sketching, painting, swimming, fencing, boxing, walking, playing, dancing and grace before I dip the pen in the ink.' ~ G.K. Chesterton

To cultivate joy, pay attention to what you like then say 'Thank You.'

I want to impress upon you just one important thing about writing in your Gratitude Journal and that is this.

Gratitude is as effortless as breathing but vital to a fulfilling life. Enjoy yours through your written gratitude. Don't write stuff down just for the sake of reaching the tiny goal of five new things you're grateful for. If you're not feeling anything at the time of writing it, it will become a very empty exercise.

Don't set a minimum number of things to write each day. Expand when you can and write what's in your heart. If you find only three things in a day to write about, that's okay too. No rules are set in concrete.

Don't feel you need to write in your journal at bed time either. Write that joyful experience down when you feel like it. It's a way of capturing that truly emotional feeling you experienced when the event occurred.

More than anything, don't rush. Let your words flow. Allow yourself to feel that warm, loving feeling you get when your partner makes you a cup of tea, or your little one reaches out for a hug. Being grateful for your computer is not going to give you that kind of warmth.

Day 49: Failure and What You Can Learn



Just once it might be instructive to pretend you're accepting an award for failure, just to see who you would thank. — Robert Brault

Concealed beneath any failure, if you look closely enough, is the whispering encouragement to try it again.

Failure is a great teacher but it can also be the greatest critic.

You have your blue print, your plan. You have your vision and you're filled with irrepressible excitement. You're ready to launch. You just know that promotion is yours. Then 'whoosh' the proverbial carpet is pulled out from under you and you're sitting there wondering what just happened.

An important question that might lessen failure's interest to revisit is this: Did you plan your approach thoroughly? When you try again, consider what the potential setbacks could be and see if you can figure out how to overcome them. With this strategy in place *before* you begin again you've got a better chance at success.

Preparation is a great place to begin. Consider this scenario. You're about ready to plunge into a career that is going to demand your time, your patience and your passion. You plan your strategies and you equip yourself with visions of achievement and success. You're aware that taking this step is a step closer to the position you really want. Management. Your vision is set *before* you begin your launch, *before* you apply for the position, *before* you approach the board.

If you found you had stops and starts during the execution of your goal, if your efforts were full forward one moment, intermittent the next and stalling the next, therein is a tell-tale sign that your motivation to reach the finish line wasn't entirely dependable.

Next time have an incentive in place. Better still, have several in those moments when it is critical you cross the next bridge or turn at the next cross road. Your future self with thank you.

Failure can trample all over your best laid plans. It can bring a pall of passive, 'I-don't-care-anymore attitudes. And watch it celebrate when it does. That's exactly what failure sets out to do, to win.

Well, I'm sorry Mr. Failure with a capital F I'm in this to triumph!

If you feel that you've tried your damndest, you've done your best, you've astonished yourself with your prowess and skills and still, that promotion remains out of reach, don't sit there and allow despondency to wraps its tentacles around your reason and logic. That's exactly what Failure wants.

'But I've done everything in my power to achieve what I have failed at for the past three months.'

No, you haven't! You haven't even come close!

What's your next game plan? Do you still feel the way you felt when you hatched this desire? Are you truly passionate about achieving your goal? Good. Now find out how to better your chances at success.

These questions will naturally surface. Allow them to do so and acknowledge that they are coming from your future self, who by the way has already achieved what you're about to. Don't give up.

New strategy, new plan and you're on your way again.

Ask your future self what she did to accomplish what you're about to. Did she take up a workshop to learn a little more about the procedures required to attain that promotion? Did she strengthen her relationship with colleagues? However, you attack this new plan, remember you are the captain.

Emotions have a huge role on the stage where failures play. The first thing you want to remember is that you are human. Do not beat yourself up because you didn't quite make it this time. Know in your heart of hearts, if you've got the goods inside where passions reside you're closer to success than ever.

But what of the emotional sting that can come right behind failure. These stings are very strong and like to watch helplessly as your personal wealth withers before your eyes. There is a tapestry of emotions that can debilitate a person from the very get go. Disbelief followed by anger, resentment and distress. Then there's the guilt that not only is the failure due to a lapse in judgement but there is absolutely nothing left to salvage. Nothing.

Self-blame and hopelessness can consume a person in a matter of hours of having a huge setback such as the one described above. Then there's the withdrawal from people, the embarrassment and depression which on its own causes those closest to you distress.

If the failure is a deeply emotional event you must allow it to take its course always keeping in mind that when a door slams in your face, somewhere a window opens. You've got the opportunity to accept what has failed, test your patience and believe in your soul that all is well.

All is well is not a play on words. It is a Universal truth that spells F.A.I.T.H and T.R.U.S.T.

Realise however, that learning from failure is not instantaneous. Time is your friend. You'll need a little of it to smooth the waters of guilt and humiliation and all of the other emotions that will come to call while you're still evaluating your situation.

A word to take with you. Above are negative emotional aspects. All of those mentioned can severely interfere with your performance. They can govern the path your attention should take thus frustrating your ability to process information. Thus this kind of mental interference diminishes your ability to learn why you just failed.

Thomas Edison said, 'I have not failed. I've just found 10000 ways that won't work.' He never allowed failure to stand in the way of his dream to succeed.

Determination to reach your goal is your friend. Ask your future self what she did when failure tripped her up, and then listen very quietly. The answer is already within you.

Day 50: Forgiving



Forgiving is rediscovering the shining path of peace that at first you thought others took away when they betrayed you. — Dodinsky

Forgiving someone who has deceived you can be a very difficult task. Often, there's a tiny voice inside that says, 'Why should I forgive him when he wronged me?'

You have been given the gift of choice. You have also been given the gift of emotion. However, the emotions you choose to employ can either debilitate or soothe.

I'll make a bet with you that you've done something to hurt another. It wasn't intentional but it stung the other person in your life. Did they hold a grudge against you for it? If so, has the grudge thawed? If not, then they haven't forgiven you. And further, the fact that they haven't is not your responsibility.

The barbs of betrayal are like thorns that constantly sting when your memories of the distasteful event awaken unbidden. They come calling without an invitation and if you let them they stay.

Pain is inevitable when you have been let down and it is an all-encompassing component but it is also an optional component that you can accommodate or release.

When you cling to the negativity of an event, you allow your anger to swallow you over and over and over again and you're unknowingly handing over the reins of your own power to the perpetrator when you refuse to forgive.

There is no time measurement for recovery. For some people forgiveness occurs very suddenly and for others it can take many months, even years. There is no *right* time to forgive.

But if you can say, 'I'm releasing this. I am not prepared to invest any more resentment and bitterness into this event or the person who caused it,' you are inviting peace into your realm and you can undoubtedly find closure.

There is a hallmark in all of this. The truth is almost always never pleasant when it compounds the interests of a person, particularly the one who allowed the event to take place.

That's right. You allowed these unpleasant circumstances into your realm.

The person who betrayed you had an opportunity to disappoint or to give you pleasure but you were disappointed and only by *you* were that door opened. No-one else had their hand on the knob.

Think about it.

When did that person arrive into your space? Who let him in? And so the association of thoughts will bring you to the beginning of the end.

The thing to do now is forgive. And if that leaves a prickly feeling inside it is meant to.

In order to give yourself a chance to forgive and forget, listen to your internal dialogue. You are the most important element in all this.

Your thoughts encompass the words you say. The words you say are the words you are living by right now. These words are filled with anger and revenge, frustration and pain.

Write these words down and while you're writing don't edit or judge them. Just let them flow and write them as they come. Allow them in. When you're finished, read what you've written.

Is what you've written fair and reasonable?

Is it true? Now, burn the piece of paper.

Someone may have said some pretty hurtful things to you a long time ago. It's past but why did you take over for them when they stopped saying those things? It's time to forgive first of all yourself then the person who hurt you.

Have you considered requesting an apology? The person behind all this pain can only say 'No.' but chances are they won't because the deed will be playing on their mind too. After all, like you, they're only human.

Forgiving someone for a deed of betrayal is not condoning them. Forgiving them is forgiving yourself and there is vast consequence in that very act.

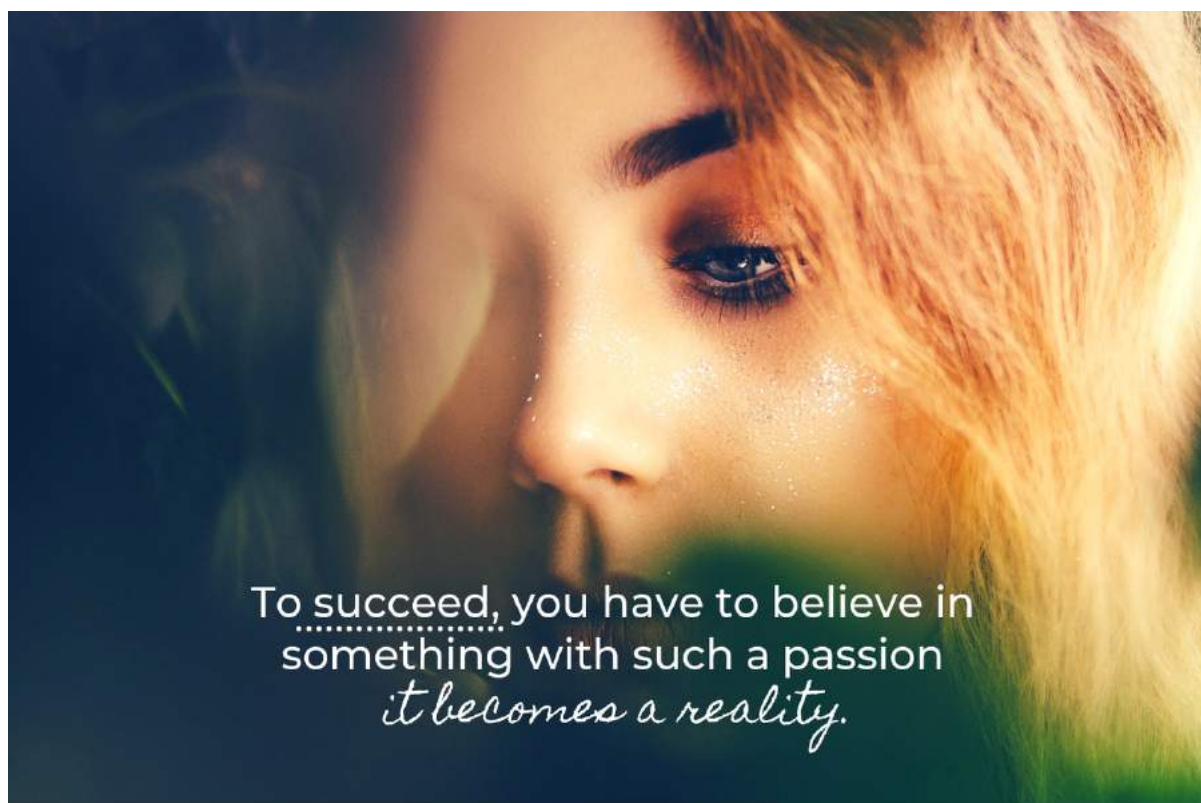
If you can forgive, (yes it's hard), you will reward *yourself* with a sense of immense peace and tranquillity. Anger, vengefulness and resentment will dissolve the moment you refuse to endow the person and the event with any further resentment and anxiety.

Look, you don't have to like them. There's no rule that says you do, but when you have consciously forgiven them, you have the option to forget them and move on.

Remember the little secret told to you days ago? It mentioned a wee piece of profound truth about how people who aren't on your 'street' tend to leave your life. You may wonder why they would leave when you and they were such close friends. I'll counter that and ask, if they were such close friends, why did they betray you and why did you take the opportunity to allow them?

I think you'll agree you're better off without them in your realm. Forgive them, release them and allow peace and tranquillity to strengthen you as your forgiveness is relinquished.

Day 51



Passion is energy. Feel the power that comes from focusing on what excites you. — Oprah Winfrey

Do you know what you are passionate about in life? What actually gets you leaping out of bed in the morning? What gets you feeling energised and happy? What inspires you?

Passion is triggered by something that rewards you the most. Passions are those delicious pursuits you can't wait to get involved in.

How does one discover his or her passions?

- What are you good at and what inspires you to keep being good at it?
If you love to cook join a cooking class. If you love photography, pick up your camera and go take pictures. If you love dogs volunteer some time at your local rescue or shelter.
- Have you had compliments on something you've achieved?

We've all been told that we're good at *something* but many of us just brush a compliment aside. Regardless of where those compliments come from, there's a lot of heedful truth in them.

- What did you love to do as a child?

This is one of the simplest remedies for finding a passion or two. Remember those days when your imagination was fertile and you found you were annoyed because you had to drop everything to eat and you couldn't wait to get back to what you were doing? That's where passions live.

- Take note of how the time flies when you're doing something you love.

It is amazing how time vanishes when you're totally immersed in something you love to do. We've all wondered where the last few hours went while we wrote, danced, knitted, painted, photographed, cooked up a storm or relaxed in the garden as we tended our plants. Therein passions are concealed. All they need is for you to dig them up.

- What would you love to do that you don't get enough time for?

No one feels more robbed of a pastime when they haven't got the time. Find the time. Even if it's only an hour that you have to invest in doing what you love, that hour will be well spent. It's a mood changer too.

- What if you intentionally noticed things you enjoy doing? Just don't be hindered by the thought of doing it the wrong way.

Trying new things increases dopamine levels in the brain and this enhances heartfelt contentment. Dopamine is a neurohormone that is released when you're doing something you love.

Passion is a belief you hold within and what you are passionate about will largely depend on how deeply you believe in yourself and where you are in your life.

Don't start worrying about how many years you have left to chase your latest hobby. There are many dreams you've yet to fulfil and when you hear your calling, you'll know it has come at exactly the right time for you.

Be reminded that what you have uncovered today as the passion you are about to pursue is not necessarily what you would have desired five or even ten years before. Allow this gorgeous moment to fill you with an extraordinary emotional rapture as you embrace and appreciate your new interest.

And don't be in too much of a rush to make it a lucrative pastime either. Allow yourself to truly enjoy the touch, taste, sound, and sight of this new adventure and when the time is right, you'll find your own unique way to market your skill if you so wish.

The secret to finding your passion is being aware of what you love to do. Allow yourself to dive full forward into it and truly enjoy every moment without being scared that it may go wrong or even awry. This is what real passion is about. Give yourself 'permission' to really embrace a pastime that you love so much and remember you don't have to be exceptionally good at something for it to quantify as a passion.

When it comes to your passions, the only thing that matters is that you enjoy them.

Life flows when you are following your passions – you can make decisions easily and the guesswork magically disappears.

If you find it difficult to discover what really ignites you, think back when you were a child. What amused you, what kept you rapt and attentive and what did you really enjoy doing? Somewhere in your past, you found a passion or two. Chances are you still love doing that very same thing.

~ If you find you're still in a quandary to know what you're passionate about, we do an amazing passion test as part of the course and it really does help you find out what ignites you!

Think about what your passions are today and I'll share mine with you tomorrow!

Day 52: Keeping the Passion



I used to be afraid of failing at something that really mattered to me, but now I'm more afraid of succeeding at things that don't matter. — Bob Goff

It's born in us. It's an inherent desire to enjoy whatever we do, be it our work, when we play and when we relax. But what's more important is enjoying what we do and doing it with love.

It's not difficult to locate the button that keeps your passions alive. When you think about all those gorgeous activities you've got stored in your memory, you might even have evidence of some of those moments on your walls ... remember how you enjoyed painting that? Oh and how the time flew.

Aunt Agnes said she adores your work but ... well you know, it's not really good enough to hang in the State Art Gallery.

It doesn't need to hang in the gallery unless *you* absolutely want it there.

You want it there? Okay we'll get to tapping on that in a while. Tapping you say? It's a technique that brings miracles to life. We'll be learning about it shortly.

In the meantime, getting back to doing what you love; I'm hoping you've spent some time recognising those magic moments when the time did truly vanish and you were feeling mildly annoyed because you were being torn from something you just wanted to do forever. Yes, you know what I'm talking about. It's within us all.

You were promised a share experience ... I promised I'd share with you what pushes my passion buttons and those of others who I'm close to. With these offerings you might be inspired to try a couple on.

- ~ I love to make a difference to other people's lives
- ~ I am passionate about running along the beach
- ~ I absolutely love to travel and visit new places
- ~ I am very passionate about spending time with my family and friends

Some of my friends are passionate about:

- ~ Sharing time with dogs in rescue shelters where they walk and feed them
- ~ Spending time at the stables where neglected horses are brought back to happiness
- ~ Writing novels from the heart to share with grandma's and grandpa's in homes
- ~ Painting canvasses that inspire even the most inexperienced painter to pick up a brush.
- ~ Renovating a house to sell before they fall completely in love with what they've achieved.

Everyone has passions and we experience them in so many different ways. Some will call you softly and some will not let you rest. It has been said 'Passion is the oxygen of the soul'. When you think about that, you think about discovering your passion. You find intention just bubbles up from nowhere and it's wrapped in excitement and incentive. It's even got a flavour of motivation and inspiration and this is where you focus your attention. This is when you take action.

With an attitude of let go and surrender you've got a goal. The difference between a goal and a passion is that your goals are what you do in order to live your passion.

I shared an example of this in my running. I love to feel healthy and full of energy. My goal becomes a six times a week run. I enjoy the feeling of the earth under my feet and the air in my lungs. I love the sense of achievement when I arrive home again.

Once you are clear on your passion it will continue to guide you through your everyday life. Passion has a way of reminding you how much you enjoy anything you do. You know when you are living your passions; time ceases to exist and the world melts away leaving you in a state of utter bliss.

When you have experienced that all out encompassing, do-not-under-any-circumstances-interrupt-me moment, when you are so engrossed in something you love that you cannot believe where the time has gone ... ayup, as they say, that is true Passion.

Because it's crucial to get passion flowing in the right direction and so many people are lost and don't know where to start, I'm here to help. So if this is you, you are certainly not alone.

Just a reminder, that if you're struggling to find your passion you can find 'passion tests' online to help guide you in the right direction or you can contact me direct from the home page.

Janet Attwood does a very good passion test and I recommend you take a look at what she has to offer. Life is so much easier and the struggles start to dissipate once life starts flowing in the right direction. You'll be able to thank yourself for opening the windows and doors that you thought were closed to you. Remember always, they're not. You deserve to be happy and passion is happiest.

Day 53



Take care how you speak to yourself because you are listening. — Unknown

Yesterday we mentioned 'Tapping.'

Tapping is the shortened label for Emotional Freedom Technique. Emotional Freedom Technique is an ancient Chinese technique based on the meridian points in the body of which there are over three hundred.

If you're not into acupuncture, and some people are not because the very thought of having tiny needles puncturing their skin leaves them running for the nearest bus, EFT or tapping as it is also known is an easy, effective and painless technique you can do on yourself.

EFT or tapping is a form of psychological acupressure. It taps into the same energy meridians used to treat physical and emotional ailments such as pain in the body or depression and anxiety or weight loss or maybe you want to heighten your happiness and joy.

Many people use it to enable themselves to love their bodies and minds or to amplify their confidence.

Gary Craig is the founder of the 'Tapping Technique', a self-healing tool that expands your emotional freedom and that's exactly what it is designed to do.

And it works!

You can use tapping on any issue you desire whether it be weight loss, pain, depression, fear, mental blocks, self-limiting beliefs ... the list is endless. In other words, whatever ailment you want to heal, whatever pain you want to dissolve, tap on it. If you want to increase your happiness meridians, tap on it. If you want to dissolve those pesky phrases you catch yourself saying time and again, tap on them.

There are five fundamental steps to tapping and they're so brief it takes only moments to tap through a session.

Once you've got these steps harnessed inside your memory, you can tap through each step in thirty seconds. It takes a few practice tries of course but once you've got the entire sequence down pat, you'll be able to heal yourself in your sleep.

A friend of mine asked if it is possible to just imagine tapping on various parts of the body as she welcomed sleep and it turns out it is.

You see, the mind cannot differentiate between fact and pretence.

In other words, you can imagine you're tapping on all the meridian points while in your mind you're saying the recipe, yes there is such a thing, and there is every possible reason for the effect to become noticeable in a few short days.

It looks positively odd and you might feel like a complete idiot if you were to tap in front of people, but while you're tapping in a room by yourself or with your partner, you're bound to find limitless healing. Tapping truly works and its benefits are endless.

Okay, we need to go a little deeper here.

Every emotion, be it grief, anger, jealousy or fear, whatever it is, has an energy attached to it but it also possesses an emotional root system. To enable the disruption of further growth of those roots, we can interrupt their course and disband them all together by tapping.

Tapping has a recipe. A kind of formula and there are words you need to say at each meridian. Each phrase allows the mind to focus on the sincerity of what you're working on.

You're about to disrupt the damaging root system remember.

Acupuncturists use around about 300 meridian points on the body. You don't have to go to that extent to get the results you crave. You'll be using 9 points only.

They are:

- Karate Chop ~ the outer base of either hand. Where your last finger ends at the beginning of the palm is a fleshy plane. This is the Karate meridian.
- Where your eyebrow begins just above the inside of the bridge of your nose.
- On the side of your eye is the bone of your eye socket. This is located under the end of your eyebrow.
- Under your eye where the bone, about an inch under your pupil is located.
- On the top of your upper lip and the underside of your nose is a little groove.
- Between your lower lip and your chin is a midway point. It is often dipped where the bottom jaw sits behind.
- There's a junction between your collar bone and your first rib bone. Place your forefinger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie). About an inch toward your belly button and an inch left or right is the point where you will tap. It's okay to use two hands while tapping in this place.
- Under the arm, where the bra strap sits, (guys you know where that is) about four inches below the arm pit.
- Top of the head. The crown. Many people tap all over the top of the head and that's fine too.

A word of caution comes into relevance here.

Tapping, particularly for the first time or on an issue that has been pressing, can give the heart a real workout. That is to say, it can be a very emotional experience as the blockages are slowly released. There are a number of emotions you may feel including anger,

frustration, resentment, regret and even fury. You may find you're crying and the tears are flowing like someone just turned on the tap. Let the tears come. It's a cleansing thing and it's a natural thing but above all it's a human thing to have happen.

Tapping Questions

- Some of the Tapping points have two sides. For example, the 'eyebrow' point on the right side of the body has a twin point on the left side of the body. You need only to tap on one of these two points, but feel free to tap both sides if you wish.
- You can also switch sides when you tap these points. Either side of your eyebrow and either side of your hand can be tapped. It just makes the Tapping process more convenient to perform.
- Tapping is done with the pads of two or more fingertips. You can cover a larger area and thereby ensure your Tapping covers the correct point. Tap firmly but not so that you're going to bruise yourself.
- You tap approximately 5 to 7 times on each point. You don't need to count the taps because anywhere between 3 and 7 taps on each point is adequate.
- There is an exception to that rule. During the Setup step (explained later) where the Karate Chop Point is tapped continuously, you will repeat some standard wording, thereby tapping several times as you say the formula.

The 5 Steps of EFT or Tapping Recipe

1. Identify the Issue you want to tap on:

All you do here is think of what is painful or ailing you. Examples might be: Sore shoulder, a moment in your life that was embarrassing and you can't forget it. Maybe you just can't make yourself perform on stage.

2. How intense is this pain or problem?

It is here you establish a level of intensity of the dilemma. Assign a number to it on a 1-10 scale where 10 is the worst the issue has ever been and 1 is near to no problem whatsoever. This serves as a yardstick so you can compare your progress after each round of Tapping.

If I have an issue I want to address and it sits at 8 which is pretty bad, then my aim is to tap on this problem until I get it down to a 3 or a 2.

- For emotional issues, you can recreate the memories in your mind and assess their discomforts.
- For physical ailments you can simply assess the existing pain or discomfort.

3. The Setup:

The set up is very simple.

What you're going to do before you start each round of Tapping is to repeat a simple phrase. You'll say it continuously while tapping on the KC (Karate Chop) point located on the fleshy side of your hand. You're just letting your mind and body know what you're going to address.

When designing this phrase there are two goals to achieve:

- 1) acknowledge the problem
- 2) accept yourself in spite of it

You'll do this by saying:

'Even though I have this _____, I deeply and completely love, honour and accept myself.'

The blank above represents the problem you want to address, so you can just insert things like:

This sore shoulder:

'Even though I have this sore shoulder, I deeply and completely love, honour and accept myself.'

This fear of heights:

Even though I have this fear of heights, I deeply and completely love, honour and accept myself.'

This fear of public speaking, lack of confidence:

'Even though I have this fear of public speaking or this lack of confidence, I deeply and completely love, honour and accept myself.'

Some of your issues won't fit into these neat little packages of 'Even though I ...' so be creative and know that you can alter the address a little to suit.

You might say something like, 'even though my shoulder hurts, I deeply and completely love, honour and accept myself.'

Essentially, what you're doing as you address this issue or problem is releasing it to the Universe. You 'disown' it. You're letting it go. By doing this, your mind, body and spirit

understands that although it has belonged to you, that it was a part of a very important stage in your life, it is no longer serving you and therefore no longer required. It is safe to let it go.

Do not feel tempted to use EFT on someone else's problem. Tapping on your daughter's lack of self-esteem is not going to work for anyone, least of all her. Focus on your own issues, watch them come out in the wash as you rinse and repeat, then tell your daughter how well it worked for you, show her the system and let her do it herself.

Crucially Important!

You will be using negative statements as you set up. This is essential because what you're doing is de-rooting the problem. It came wrapped in negatives, it laid down a host of roots, got a good foot hold and now it's time to dissolve them.

The EFT Tapping Recipe clears all the negativity and thus brings peace to the system.

Many books prefer you avoid repeating the negative phrase. This might sound logical but it does little more than toss pretty frosting over the negatives with pleasant sounding words.

You're tapping aims at the negative so it can be neutralized. Once you've experienced the effervescence of your natural positives bubbling to the surface, you'll realise this recipe, (tried and true) is the one that will bring about real results.

The Workout

Okay here we go. This is the part of Tapping that balances the body's energy pathways. Firstly, where does your problem lie on the scale of one to ten?

Now take a deep breath and begin to tap on the KC, karate chop point while saying a Reminder Phrase that keeps your system tuned into the issue.

'Even though I have this _____, I deeply and completely love, honour and accept myself.'
Say this phrase three times.

Now begin tapping between five and seven times,

Beginning of the Eyebrow (EB)

Side of the Eye (SE)

Under the Eye (UE)

Under the Nose (UN)

Chin Point (CH)

Beginning of the Collarbone (CB)

Under the Arm (UA)

Top of the Head (TOH)

The Reminder Phrase is quite simple as you need only to identify the issue with some brief wording. Depending on your issue, you might say the following at each tapping point ...

'This sore shoulder',

'My lack of confidence',

'My fear of heights',

You might add words like, 'while I've been mean to myself, I now choose to deeply and completely love, honour and accept myself.'

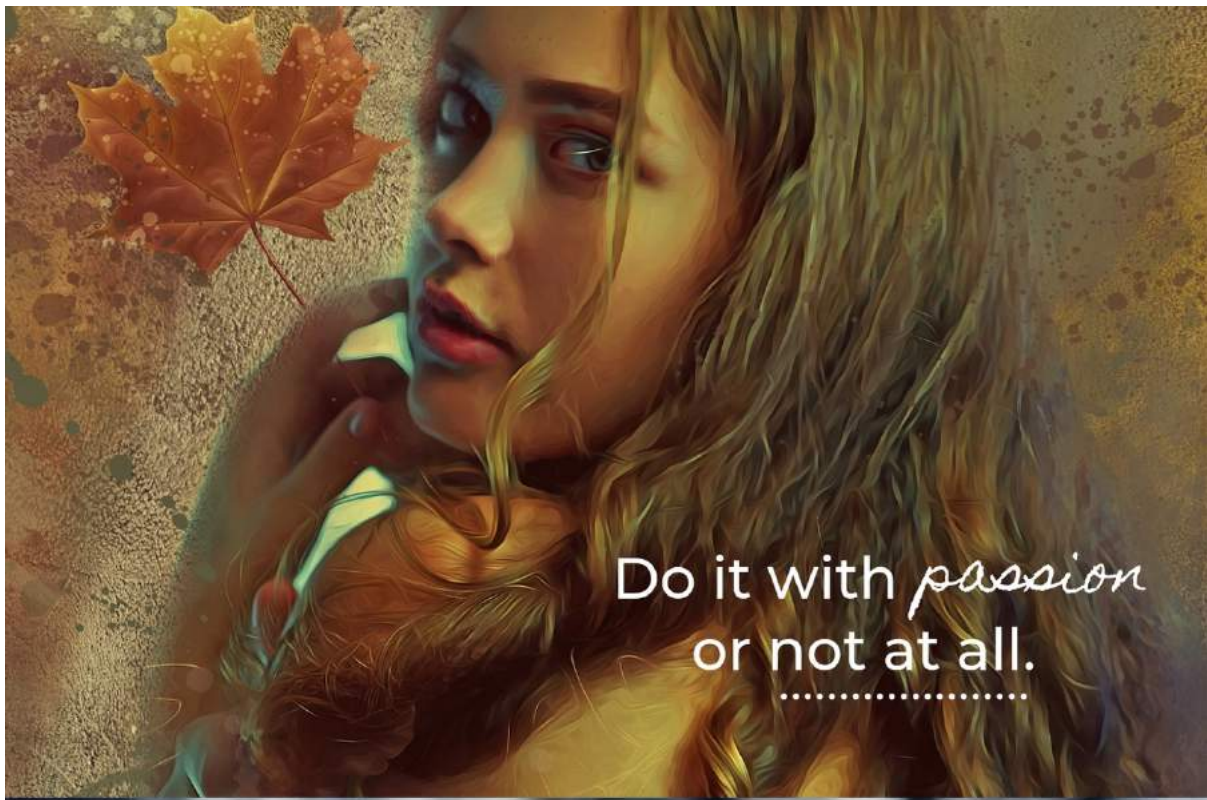
When you've tapped three rounds, take a deep breath and exhale gently. Relax.

Now, here's the fun part.

Where's your issue or problem running on the scale of one to ten? I'll bet it's come down a notch or two.

Keep tapping. It works.

Day 54: Do it with Passion or Not at All



Celebrate what you've accomplished but raise the bar a little higher each time you succeed.

— Mia Hamm

This is a reflective quote and as we celebrate what we have so far achieved we continue to build the incentive to keep moving forward toward our goals. Within our goals lie our passions and the end of the week is always a grand time to reflect and rejuvenate.

Think back over yours. Did you find your passions? Are you feeling a better sense of clarity? If you're still at a loss to know what your passions are that's okay. They can be something that eludes many and it is intentional that we return to the first port.

On the other hand, trying too hard to harness your passion can lead to frustration and irritation. This is what we're going to try to avoid.

Within another angle, we trust we're closing in on the elusive passion that seems to wave from a distance and then vanish before it can be harnessed. It is crucial we return. And we return to

this, our passions, our gift of personal fulfilment because there is no one in this world who can give us what we truly desire but ourselves.

Passion is sometimes alien to many. It haunts those who have no clue as to what they're passionate about and yet, those same people pick up a paint brush and suddenly they're engrossed in a pleasure they imagined existed only for children.

Speaking of children, it is here we can delve deeper and indeed find that passion we believe eludes us. It doesn't. It's been there all the time. Albeit buried under an undiscovered memory.

I remember when I was no bigger than a minute. I had a dolly who had the most glorious head of hair. I washed and brushed her hair until it shone. Oh how I loved my dolly with the long, golden hair.

I'd watched my mother cut my brother's hair on many occasions and I thought 'I'd love to be a hairdresser when I grow up.' The next day, I tearfully hid my bald doll under my bed.

I remember how beautiful the pastels were my father used to create stunning drawings. I'd love to be an artist too, I thought. The pastels were stumps by the time I'd finished my 'painting.'

Being fortunate to grow up surrounded by nature and bush land, I befriended a horse that was agisted in a paddock adjacent to the back yard of our house. Each afternoon after school I'd go down to feed him grass. I'd coax him to a stump where I'd climb upon his back and just sit. A man appeared one afternoon and gently asked me if it was my horse. I nodded fiercely and the man smiled knowingly. As he turned to leave, he said, 'I'll let my daughter know that Joey is being very well looked after.'

Horses became my passion.

Your passions lie below the surface awaiting an awakening and once you've found them there will be no stopping you. Passion draws you into a blissful place where no one else can go. It pleasantly robs you of time, it fills you with happiness, pulls on your heart strings and when you least expect it, passion builds confidence.

There's something magical that happens when passion takes over your life. It seems to give you wings to fly and nothing in the world can prevent you from pursuing it.

Passion is said to be worth its weight in gold. It will bequeath longevity. It is the very fountain of youth people have been searching for. If they only knew it was merely concealed until they became aware of their uniqueness.

Passion. I wish you much of it.

I wish you happiness and fulfilment when you pick up that paint brush, walk that dog, counsel that young mind who sought you out, cook that banquet, build that cupcake business, turn that burl, sculpture that marble, become an entrepreneur.

I wish you wholeness as you take the reins on your passion and turn your life into a life that rewards you as each day you do what you love.

Sit quietly now. Find you as a child and explore deeply. Inside those dusty old memories of your childhood, a secret awaits discovery. There is a passion or three just poised on the other side of the doorway to your soul.

Ask. That's all you need to do. Tap on your quest to know your passion if you wish. And as you lay your head upon your pillow tonight, just before you close your eyes to welcome sleep, ask, 'What is my passion?' Then release it. Do not dwell on it. Just let it go.

As you send the post cards of your imaginings and dreams to your ancestors who are lending a passionate ear, know instinctively they will be laying the best plans before you. They have your interests at heart so expect your passion to awaken when you do tomorrow morning.

Pleasant dreams.

**Day 55: The More You Praise and Celebrate Your Life,
The More There is to Celebrate**



No power in society, no hardship in your condition can depress you; keep you down, in knowledge, power, virtue, influence, but by your own consent. —William Ellery Channing

You choose your mood. You choose the outcome of your day. You choose whether to appreciate all you have in your life, all you experience and all you possess always knowing that appreciation turns into more to appreciate.

Look at yourself and appreciate you for who you are. Never pull apart the threads that keep you living and breathing in the temple of your body you were given while you're occupying your own sacred space on this plane.

Appreciate you.

Look around you. What do you *have* to appreciate? There is an abundance of things to celebrate and feel gratitude for and as you feel appreciation so the abundance will grow.

Celebrate each now that comes into your life. Each moment is a now moment that is unique and will never be lived again.

Treat each moment as a special gift given to you by a force that is more powerful than anything else in the Universe. You have the power and the force to compliment your life with more very special moments.

An interesting question to ask yourself is, 'How long have I lived?'

If you answered, I'm forty-five or fifty-two or ninety-three, you have not answered the question.

It does not ask how long you have existed; it asks how long you have lived.

How many moments in your life have you truly enjoyed? Do you feel as though your life has been a meaningless parade where on two hands you can count those moments when you were really alive?

Those questions are wake up calls. Your awareness is knocking on your inner doors and the time has come to open them.

Living in the moment is about awareness. It's about feeling the breeze on your face and laughing as you run through the rain. It's about noticing the colours in the flowers or the hue of someone's eyes as you talk with them. It's about listening to your child as he tells you about his day at school or watching the sunrise or nature's creations as the sun sets.

It's about living today in the moment because this moment is unique and there will never be another like it.

While we orbit around our work, our sleeping and eating patterns grasping at a little crumb of pleasure here and there, our life becomes a mere existence.

We were born to live a deliberate life with all the enjoyment interwoven in those things we *need* to do. But when the need over takes the desire to live, in other words if we are living purely to work instead of working to live then it's time to take stock of our life.

We need to live deliberately, not by default.

Many of us are frightened of the present. We think that if we stop too long in the Now we might discover something within us that we simply do not want to face. Yet if this is true we need to face the 'demon' now and deal with it so that we can live our desired life.

While everyone eventually dies not all of us lives. Each day is a new beginning. Each breath we take, each smile we smile, each time we look into the eyes of someone we love; all these things we do each day is an opportunity to appreciate and be grateful for who we are and what we have.

Sometimes we live so far back in the past that we cannot see the present or begin even to conceive of the future.

Many people are so busy holding on to the pain of past regrets or a grudge because someone hurt them so very long ago that they are over shadowed and rendered blind to all that is in the present moment.

Positivity is paramount in all avenues of life.

With absolute belief that you will not be denied, that you can achieve anything you set out to achieve, you are a deserving being.

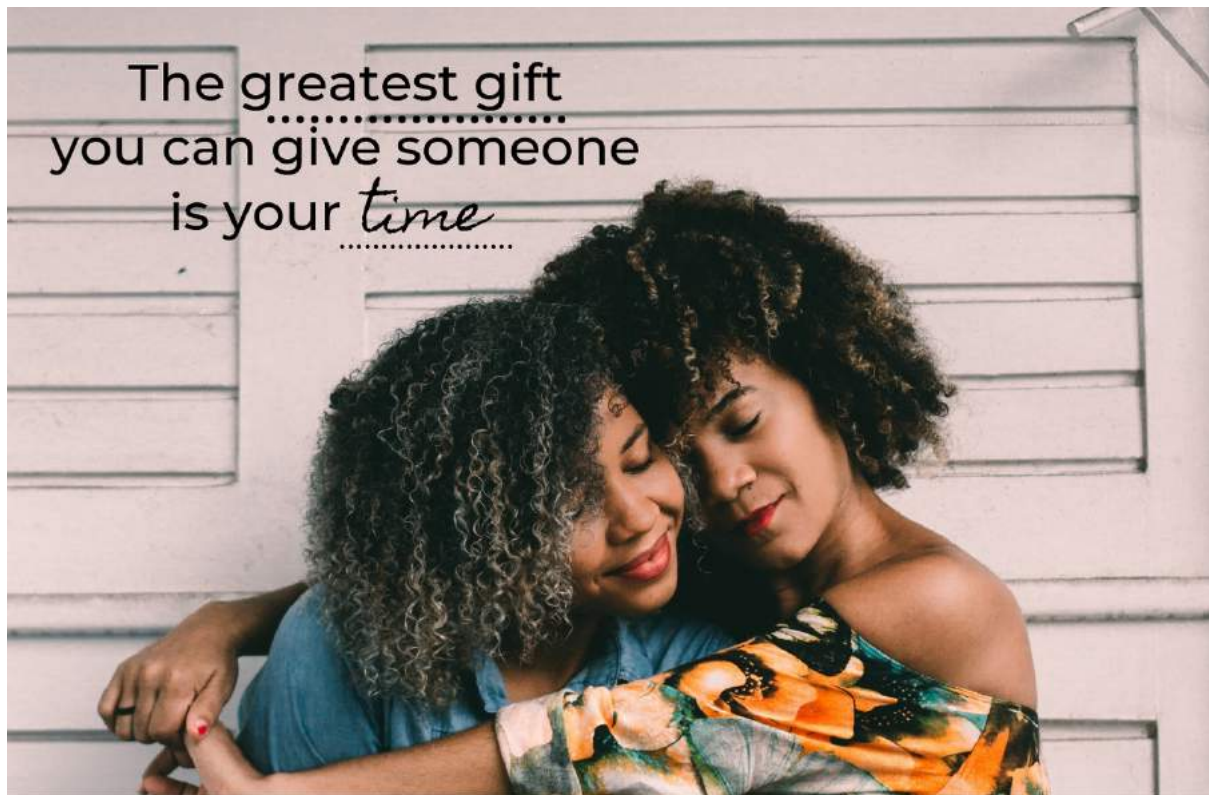
You now know you have choice. You can create your life, your success and your financial freedom.

You know in your heart of hearts; you can make a difference.

Be true to yourself.

Day 56: Time

—Illusive as a Snow Flake



Much may be done in those little shreds and patches of time which every day produces, and which most men throw away. — Charles Caleb Colton

It has been said that ‘the greatest gift you can give someone is your time. It’s like you’re giving a portion of your life that you can never get back.’

Giving someone the gift of an ear to listen, truly listen is perhaps the most valuable gift you can ever bestow upon anyone. To listen is to respect and to respect is to feel the emotional pull toward the words and their messages.

Your ears were chosen to hear those messages and that in itself is the greatest gift anyone can give to you.

We’ve all talked about killing time at one stage or another. Doing things, we don’t normally do just so we can make that pocket of time go faster and then we’re left to do ... what? You have

each day until your time runs out. Each day comprises twenty-four hours. Have you spent those seconds wisely, all 86400 of them?

Have you spent time today with the people you love and care about? Have you made that phone call, written that letter, typed that email, dropped into a neighbour's, called by a friend's place for coffee?

Time makes us appreciate what we have before it makes us appreciate what we had.

I've been guilty of procrastinating. I've watched the clock tick the minutes off second by second and I've beaten myself up for not making that last effort. I've been envious of people who seem to have all the time in the world and I've watched helplessly as loved ones passed. I've reached out to those I love but didn't stretch myself to my limit. I've wept over the last remaining threads and memories and photographs of those to whom, during their time on this earth plane, I never said those three magical words.

It took me a moment to realise my entire life isn't time proof. Instead of thinking about what I should have done, what I should do, could do, would do ... if only ... it suddenly snapped inside like a twig.

I was on a roller coaster of being lonely then inundated with friends, high then low, fulfilled then empty and it suddenly occurred to me that I was to blame for all the ups and downs. No one else was responsible.

With hindsight we have twenty-twenty vision. I began to grow very tired of hindsight. My thought patterns needed overhauling. Now! Not tomorrow. Tomorrow might just be a wee bit too late.

An email was within my ability and yet fear of rejection was feeding my ever growing procrastination and it seemed that old foe was going to win ... again. I wrote the email. It encompassed heartfelt words of regret and loneliness and love. Indeed, I had written those three irrevocable words. I love you.

But that email sat staring back at me like a beacon. All I needed to do was hit 'send.' That of course meant the email was irretrievable. The contents within would be the beginning of the

end of procrastination or the end of my fear of rejection. Procrastination wanted desperately to win. It had one final goal to kick. The cancel button.

I hit send, watched the cancel option fade and I felt an alien sense of requisite responsibility to destroy the gates of fear that held me imprisoned in a world of false expectation. Later that day my telephone rang. 'I love you too,' said the voice on the other end. It was my brother who happens to be my only blood relative. We're all we have left. Our parents passed within ten years of each other. Indeed, we have each other and procrastination was sent packing as the smile in my heart widened.

I've found the time to make the journey. I've made the time to call my friends. I've prepared for the time when I eventually quit working and I'm all set for the moments when I am asked to dine with family, go to the beach, on a picnic, dance in the rain, kick a football even.

And of all those gorgeous things on my bucket list?

Memories. Check!

Happiness. Check!

Family. Check!

Friends. Check!

An ear. Check!

Laughter. Check!

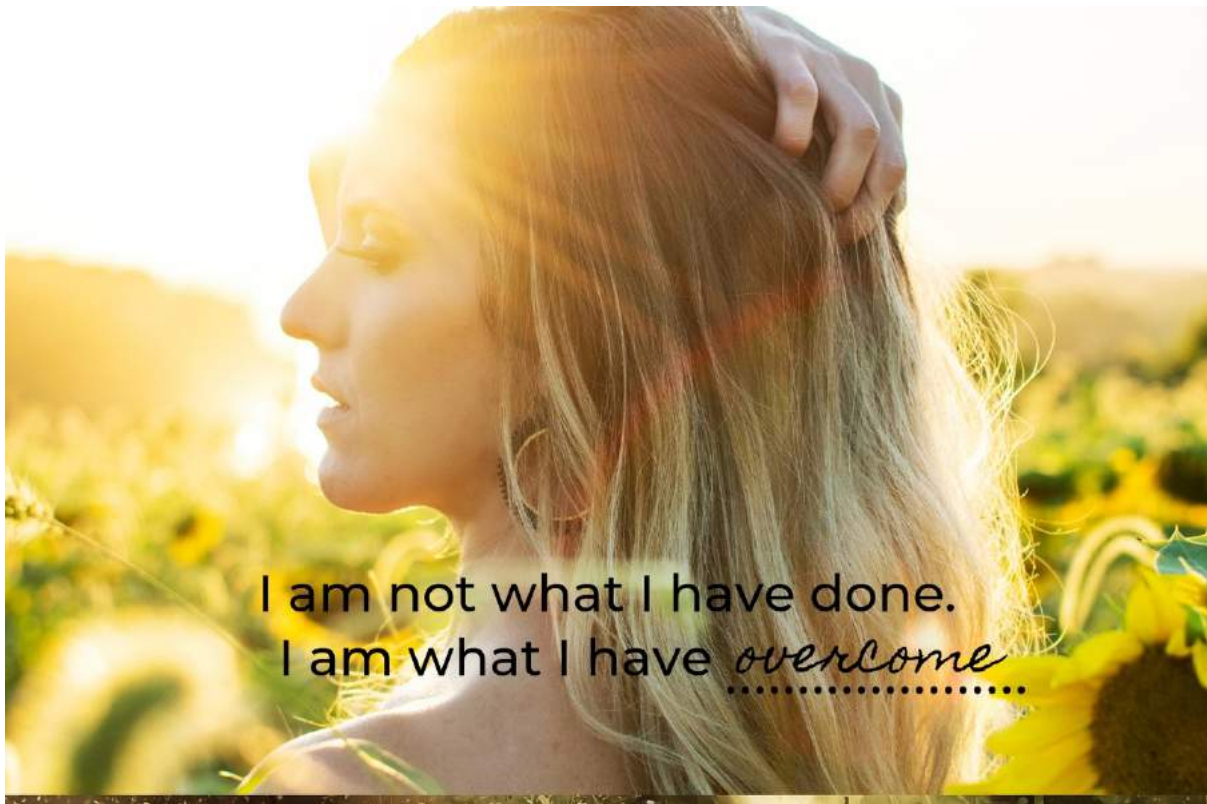
And on my death, as I happily drift into the slip stream of joy, peace and utter love, I'll have no regrets.

I'll be smiling knowing that I took the time to give time to others who needed an ear. I filled those moments of time I wanted to kill with moments of passion and love and laughter and joy. And time ... ah time ... ayup, I've got all the time in the world.

What are you going to do with the precious time you have today?

Day 57: Adversity

— A Stepping Stone to a More Resilient You



Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't. — Unknown.

Often we want to do everything right to meet our goals. We want to set clear intentions, define our core values and release self-limiting beliefs but we still bump into challenges.

And we're meant to!

Challenges are those negative people who drain our energy (if we let them). Challenges are our fear of failure or what will others think *if* we fail. Challenges are adversities that keep us up to date with how we're feeling underneath all the surface imaginings we put ourselves through.

Challenges give us the opportunity to change our state of mind so that we can embrace the power of knowledge. We have the power to do just that.

Without adversity, we'd never learn what we're capable of. But adversity gives us the power to forge ahead when our *imagined* fear is so strong it threatens to thwart any progress we want to make. We're left to celebrate what we've achieved. And what a feeling that is!

I rejoice each time I look down and the fear of heights evaporates another octave. (I no longer scream so loudly!) Our desired journey possesses an underlying need to yearn for something greater. It's as though it is feeding us the knowledge that there is more to discover and experience. That we need this. We do. And there is.

This is why we give ourselves **big** goals. We have an innate desire to keep moving forward; knowing that time does not stand still.

If we can appreciate adversities in all their pesky shapes are all natural occurrences and not to be feared, we are able to effortlessly move forward. Once we accept that challenges are all part of our life journey we can then quit seeing them as enemies designed to prevent us from advancement.

I'll share a wee secret with you.

When I am faced with an adversity, a challenge that may be cloaked in fear, I say, out loud, 'one step at a time'. That means literally, one step at a time. It is amazing how effortlessly the rest of the ladder is climbed by someone who detests heights!

I can now look over the cliff. As they say, 'you're taking up too much space if you're not living on the edge.'

In the above picture, Charlotte is walking through a glacier. It is claustrophobic and dangerous. She understood before she took on this mammoth expedition that would starve her fears, that this was part of *her* personal journey. In order to get back to the helicopter that would take her home, she made it a crucial point to conquer her apprehension. Thereafter, she was able to enjoy the experience whereas it could have been one that terrified her and robbed her of another tick off her bucket list.

How special is optimism when we were given an abundance of it before we arrived on this planet so as to take part in a magnificent life experience? And yet, as we grow older that same optimism seems to evaporate like the dew on a summer morning.

Nevertheless, we are reminded that we have the ability to be, do or have anything we desire and we will be assisted to achieve that. There's a catch however. We must truly want it otherwise it will be given to someone else.

The Universe always, always holds your best interests in its powerful heart. If there is something you desire to do, or that you currently do not have, you need only to feel its presence and ask for it.

The very act of asking for something, requesting a change or even just desiring from the very core of who you are is the language the Universe understands. And the doors that will open, the windows that will present the views of your future and the mountains that will be moved are infinitesimal compared with how *You* will change *your* world.

On the other side of the moved mountain, not focusing on the desired thing that is currently not in your life strengthens the absence of it. Your perceived assumption of lack will match the vibrational thought you're radiating furthering its absence of it to you. Focus on it. Know it exists and you deserve it then watch as it arrives with trails blazing.

It is law.

You cannot desire something, predominantly focus on the absence of it and expect it to appear in your life experience but too, nothing can occur in your life experience without your invitation of it through your power of thought and trust.

It is a prolific thought process that brings all things one wants to be and to do and to have. We've spoken of the power of focus which is borne of a burning desire. The recipe, the technique, the plan, the blue print, call it what you will, is all based on your power of thought and how you focus upon it.

You can conquer your fears. There is no question about it. You just can and that is fact.

We began this segment with a quote. Strength *comes from overcoming the things you once thought you couldn't*.

Strength begins within the thought that you can.

Remember to knock off the 't'.

Day 58: Challenges

—Paths to Overcoming Your Fears



The odds of going to the store for a loaf of bread and coming out with only a loaf of bread are three billion to one. —Erma Bombeck

Challenges, Adversities, Hardships, Difficulties, Misfortune. They all have the same meaning.

They're all painted with the same brush. And they're all part of the life you desire and *will* live by your own design rather than by default.

It is fact that each challenge in our life actually helps us to face some embedded fear that we need to overcome.

You may have had a car accident and been robbed of the opportunity to attend a much desired interview. You may have had to endure a particularly unpleasant divorce. You may have been through the most humiliating sacking of your life. Your spouse may have blithely thought he could get away with an affair.

Whatever the situation, always, always, always pay attention to the doors that will be open to you; but pay particular attention to what you learned from your adversities.

You will notice that during the challenge something did occur that helped you to overcome a fear you've been harbouring.

In hindsight, (we've talked about 20/20 vision as we remember what was), we look at the circumstances we've just come through. We've wiped the sweat from our brow with the back of our hand while we sigh with huge relief.

Now what? Look at where you are right at this very moment. Firstly, you're alive. You're reading this page. You're breathing. You've drunk water, eaten, you've slept and you've dreamt. Sure, you're further ahead than you were before you walked into the challenge but who are you now?

Look inside and notice the strength you maintained. Notice now the achievement and how the moment made you stronger, more resilient. Reason with yourself and remind your raging conscious that you wouldn't have been able to overcome this fear if you hadn't gone through that experience.

You must embrace all challenges as lessons. These lessons will ultimately help your soul to grow and they will also assist you to understand something about yourself that you wouldn't have otherwise known.

When you take the time to think about your own past experiences with challenges and adversities, you'll notice a pattern. Every single challenge opened a door to a new and exciting experience. Like your own personal stepping stone to fulfilment, a hidden desire was revealed. Very inspiring don't you think?

The thing is **don't** ignore these challenges. They are not designed to **stop** you. Rather they are brought about so that you can learn to use them as progression toward your desired result. Your goal.

The challenge you just faced is nothing more than the stepping stone it was designed to be.

Did you know that when you say, 'I am responsible,' two things happen?

If you're angry and you say these three words, you won't be angry anymore and the other shift that occurs is that when you say, or affirm, 'I am responsible', there's a light bulb that instantaneously switches on.

You can feel the essence of acceptance begin to rattle the cage of your inner being.

It needs an escape to get its message out so that you can hear it. When it does, within an instant it's right in your face saying, 'I am responsible', and suddenly life may do a double take.

You're able to realise that you are responsible for your own actions, no one else's.

It is amazing how this simple act of acceptance can short circuit negative emotions during a challenge. The beauty of accepting responsibility is that the discomfort dissipates in an instant.

You may already realise as you've read through this page that your adversity is through your own doing. If you haven't, you're reminded that every action you take, every thought, every desire is connected to your radiated energy that caused the adversity. Your thoughts.

In other words, you already knew you required the stepping stone to advance further toward your new goal. What you forgot is that sometimes the stepping stone is nothing more than a complete, inconvenient problem. Or is it?

You knew you didn't have to figure out the how, that the Universe has all that worked out for you and voila!

A challenge.

A learning curve.

An improvement.

A statement that says, 'I am responsible for the direction of my life. Therefore, whatever comes my way I accept and embrace. I know in my heart of hearts that I needed this temporary setback to learn and to remind myself to truly appreciate that I am where I am because I believe in myself', is a statement that takes only a few seconds to recite. How effortless it is and how the desired results are phenomenal.

Bring on the challenges!

Day 59: *The odds of going to the store for a loaf of bread and coming out with only a loaf of bread are three billion to one. —Erma Bombeck*



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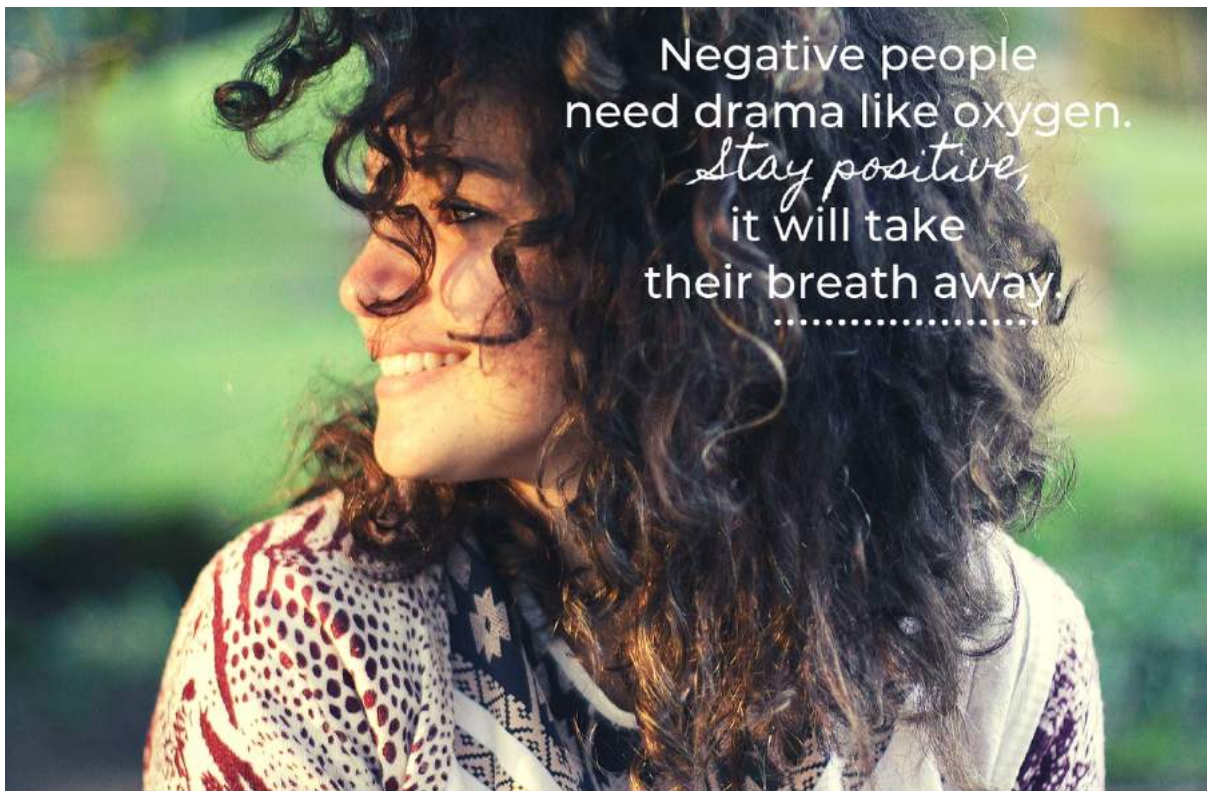
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Bring on the challenges!

Day 60: Negativity

— How to Send It Packing



There are people who have an appetite for grief; pleasure is not strong enough and they crave pain

~ Ralph Waldo Emerson

~ You can't lead a positive life with a negative mind ~

Have you ever felt sapped of energy? Your very motivation takes a leave of absence and any inclination you had to join the conversation while in the vicinity of negative people, just evaporated? Yes, it's that quick.

If you've ever been in that situation you'll have felt a real need to escape, to just leave the room, to vacate the very premises.

And you do. Without guilt. Without shame. Without feeling obliged to remain. And as you do, you begin to breathe again. Your ready smile returns and your inner being feels lighter. It was necessary that you to flee.

Dealing with negative people is what we need to discuss today. It may just be one of your biggest challenges that you'll face on your journey and it needs to be confronted.

You naturally know that when you find yourself surrounded by positive people you feel more confident and uplifted. You tend to soak up the facets of their attitude and take on the cheer and the joy. Their positivity is reflected in your laughter. You like them and they like you.

The same occurs when you remain in the company of negative people. You become almost unknowingly, self-critical and judgemental. You readily criticise other people and revel in gossip about unfortunate occurrences other's experience. Then, as though someone pulled the plug, you're left feeling utterly drained and immensely unhappy. Your energy has been sucked up and you're in an immensely unnatural place.

Negativity can come calling in any form be it with people, during events, situations you find yourself in and circumstances. Negativity seems to appear out of nowhere and wants to hang around long after the party's over ... if you allow it.

All people who are negative are so through sheer choice. They are just downright miserable and nothing will budge them from their pessimism. They feed off it and frankly, most of us let them. We don't socialise with that kind of despair and despondency because it goes against our natural grain.

But how do we deal with people we love who are that way inclined? They may be family, a spouse, a dear friend. How do we *not* soak up their negative energy?

Firstly, we need to understand they are blaming themselves for their failures. When they hold the energy of blame and shame within and then project it toward someone or something else they are not only relinquishing their power but they are denying the truth and the real truth is that they and their thought patterns created the unpleasantness they are experiencing. They're just not aware of it yet.

They are one of the down trodden, trapped behind the wheel of a vehicle that delivers never ending zero results. That vehicle is their thought pattern and so long as that pattern is maintained, then zero results will remain.

It will be impressed upon you that ***you are not to blame*** for another's behaviour or attitude. It would be easy to dismiss this kind of negativity by saying 'well it's just their way,' and rightly so,

it is. But if you can maintain a positive, upbeat attitude with a genuine smile while tenaciously holding fast to your determined spirit, that nothing, nothing is going to dissolve your inner harmony, then you'll find that eventually what you wear you'll see others wearing too.

We need to delve deeper for a moment. There are many people still living with negativity and yet they don't have to. It's not what was planned. Everyone deserves to be happy. Everyone!

While you're consciously making the change to maintain awareness on your spiritually driven journey, you're going to discover there is someone who is either not prepared to walk with you or they're absolutely ignorant of where you're heading.

In fact, in some circumstances, any discussion that even vaguely encroaches upon a topic involving spiritual enlightenment, positive vibration and conscious creation is immediately met with a wall of resistance.

It's okay. Once upon a time every one of us was unenlightened. It has taken each and every one of us a different time, different level to acquire the knowledge we now have and will have as we progress. But here you now are. You're consciously aware of how intensely breathtaking it feels to be in love with yourself, the Universe, your circumstances and your life.

As you remain grateful for all you have, you're changing the dynamics in your own space. As a natural progression, you're just happier, less stressed, and more upbeat and you have an aura of contentment about you. 'What made you that way and how can I obtain some of that?'

What you're experiencing is the power of positivity. No self-respecting negative element can live in that much optimism and although the brain cannot differentiate between pretence and reality, your positivity must still come from the heart. It must be genuine.

Your 24 carat unfeigned positive attitude will become the flame to which many will be attracted.

Day 61: Choice

— You Had It All The Time



You've got a lot of choices. If getting out of bed in the morning is a chore and you're not smiling on a regular basis, try another choice. —Steven D. Woodhull

Inside the wise words you've read above is a message that is so profound it should have already rocked the foundations of your heart. The message – Choice.

You were given the power of choice and whether you like it or not, every thought you've chosen to think has brought about who you are and what you're doing today. In fact, every thought you think will govern your future activities and results.

You chose to work in the job you're currently working in. You chose your spouse, your children, your circumstances, your tragedies, your road to happiness, your life path. But with all you're learning, you are also discovering you have multiple choices.

Jim Rohn said, *'If you don't like how things are, change them! You're not a tree.'*

What we choose we receive unconditionally. Why then are there so many people who feel as though they're just a victim of circumstance? They justify their stance with a perception of weakness, of being *powerless* to create a desirable change and yet they possess the power!

Now, here is a scary word. Change. Change is born from limiting beliefs which we'll cover in depth on a future day.

But returning to our perception of powerlessness, and our refusal to accept we are our own creators of circumstance, in order to live well we need to choose well.

There is magic contained within the word 'choice'. If we decide that no matter what, we're going to be happy, our attention shifts toward the source of happiness we hold within. It's there. It's been there all the time and even in the midst of adversity and profound challenge we are led further into our inner trust that tells us 'All is well'. And of course, it is.

The one true choice we have is where we place our attention. When we choose to focus on something we would like to have or experience, it is our attention that governs what we align with. We choose our 'yes' and our 'no' either by identifying with it or ignoring it.

By choosing an affirmative, we're choosing to align with the positive pole of that 'thing'. Every fibre of our thought process begins to take on a new role. It seeks and sorts all the goodies from the pile and tosses them in our direction. All the goodness, the sweet essences, the happy vibrations and the energy of its love is there for the taking. No matter what. Remember that.

However, you decide whatever choice you make you become one with that which you have chosen. What you focus upon is who *you* truly are. In other words, you're seeking completion in *your* life experience. *Your* happiness is paramount and whatever you do throughout your life here on this planet will directly result from your choices. There will be no deviations.

But, knowing that you are a powerful being, what you truly are calls your attention back to the Source. What is the Source? It is the Essence, the Unseen of your inner being.

Our power of choice is governed by what we value. What we value is inner happiness and when we find it, we tend to want to re-experience what feels good. Of course, what feels good is who we truly are if we allow that part of us to guide us through our life.

Perhaps a simpler way to look at this and to eventually accept it is to realise that whatever is going through our mind, whatever has our attention is what we will receive. When our attention is focused on peace and happiness, our experiences, our circumstances, our lives gradually but surely shift to embrace peace and happiness.

And so it is true that if we believe we are a separate entity that we're living a human experience in a human body it is inevitable we will continue to hunt for that elusive oneness we know provides our true inner peace.

All we are, love, acceptance, approval, happiness, joy, bliss and completeness is already there for the grasping. We had it all the time.

So long as you value what you truly value, your subconscious mind will support that and you will unconsciously gravitate toward it. If it is peace and complete happiness that is most valuable in your life, it is inevitable you will have it.

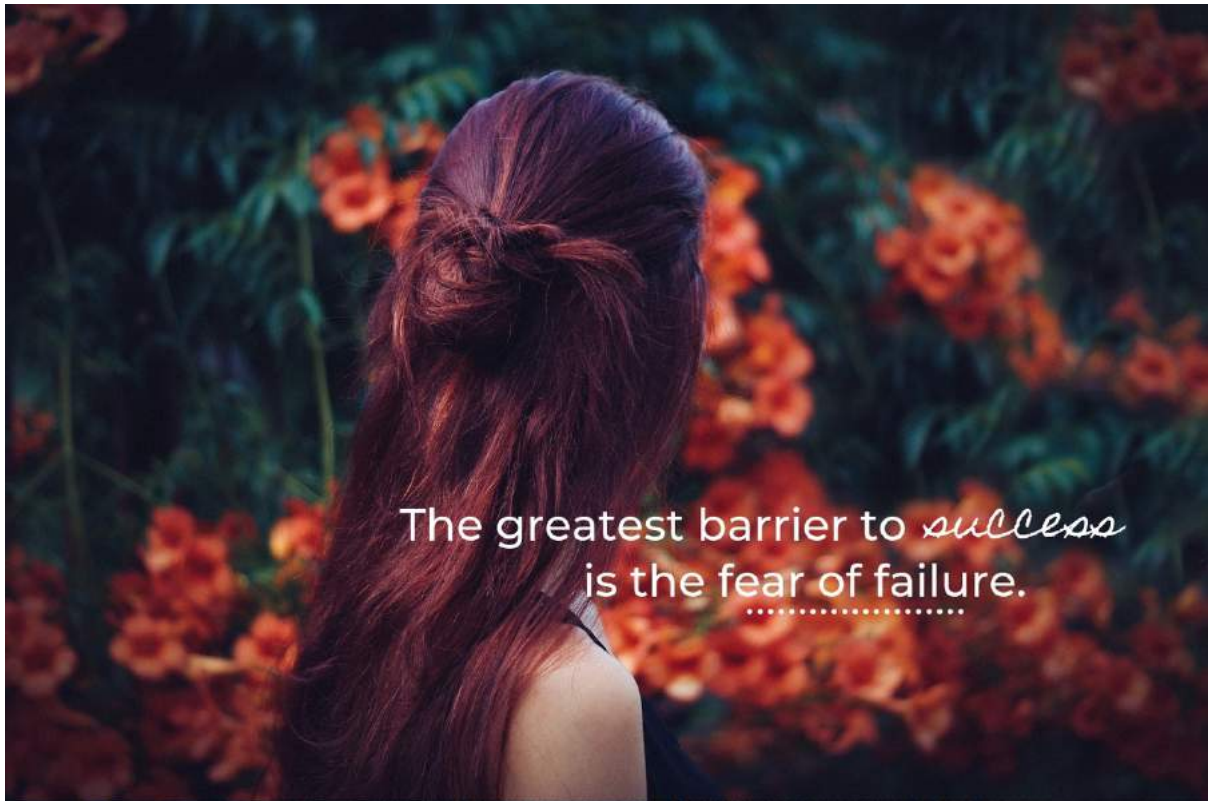
Always remember, your power of choice is governed by what you value.

~ To live in this world, you must be able to do three things:

To love what is mortal; to hold it against your bones knowing your own life depends on it; and, when the time comes to let it go, to let it go. ~ Mary Oliver

Day 62: Time

— It Doesn't Exist



I have failed over and over again in life and that is why I succeed. — Michael Jordan

~ Fear of Failure is huge. One of our greatest fears is an internal challenge but how we conduct ourselves is conceived only by what we hold in our mind!

Failure is a thought. So is fear. And imagined fear can prevent us from enjoying a lot of desired experiences.

Fear of failure is contrived from a mental block or a self-limiting belief.

John Milton said *'The mind is its own place, and in itself, can make Heaven of hell, and a hell of Heaven.'*

We know that anything the mind can conceive it can manifest into the physical. The process of imagination is to the degree that you utilise your vision internally. You can visualise a future event in faultless detail, right up to the moment you collect your prize.

All that you conceived in your mind already exists in a vibrational form and to manifest it, you need to give it focus of attention.

But, the moment you fail to bring about the manifestation is the moment you have introduced self-sabotage into your world. In other words, you very likely unconsciously introduced opposing visions and beliefs of not experiencing what you set out to experience.

Try to imagine your mind as a conduit. Inside the conduit is a gate valve that opens to allow the positive thought to flow. That gate valve is governed by your capacity to trust in the Unseen. One step toward a negative thought and that gate valve closes shutting off all manifestation. In order to keep that valve open, believe it *before* you see it.

So, fear of failure is holding the gate value tightly closed. And because we know that like attracts like, the Law of Attraction, comprised of magnets if you wish to view it that way attracts the like thoughts you're offering.

Let's build a scenario here.

You're about to compete in a hurdles relay. You're excited and your nerves are jumping like fleas in a bottle as you stand poised on the track.

You've been training for this day. Your body is aching to get started. It has never let you down and it's not going to let you down today. But, you still smile away the whispers of fear while stealing glimpses of the other successful competitors who seem so relaxed.

Every thought of 'what if I don't ...' and 'what if I ...' you push vehemently into the back blocks as you ignore your inner dialogue. You convince yourself you truly believe you're going to win this relay but you can still hear the negative murmur deep, deep inside.

'Who do you think you're fooling? You can't win this relay. You'll probably go apex over turkey on the first hurdle!'

'Hush!' You almost shout and then you find yourself inwardly beating yourself up for even thinking such thoughts.

Quit thinking and quit beating yourself up. Know that the chatter occurring inside your mind is your imagination working overtime. It's trying to tell you, you forgot a very integral ingredient to this success recipe.

You forgot to *visualise* your every effortless leap over every hurdle. See how fluidly you run and how you meet the last boundary between you and the winning post and then ... bliss. You've arrived. You're breathless, your muscles are screaming but you're smiling as you punch the air with exuberant high fives.

You did it kiddo. You won! Congratulations and listen, just listen to the roar of that crowd who believed in you even when you did not for that split moment before you leapt over that first hurdle.

Visualise your achievement ***before*** you set about achieving it.

It is an astonishing fact that stands. The mind cannot conceive of make believe or reality. This has been said before and it merits being said again.

When you can employ your fertile imagination to fill in the blanks with stands over flowing with cheering spectators, lush grass on which people are sitting as they wait for the sound of the starting pistol, if you can smell the competitive excitement in the air and can feel the exuberance in your blood as you head for the finish line, then there's no earthly reason why you cannot win.

It is all in your control.

Fear of failure is instinctive only to the imagination that has never experienced the exhilaration of animated visualisation.

Quite some time ago, I was watching an Abraham-Hicks workshop about the power of the mind.

Abraham told us that if we hold a thought or feeling, and you're not going to like this part (whether positive or ***negative***), after 17 seconds, the energy of that thought expands to ten times the attraction power. He said that our manifesting power is equal to 2,000 action hours. That in itself is astonishing, but he went on to explain that after an additional 17 seconds, that power multiplies 10 times again.

As you continue this process it is increasing to 10 times the power at each 17-second interval.
Hence the word 'Focus'. Focus on what you want to be, do and have.

Focus with trust and when you next enter into a thought pattern that isn't serving you and you know it, think of the conduit with the tightly shut gate valve.

Only complete trust in yourself and Source Energy can open that valve.

Day 63



I don't believe one grows older. I think that what happens early on in life is that at a certain age one stands still and stagnates. — T.S. Eliot

It is said time is free, but as far as the Universe is concerned, there is no such thing and time does not even exist.

However, for us it does and it can crush a person if we're not able to manage it properly. Chances are pretty good that we've all believed we just don't have enough time and too much to do at one stage or another and it's true that you can't get more time. Once it's spent, it's gone. But you can choose to spend your time in the places that matter most.

Distractions, we've discovered are the root cause of wasting one of the most valuable commodities we've ever known. In the 'old days' we had TV which was openly scorned by academic circles. Then digital distractions kicked in. Later it was the computer and how to 'drive' a mouse that guided us to emails. After emails we were surfing the net and if we were lucky enough to own a phone, we'd be madly texting our best friend who was sitting right next to us!

Facebook, twitter and YouTube arrived to play a huge part in the lives of many people as they juggled meetings and phone calls between surreptitiously checking how many likes they'd received on their latest Facebook fan or business page.

Time is when 'stuff' happens. Time also allows dreams to come true. But time can drift into nothingness.

Now you're out of time!

Where did the time go?

How time flies.

If you're left wondering where the time really went when it left you, chances are someone else with priorities in mind picked it up and began running with it.

There are a few things you can do to utilise your time. They are simple techniques than can assist you in your future time management.

- Carry a small note pad with you for one week. Record all your thoughts, all your activities and conversations, (no need to write verbatim, just a prompt will do). You'll be amazed at how much time you've actually spent or wasted on unproductive thoughts, conversations you've had and things you've done.
- Don't create a 'To Do' list. They only get longer and more unmanageable. Invest in a diary and write down the important things that will ultimately serve you. Appointments, activities, discussions and or conversations that are important will have 'time' assigned to them. Give these tasks a time block each and remain disciplined. Stick to those blocks.
- Lastly, but most importantly, because this system works, be organised. Enter tomorrow's appointments and schedules into your diary at today's end. You'll appreciate your own efforts because there is nothing more time destroying than beginning your new day writing down what you need 'To Do'.

However, amongst the 'stuff' we need to do, we need also to give our dreams the chance to flourish.

John Lennon once said, 'Time you enjoy wasting, was not wasted.' Indeed, it is not. Your dreams as well as your appointments and the business of daily living are important. They have priority in your life too.

You cannot give your entire life to work only to wake up one day when you're ninety so you can ask 'Where did the time go?'

You deserve to invest time in your dreams, follow through with activities and actions that will nourish them and think thoughts that will bring them into fruition.

And remember always, ~ worrying is a total waste of time. It doesn't change anything. All it does is rob you of your joy and keep you very busy doing nothing.

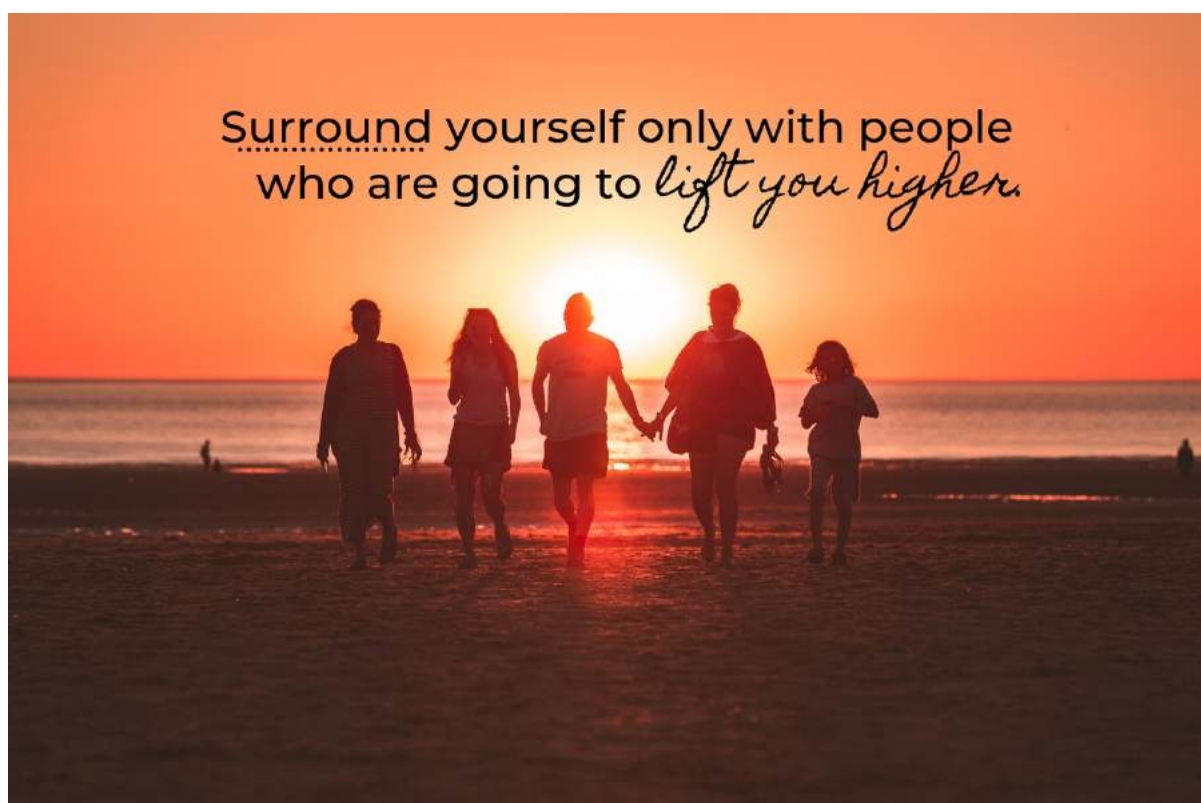
We can only work productively for about 90 minutes before our mental and physical energy levels begin to ebb. It is not possible in any job to take as many breaks as we'd like but we can revamp our energy levels by taking a restroom break or by just taking a moment or two to think about what we're going to do in our leisure time. Doing that helps us to refocus on the job at hand.

There are a few things you can do here – ask yourself 'What are my top 3 priorities for the day?' Just focus on these three. There are only 24 hours in a day so it's essential to learn how to prioritise tasks effectively if you want to manage time better. If you cross more than 3 things off your list, then that is a bonus!

Another thing is to add a powerful affirmation to your daily practice – 'Time expands to meet my needs'. Once this is implemented into your daily routine just see the difference in your relationship to time!

Just think how much you could get done if you had that time back!

Day 64



We awaken in others the same attitude of mind we hold toward them. —Elbert Hubbard

It's about here that it feels right to expand a little more on self-limiting beliefs. Because everyone has them!

We were gifted an unlimited supply of love, joy, creativity, inspiration and achievability the moment we came to be on this plane. We were not equipped with an unending supply of preventive measures but it would appear we've readily adopted them along the way and equally readily blamed them for our failures and our lack of sustainability and satisfaction within ourselves.

Clearly, we are not satisfied with all we've come to own, possess, utilise and recycle while journeying along our predestined path. But we have become very adept at reminding ourselves that we lack that particular something we'd love to have, be or do yet we tend to forget it is because we cannot seem to locate the wherewithal to pursue it.

We labelled that preventive measure a limiting belief.

Many of us although fervently believe we're stuck with these limits, also in our lucid moments equally believe there is a way we can banish them forever.

And there is. We're going to hunt for that illusive key but first we need to know and understand what a limiting belief is.

General rule of thumb dictates to us that limiting beliefs are conceived throughout our childhood, particularly up to the age of between six and seven, however, this is not entirely true.

Regardless of your age, at some point or another, your mind drew on false generalisations and unfounded opinions and began to form its own pattern based on what you determined to be true.

You then began to question the events you experienced. They weren't pleasant and in turn your own opinions based on the feedback you received, disempowered you. As a result your mind blocked you from taking certain actions, even though the actions may have been reasonable and intelligent choices.

Money and finding a fulfilling career can be governed by a limiting belief so that you discover you're only half satisfied all the while knowing in your heart of hearts that there is something better and you know you can have it if only ... if only you'd get off your backside and grab it.

But to what end?

What happens if I'm rejected?

What happens if I fail to even perform once I am hired?

On the other side of the fence, there are people, CEO's even, who are governed by limiting beliefs that determine whether they will hire staff at all. Some of the words these people live by are; 'If I hire other people, they won't care about the work as much as I do.' They harbour a block that stands by these words and they don't hire.

The other common limiting beliefs are:

- I'm not good enough.
- Mistakes and failure are bad.
- I'm not important.

These are designed to prevent us from doing things that could truly give us a bright and shiny life experience. But the popular and most global belief, born from childhood and in many cases affects every human being to some degree is the belief, 'I am not good enough.'

As an adult of course, this belief really is unfounded.

Look at all you've achieved. Look at all your successes. Yet, deep down you carry this disempowering belief that you're just not good enough?

That's a very disempowering statement. And we need to eliminate that belief.

The more open you are to this unfounded belief, the more you acknowledge it and the easier it is to be rid of it.

Firstly, we need to establish when it was formed. It was likely created when you were a child. It was probably through several occurrences that this belief was created but more often than not it will be through your parents. We're not playing the blame game here. They did the best they could. But although they did not intend to scar you with a negative belief, their words and actions (the way they crossed their arms over their chest or the way they stood with hands akimbo) was the language that taught you to believe you just weren't good enough.

Recall what sort of relationship you had with your parents. During those days there would have been a moment when you felt trapped under the dressing down you received for not performing to their expectations.

You might have several incidences or you might recall only one. Visualise it. See how it was and imagine how your parents would have reacted. Remember you're going back in time.

Now hold that vision. Imagine, if you have siblings, how they were treated under similar circumstances. Is there a dialogue that can absolutely report, 'I am not good enough?' if there is then we've tapped into the source of the belief.

Hold that vision and allow the words to infiltrate the scene. 'I'm not good enough.' Allow yourself to feel it and those words will drift closer to the essence of you. Remember we're eliminating, not reconstructing the limiting belief.

What you'll now need is a piece of paper to write down all the moments when you felt you were under your parent's hammer. You'll need to write down the circumstance as it occurred.

'My mum always got annoyed if I didn't do what she said.'

'My dad always told me I could do better.'

You don't need to describe every single detail, just the reactions of your parents, not how you felt about them.

Now when you look back upon your written events doesn't it seem that you can see 'I'm not good enough'?

For example, you've taken a drawing to your dad and asked him how he likes it. His reply is 'You can do better than that.' You can hear your own mind saying, 'I'm not good enough.'

These beliefs had no meaning ... that is until you gave them one.

When you interpreted the incident as your mum stood before you with her hands on her hips and your father's arms were crossed over his chest, the tone in their voices was pure annoyance, you gave the phrase *I'm not good enough*, not only meaning but you also justified it.

If I said to you think of a pink elephant. You'll think of the elephant as big, oval to round in shape and very, very pink. I can ask you to eliminate the pink colour and just see an outline but you'll see pink every time.

What colour is your computer? What shape is it? Where is it located? You're able to establish an answer to every one of those questions.

So what colour, shape and location is your 'I'm not good enough.'

Did you really see I'm not good enough?

What you see and hear can have so many meanings. You heard mum and dad reprimanding you. You heard in your own mind *I'm not good enough*. What you didn't hear was the truth.

All you saw was a series of events that you interpreted as being *I'm not good enough*. You attributed the meaning to the event. It had no meaning before you gave it one. You didn't see I'm not good enough. You *felt* not good enough, but if it doesn't have any meaning then there's no truth in it.

All you know for sure is what actually happened. Think about how your parents reacted toward you and imagine yourself as a little kid. Imagine thinking as a little kid. *My parents have unreasonable expectations of me. That's why they're annoyed. Not because I'm not good enough.*

Imagining the scene cements the truth. Take a deep breath and say out loud, 'I'm not good enough.' Does the statement still feel true on a gut level?

Or are the words flat and meaningless?

If they're flat, you're done.

The meaning is only in our mind. You gave this meaningless event meaning.

Now take another deep breath and let it out. Say out loud, 'I'm not good enough.' These words will probably lack emotional resonance now. If so, the belief is gone. If it still has some essence of truth for you, repeat the breathing exercise until you feel no emotional attachment to it whatsoever.

Say out loud; 'I create my beliefs. My beliefs determine what I do and feel. Therefore, I create my life experience and I can change it.'

Allow yourself to acknowledge that you are not your beliefs; you're the creator of your beliefs. You're not your life; you are the creator of your life.

You can eliminate a limiting belief that you've been living with for the majority of your life. When you can convince your own mind that you gave that phrase, or any phrase you hold and own, colour, meaning and location, then you're on your way to dispensing with limiting beliefs forever.

You can change your creation by changing the beliefs that make up the creation.

Day 65



I may not be there yet, but I am closer than I was yesterday — José N. Harris

By now, if you've been following along the daily sessions over the past few weeks you'll be sleeping more soundly through the night, feeling more energised and focused throughout the day.

You may also find that you are meeting more positive people who want to help you along your journey.

Perhaps some new exciting opportunities are beginning to unfold. Maybe you're creating prosperity and peace of mind.

I think you'll also find your life is just generally feeling easier, lighter and happier.

Learning to emphasise this angle of your life is to be able to align your thoughts and language to reach any goal that you set for yourself. Through the language you use, you can both raise your

vibration and attract positive people; resources and opportunities to you or you can lower your vibration and repel these things from you.

Namely, these are referred to as The Words You Live By.

The words you live by are the words that govern your life experiences. The results you receive are a direct reflection of the thoughts you think and the words you say.

It is an important practice to become aware of the words you utter. Whilst in a conversation, hear yourself; listen to the words you are saying.

Do they reflect positivity?

When you speak about your achievements or the goals you wish to reach, do you hear yourself saying, 'I am so glad I got that promotion. It means I'm one step closer to the top of the ladder,' or do you hear, 'I should have been promoted to that managerial position, not him.'

Do you hear yourself saying 'Thank You' when something favourable occurs? And do you curse and get mad when something doesn't go your way?

When you're aware of your dialogue, the difference you'll make to your life experience will be an incentive to be more attentive to the words you say. Your life will take on a whole new appearance and oh what an appearance it will be.

I can't wait for this to happen for you. It will when you become aware of the words your say. In any moment, during any day, hear your positives. Hear your negatives and note how each makes you feel. It is not difficult to hone your awareness so that you, on a grander scale can talk about what is happening with an upbeat attitude.

You'll find also that you'll begin to really 'hear' other people's words. You'll hear the tone in their voice and you'll understand the circumstances of their world through the words they say. Every word has a reflection and each reflection is a vibration of how you feel about something.

Okay, let's look at it another way.

A brief dialogue will illustrate what we mean.

Negative Nelly: *I'll never lose weight. I'll always be fat. When will you accept that?*

Positive Polly: *With a proper eating plan and exercise you can do it Nelly. It's just going to take time and patience.*

Negative Nelly: *What makes you think I can stick to a regime? I'm hopeless.*

Positive Polly: *Because you've made a small amount of progress already. I just wouldn't expect to change everything overnight.*

Negative Nelly: *Well Miss. Positive Polly, I don't think I can change. I'll always be a loser.*

Positive Polly: *That's your opinion Nelly. I disagree. If I can lose all the weight I was carrying, I know you can too.*

What words have power with you? Some people go through life just accepting what is, not knowing that they *can* change their direction. The words we live by are sometimes, *better safe than sorry* or *money doesn't grow on trees* and *you have to work really hard to make money*.

Word structures and thoughts like these cut off any progress to move ahead. They cause us to stagnate and they have the power to sever all possibility to grow. But once we become aware of the words that play over in our mind we have the opportunity to change the direction; to change our word tracks.

Positivity is paramount in all avenues of life. With an absolute, unshakable belief that you will not be denied, that you can achieve anything you set out to achieve, that you are a deserving being, you instinctively know you have choice. You instinctively know your future is looking pretty damn good.

You can create your life, your success and your financial freedom. There are many words you can use to make these changes.

The words you live by can be, **'I am** successful. I can achieve anything I set my mind toward! I will not be denied.' That word track can literally change your entire life.

What you believe to be true is what you create in your life. As you move through life you must know that the decisions you made yesterday are the correct decisions. When you have a positive viewpoint, a positive word track you will see things effortlessly unfold. As they unfold, you'll feel compelled to repeat the recipe and that is when you will really notice the gorgeous differences in your life.

We get more of what we are looking for. In life we don't get what we want, we get what we are.

The old adage, *do unto others as you would have them do unto you* is not a passage that lives only in the bible. These are the words that should we live by them are the words that will shape our lives.

If you *hear* yourself saying, 'I can't afford that!' or something along those lines, stop and think a moment as you look at your desire. 'I can afford that!' feels so much better as you walk away smiling with a vision in your mind's eye. And as you counter your thoughts with can's you'll begin to notice how those can's become a part of your life.

The can's arrive and they smile and they wave and they say, 'Of course and I'm so very grateful, I can!'

Indeed, you can afford that and oh doesn't it look great on you?

Yes, I thought so too.

Day 66



A comfort zone is a beautiful place, but nothing ever grows there. — Unknown

Crossing a bridge is like leaving the familiar to romp in the meadows of a world not yet discovered. It can be downright frightening!

It spells RISK with a capital R! But listen ... do you hear that gentle something urging you to try. To just taste it? To feel it; experience it? All you have to do is reach out. There's something very liberating when you take a risk.

When you begin to stretch yourself, you start to discover there are things you're going to be learning and it's all a new experience and it's going to be worth your while. You know it and so do I.

Combine that familiar feeling of success (you've been successful before) add a little anxiety, a tiny pinch of fear, mix in some self-doubt and you've got a recipe for personal growth.

Extraordinary outdoor adventures like rock climbing, hiking to the summit of some distant mountain or skydiving can be very exhilarating. And so can just doing something completely extraordinary in your ordinary world.

Before we allow ourselves to fall out of the sky we'll have induced the recipe and once completed, we've earned a massive feeling of accomplishment. We've suddenly increased our base levels of confidence.

There's nothing more rewarding than being proud of who you have become when you've achieved what you believed was impossible.

There are ways that enable us to leave that cushy, soft, pliable pillow of comfort. They are:

- Be an idiot. Make a complete fool of yourself. You're not obnoxious or detestable so quit thinking that that is the way people are going to think of you. They haven't seen you behaving like an idiot yet have they? They'll laugh with you!

Look, some of the most lovable people on this planet are oddballs. They're silly, charming, happy, idiots who say some pretty inappropriate things at times but heck, who cares? They know they're not perfect and neither are you or I!

- Yes, you might fail. Trying something new is always a little daunting. But you tried. Give yourself a high five for that. And you learned that it wasn't as frightening as you imagined it to be. You accomplished a step in the right direction and that bears recognition. You had the courage to pursue an idea. You took a risk knowing that you might just not succeed. On the other hand, you knew that if you didn't do it, you'd have failed in any case. But you took a leap of faith and you made it. Congratulations!
- It's about facing your fears. Don't worry about what they are. If it's all about creepy things like spiders or mega uncomfortable things like tiny, dark places or being successful, it's okay.

Every day you make a decision to go somewhere or do something and it's a bet you go without intensely studying the odds of a negative circumstance tripping you up. But if you're denying yourself the very opportunity to succeed just because you believe you

can't cope with a little discomfort, think of the rewards on the other side of the bridge you're going to miss out on.

- Get comfortable with the odd risk. Surprising yourself can be an awful lot of fun. You're in a familiar, comfortable place. There's nothing to worry about and you know what to expect. Besides if you're going to go out on a limb, you might slip and fall off! You might even break something, or feel like a complete failure. You might even lose something but the more favourable odds are you'll gain something when you learn to be willing to lose it. In other words, let go of the attachment you have on an outcome. Let it happen the way it's meant to happen. Do something for the sake of it, for the fun of it and enjoy every moment. It's going to be so worth it!
- Accept what is. Things aren't always going to go the way *you* planned. And that's okay. Don't delude yourself that every move you make is going to take you to a safe, predictable, comfortable place. There are going to be some prickles and bumps along the way. So long as you know that not everything is beer and skittles you won't be setting yourself up for major disappointment. There will always be a touch of adversity in your life. It's just another learning curve that's all.

There are people who sail through life with an attitude of worry less, enjoy more. They're laid back, personable people who seem to have a lack of concern about what may or may not happen in their lives. They seem content to just allow. That is an awesome trait.

They may appear as though they're not the most motivated people on the planet but they're happy. Their secret is very simple.

They do one thing at a time and while they're doing it, they give it their undivided attention. They don't rush it. They're giving their time, a valuable asset to the task and they enjoy it.

Delegate some of your responsibility. You don't have to do it all yourself.

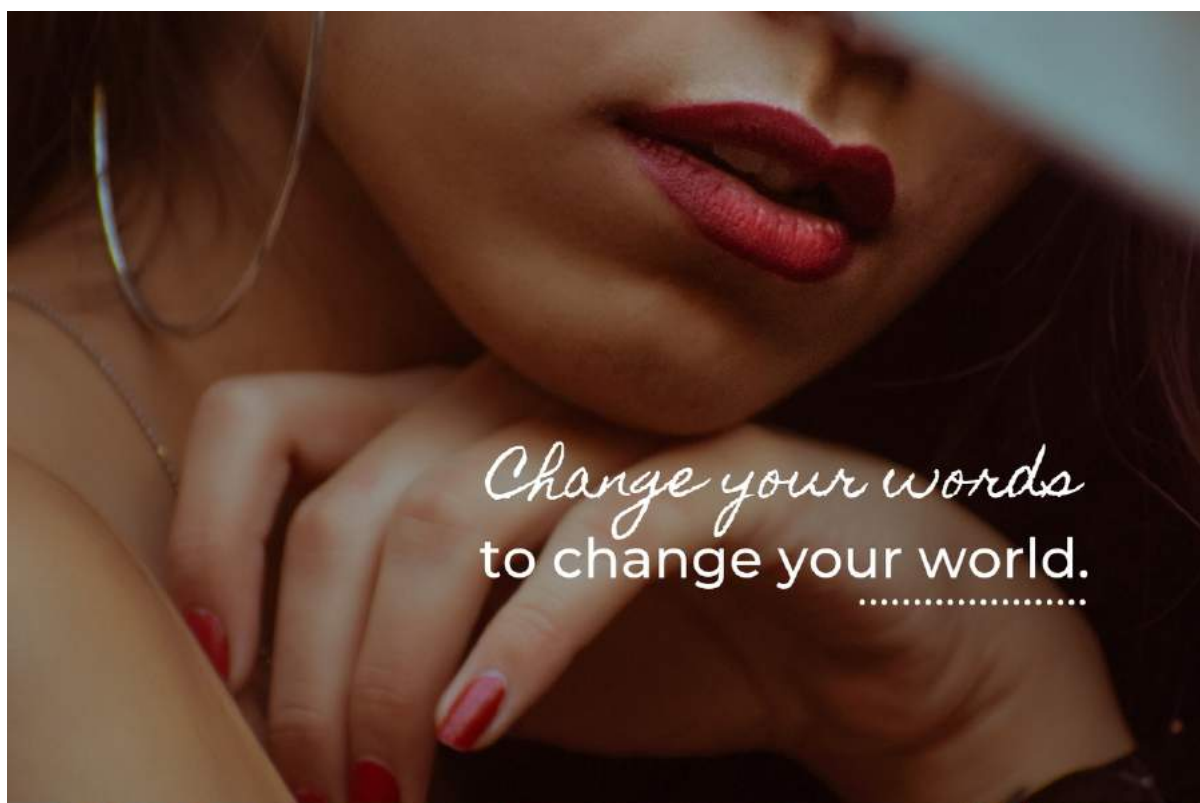
Oh, you think you do, because if you give it to someone else, it won't be done properly or as perfectly as you would prefer? High standards have their place in a comfort zone, but ask yourself, 'Will doing it make me a better person? Will it matter in five years?'

The answer is usually 'no' so don't allow perfectionism get in the way of your potential to enjoy your life. Allow yourself to live and enjoy what you're here to live and enjoy. You deserve it.

These words are by Ralph Waldo Emerson:

*~Some of your hurts you have cured,
And the sharpest you still have survived,
But what torments of grief you endured
From the evil which never arrived. ~*

Day 67



The happiest people don't worry too much about whether life is fair or not, they just get on with it.

—Andrew Matthews

Aligning your words with your thoughts induces powerful results.

Have you ever noticed how you live through a single adversity, you deal with it and you see it through its entirety, then after its final heartbeat and the event is over, you sigh with relief and suddenly you're reliving it?

You think about, you talk about the event with others and revive each detail. Maybe you're unaware you're recreating the event in your mind for future reference.

The point here is to remain mindful of how you describe the event not only to yourself but to the people you tell if you must re-examine the incident. You're once again gently reminded that your words create your world.

Repeat the mantra, ***'I must watch the words I use—because they create the world I see!'***

The event is done. It has passed. But why must you give it new wings? You need to ensure that you don't talk with people who are going to unwittingly keep you drifting in 'Victim Mode.' They may use word tracks like:

- You've been through so much. I'll bet you're still really suffering
- I can only imagine the pain you must be in
- You must be exhausted after losing so much
- And so on.

These words are kind, compassionate and chock filled with empathy but if you listen to them, you're submerging yourself further into the 'experience of what happened.'

If you hear too much 'sympathy talk' you may find yourself reliving the event and re-examining your feelings when you know you should really be moving on.

When times are tough, know in your heart of hearts that you're strong. You'll get through this. You're being supported by Source, the Divine Unseen. Find people who support your own belief that you are strong. You've been through hell but now it's time to tip the scales the other way and then find the balance.

There are ways you can disinvite recreation by assuming that people really aren't interested in your traumatic experience. You don't need to talk about it unless you're in a place where you really must unload.

But you can also allow yourself to accept the event by saying, 'Yes, I've been through a terrible time, and I'm handling it okay now. How about you? Have you ever been through anything like this?'

You can then return the conversation by requesting just a smattering of empathy, not the entire wheel barrow load and this kind of response will less likely keep you in victim mode because the reciprocator will probably only touch one or two bases before moving on with the discussion.

There are circumstances where you may feel as though you've been cheated, mistreated or just duped. It has happened to many of us.

But when you use words like:

- I'm completely destroyed!
- I'm so angry!
- I'll be the first to watch Karma do its thing

You're feeding the anger and the fire in your heart with the fuels that will only keep it burning.

Instead, be gentle with yourself and replace your dialogue with calm expressions such as:

- I am disappointed
- I am surprised
- I am annoyed

Changing your word tracks from 'I'll never be so gullible and trusting every again' to 'In future, I intend to read the fine print' will ensure that you won't be duped ever again. Listening to those words in your gut will make a huge difference to how you conduct your life and your life experience will reflect your ability to listen to yourself.

Instead of saying, 'I refuse to be in this financial mess any longer!' you could say, 'I intend to become financially secure/independent very soon.'

If you want to realise a happier, less crunchy life experience, one that takes every adversity in her stride, then you might want to carry around a wee affirmation that tunes into your thought and word tracks automatically.

'When life throws me curveballs, I hit 'em clear outta the park!'

Your words reflect what you're really all about. So, what are you really all about?

'I am grateful. I am strong. I am confident. I get the job done. I am happy. I am able. I am loving. I am responsible. I am reliable. I am independent. I am loving life.'

I Am!

Day 68



If you don't watch out, putting on your unhappiness in the morning can become as instinctive as putting on your clothes. —Robert Brault

... excellence then, is not an act, but a habit.

Something in the way that phrase resonates. It brings with it a sigh of relief to one who may have an adverse attitude toward effort.

But that phrase simply confirms that with a determined approach, awareness is the key to change, and the key to happiness, joy, grief, desperation and a whole host of other emotions. Awareness is the vertebrae that supports your realm.

In other words, if you are saying, thinking or doing one thing and saying, thinking or doing something completely different, odds are your energy levels are mismatched and you will end up feeling unhappy and unfulfilled.

When we can habitually think about the language we use in our everyday life, as mentioned in Day 66, we're destined to lead a much more rewarding and exciting, much happier life.

Learning to use another term instead of the word 'problem', the word 'challenge' or the words 'learning experience' allow us to notice how things turn up as opportunities for us. It's like a brand new deck of cards we get to play with.

If you want to improve your life, and I've yet to meet a soul who doesn't, an ingrained habit will very likely become your best friend.

The more positive your thoughts and language the more you will notice that there are added solutions to any problem that may arise.

Try to embed gratitude in your daily life. Give zest to the lives of others with heartfelt words of encouragement. Motivation is a key component to the formation of any habit. The reward of course is the abundance, the happiness and the fulfilment you receive in return.

So, how do you build the habit and how long before your habit is a natural progression?

When you visualise your new way of conducting your conversations, your work, your new lifestyle that ultimately leads to abundance, happiness and fulfilment, you're sending a post card to the Universe.

This is what I plan. This is how it looks. This is how it's going to be.

- **Planning:** visualising the process helps to focus your attention on the steps required to reach your goal.
- **Emotion:** visualisation of the individual steps you need to take lead to reduced anxiety.
- Beginning your visualisation at the end gives opportunity to fill the spaces in between with some pretty amazing experiences.

In essence, impatience and attempting to *reinvent* yourself all at once can be the source of frustration and failure and it's probably why New Year's Resolutions hardly ever stick.

Why?

Because in one sentence you're saying, 'I am going to lose weight, lots of it.' But your internal word tracks are in Mode Opposite. 'Yeah right! Sure you are! Not!'

It's better instead to visualise your process of arriving at your very achievable goal knowing that your rewards will be waiting for you. See the end before the beginning. You harness much needed clarity that way and clarity is key to manifesting.

So visualise yourself in that new outfit. See yourself in front of the mirror with curves in all the right places. Enjoy the vision of the new jeans that give attractive emphasis to your figure and legs.

Taking your life to a higher level requires alignment and all of this requires consistency. Consistency builds a habit.

So how long before your new habit actually sticks? 66 days is what it's going to take. Are you up for the challenge?

Remember, determination, temerity, an attitude of 'I will not be denied,' will get you whatever you want, take you wherever you want to go and provide you with a desirable life experience. Consistency will become your second nature.

This doesn't have to be hard work unless you make it as such. Remember, you can eliminate the words – 'I can't' and 'I don't know how' by knocking off the 'T'.

The most self-limiting phrases in our vocabulary came from the 'Nay Sayers' who entered our minds as we grew up. They're there just listening, interrupting as you intend, attempt and affirm. But only if you let them. They're word tracks that can be eliminated as you become aware of your inner dialogue.

These word tracks are ego based. Frightened little egotistical egos running in a panic because they just know they're going to have their own little 'T's knocked off by none other than you.

They're just scared that's all.

Now as you choose to live your life with excellence, excitement, happiness and abundance, you will form your new habits and you will reap your most deserved rewards.

How?

Ah, don't worry about the 'hows'. That part has all been taken care of. Just trust in you, yourself and the Universe.

You deserve it.

Day 69



One should examine oneself for a very long time before thinking of condemning others. —Molière

Great minds discuss ideas. Average minds discuss events and small minds discuss people.

Many people enjoy gossip. It makes for a great pastime. It can generate a wealth of spiteful laughter. It can reward one with *temporary* emotional strength and satisfaction. It can feed gallons of guilt into an already hard boiled heart and it can tarnish a reputation and demolish a marriage or a friendship. It can gather malicious momentum as the ego feeds off another person's mistake or misfortune. It can annihilate trust. And in a heartbeat it can destroy a life. It brings endless grief and sleepless nights and it delights in generating suspicion.

Guilt is still an emotion that trudges into our hearts long after we've slandered or gossiped about another.

Have you ever tried to face someone after you talked about them behind their back?

When we speak ill of someone, we alienate ourselves from them. If we say bad things about people our words will eventually separate us from the rest of our cherished world.

There are far better things to talk about than the sensational, intimate details of another person.

If you find yourself the recipient of a conversation that is turning toward gossip, kindly and gently interrupt with a slice of advice. 'I'm not in a position to be having this conversation. Let's talk about something else.'

You've shifted the course of communications and the source is now dissolved.

There is much in your circle of people that you have not even explored yet. That person sitting right there in front of you has something interesting to say. Ask deeper questions about the dreams, the goals, the hopes and the fears she has.

You never know where it could lead. You might just mastermind a great idea and suddenly you're motivated to get it on its feet.

It might be gratifying to some that knowing that other's just like us have problems and discussing those problems gives them an opportunity to revel in their supposed severity, but it is only pure selfishness and pride that rewards those people with a mindset to match. A malicious mindset.

It's not very pretty.

Positive speech will encourage the people around you to do the same. In an event when the person you're speaking about isn't present, talking positively about their wins, their achievements or their goals will outweigh any desire to gossip.

It will also strengthen your dependability. People are going to be able to trust you with their secrets when they know you speak only in positive tones and don't share what you've been asked to keep in confidence.

Reaching out to people with new ideas and topics to talk about is as rewarding as watching those ideas and conversations fruit.

Of course, you're probably going to be faced with a little resistance. There are Nay Sayers in every circle who want to continue to discredit, but on the whole their negativity will be eclipsed by other's admiration.

Shared ideas are the foundations of every invention. That means the rewards far outweigh the temporary satisfaction anyone could receive from gossip. Just knowing you are equipped with an imagination; imagine what you could bring to a discussion group. If you can imagine it, nothing is impossible.

With all we've learned so far, with all we've conceived, thought, imagined, attained, induced and manifested, I think I'd be hard pressed to waste my time on talking about someone else's rumour or someone else's misfortune. I could very suddenly be the one being spoken about. Yes, it's that quick.

If it's not fun, why do it? Gossiping is not fun.

Talking about an idea gives the idea credence. It builds strength in suggestion and confidence in its conception.

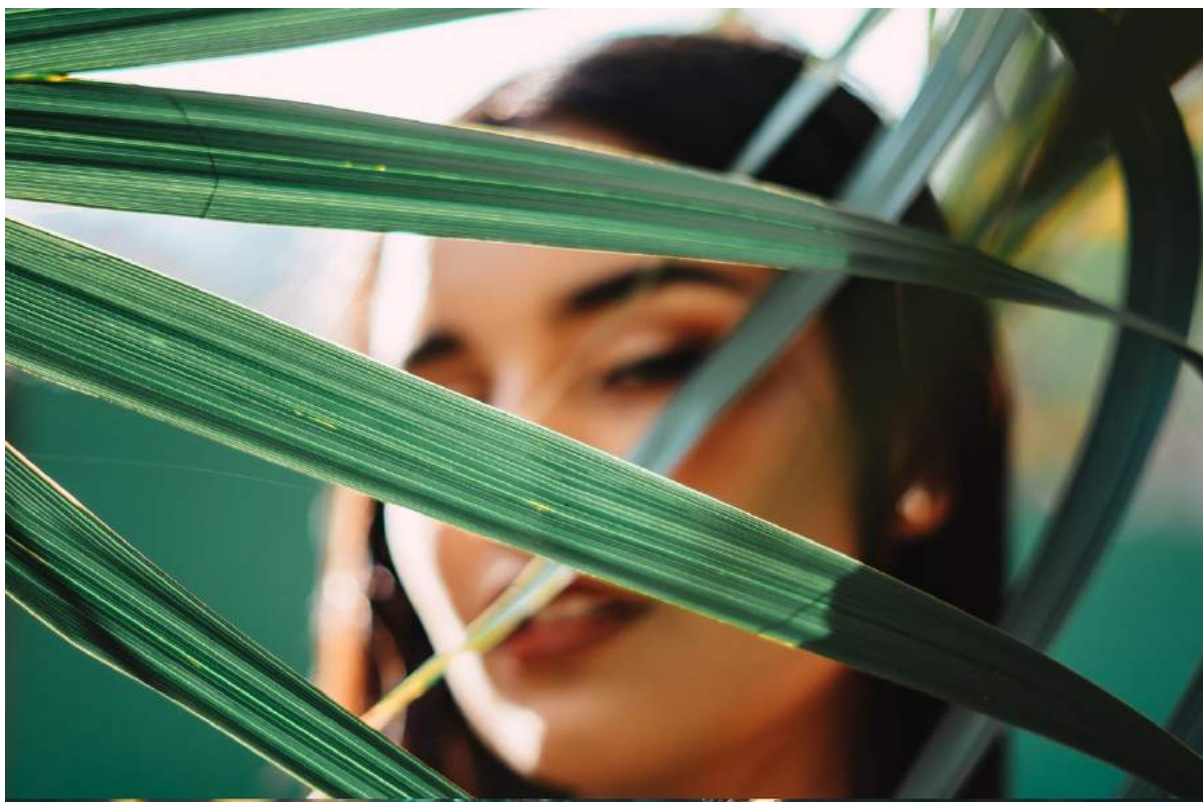
A discussion about a fabulous idea brings with it an entirely different emotional guidance system but when someone among the group mentions Cynthia's misfortune and ill-fated situation with her husband who is now living in a different state, 'Did you hear about ...' the original idea that should have been steeped in excitement is now drowning in ego buoyed talk and the inspiration for the idea that could have been at an all-time high is all but dissolved.

Challenge yourself by taking the high road then slowly, if you no longer want to gossip, wean yourself at a pace you can keep up with.

Doing your best to be a better person will reward you and at the very least, if you want to give people something positive to talk about, do it with aplomb. 'I'm not qualified to hear this kind of stuff. Now, what were we talking about? Ah yes ... the idea. I think it's got merit. Let's run with it.'

Gossip is judgement. Earl Nightingale said, **'When you judge others, you do not define them, you define yourself.'** Remember, gossip always hurts someone, and oftentimes it's the one fuelling the rumour.

Day 70



Do just once what others say you can't do and you will never pay attention to their limitations again — Captain James Cook

I've seen it hundreds of times throughout my life and I'll expect you have too. I've heard the echo of their words more times than I care to count. 'You can't do that!' And if they're not saying it how it is, they're going around it. 'You'll fall off. You'll slip. You'll ... fail.'

Somewhere from way down deep, fortitude and a determined will, like the effervescence in a soft drink bubbles up and you're suddenly buoyed in a 'Want-to-make-a-bet?' attitude that concludes, 'Just watch me!' and away you go.

It happens like a wake-up call. It happens when you feel as though you're not living your life the way you know you could be. Then it becomes time to find out why. The why will then most likely be the results of a limiting belief.

Our circumstances reflect our true beliefs. No matter how loudly we may bang our fists against someone's opinion, it is our circumstances that will represent our true beliefs.

You're aware you can have anything you want. Trouble is do you know what you want?

The successful people have goals and they know the direction of their road. The failures believe their lives are governed by situations that happen to them. Not once do they understand or even realise that it is the mere power of their thoughts that is attracting their circumstances. They are living the effects of the cause; the cause is their thought tracks. They've come full circle.

What you thought about yesterday and what you think about right now is the reflection of your life today and tomorrow. If you have a goal and decide to work toward it, you're one of the five percent of people who know where they're going.

Don't be wondering how you're going to achieve your goal, leave that to a power greater than yourself. Just know where you're going, aim and the answers will come to you of their own accord, at the right time.

If the mind is pretty good at assuming that you can't do something, and it is, then why is it a given that you can assume that whatever situation you are facing at the moment is exactly the right situation to you need to be successful?

Limiting beliefs are in one word, 'resistance'. In a concise picture, it is the life we live and the unlive life we dream about.

Resistance is poisonous. And yet we can't see it. It's like air, it exists, we breathe it but it is not vital to our health. If we can't breathe we die but resistance can mow a person down a thousand times and he'll never know what hit him.

Resistance is senseless. It cannot be heard, or seen or touched, but it can be felt with the inner wiring of your emotions. It can turn a smile into a frown. It's a negative force with a powerful intent and the intent is to kill the dream before it's even become one.

It saps one of every thimble full of motivation. It laughs at intention and it swears blind that you'll never get started. And if you let it, it usually wins.

Resistance isn't created through the word tracks of others, nor is it bought, eaten or stolen. It is born within. It is a self-generated enemy that lives within us.

When a teacher begins to teach, she's standing at the front of her class and she's overcoming her resistance. It's when she arrives home armed with compositions to mark that those closest to her become aware that she's changing.

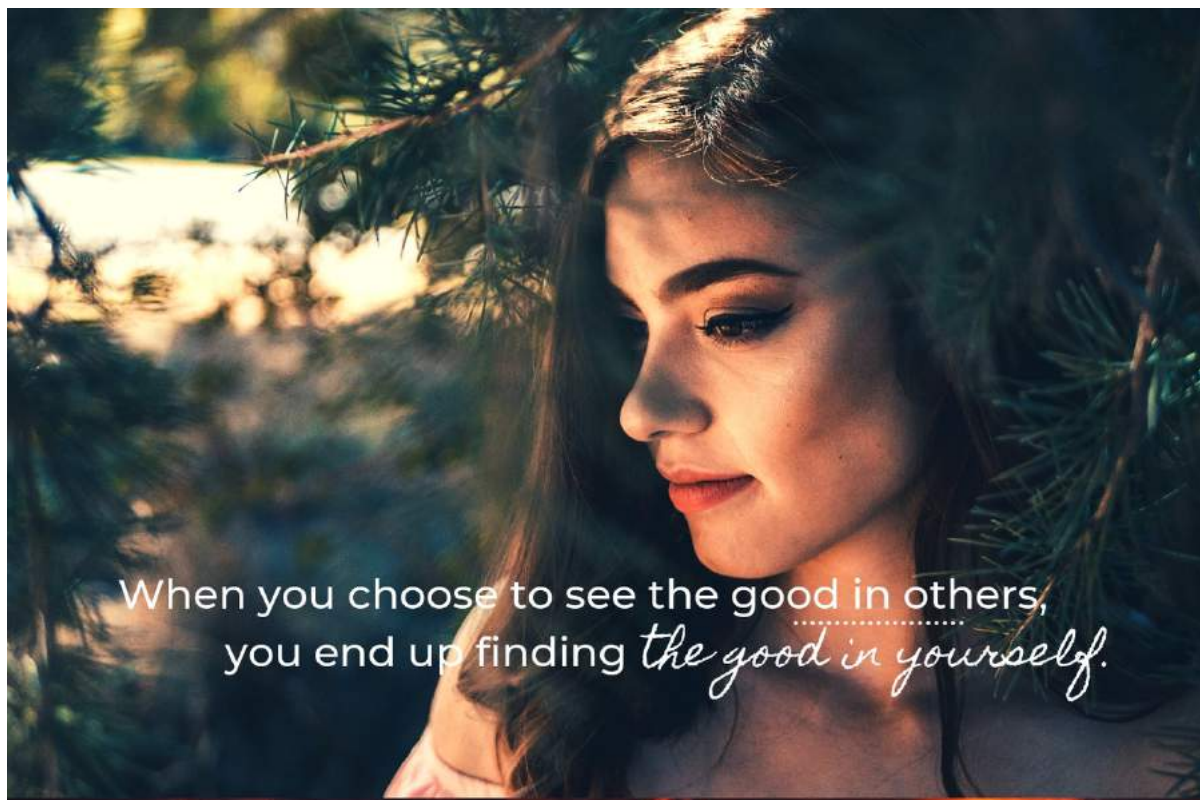
They become resistance mechanisms themselves, moody, annoyed and accusing the teacher, their mother that she's not herself. They will try to sabotage her. They see success in the mother, the wife; the teacher and they begin to question their own resistance. If she can beat this demon, why can't they?

You can lower the boom on resistance. Your dream is real. It's got blood, sweat and tears written all over it. It breathes. It lives. Finish the job and when you're done, start another one immediately.

Resistance doesn't have enough self-respect to live through another scenario of tomorrows because you're going to get started right away.

Oh and a reminder that there will always be nay Sayers who say you can't.

Day 71



You're not going to make me have a bad day. If there's oxygen on earth and I'm breathing, it's going to be a good day. —Cotton Fitzsimmons

We're ending another week and I would like to share with you one of my mantras:

'I delight in praising others'.

You can begin your day with this mantra or why not create one of your own? There's something magical in praising others from the heart. It bestows a gift upon them but also buoys your inner essence.

Remember that once you shift your perspective, the world around you shifts as well.

It all begins with you!

Do unto others ... we expect to be treated by others in a way that is kind, considerate and thoughtful. We tend to briefly forget that Karma is always looking over our shoulder. It reminds us that every action begets an equal reaction.

When you begin to look at yourself, really take notice of how you behave, how you deliver your words, how you treat others, if you're not satisfied then it's time to re-evaluate the reasons you're receiving dissatisfactory results.

How do you treat yourself? What do you see there? How do you perceive others? Is there something you might like to alter in your own realm?

These are questions that have been asked for generations and the answers lie right before us cocooned in a mantle of self-protection. It isn't until we unfurl the cocoon and truly look at it with honest, wide-open eyes that we can see the reasons why we are receiving great results and the reasons why we are not.

It is only when we can look at another person and truly appreciate what we see as we observe this other soul emulating what life has taught him that we are looking at a reflection of ourselves.

We see someone we like, whom we approve of, respect and admire and suddenly we're finding all of those qualities within ourselves. After all, we're all made of the same stuff!

Oprah Winfrey said, *when people show you who they are, believe them the first time*. She's right. You don't have to analyse or second guess a person. What you see is what you're going to get. It's the real McCoy and if you need another opportunity to induce another impression then you're probably going to find a falsehood somewhere thereafter. People become discouraged and finally tired of trying to prove to you that they're genuine. They move on.

Accept or reject. It's your choice. No one said you *have* to like every single person who crosses your life path but it's a certainty that you can at least give them the opportunity to change your mind.

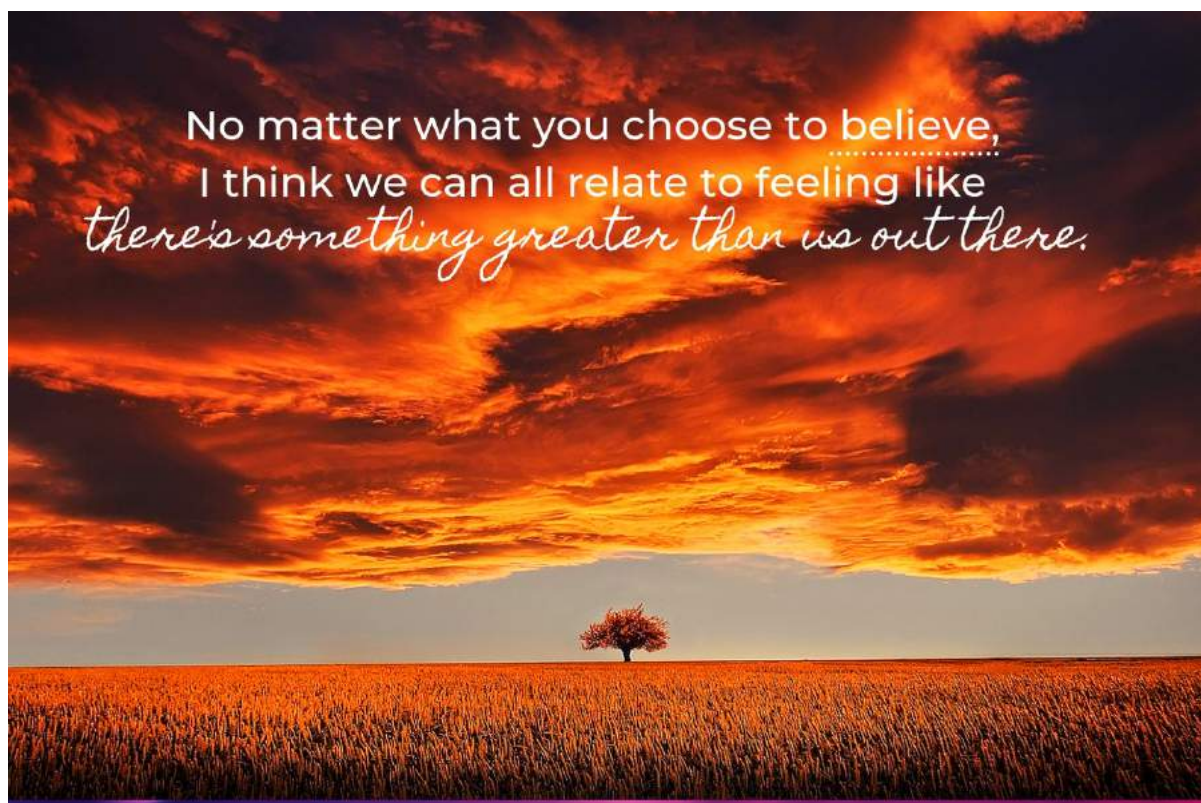
A little closer to us all is that moment when we're arguing with people we love. It is during these dreaded times that we find it difficult to see the good in them. Yet, just as it is in you, it's there in them.

If you're tempted to focus on another person's imperfections, it might be wiser to ask yourself if you're overlooking the good stuff. Odds are you are. What good qualities aren't you seeing? You know they're there. You've seen them before.

And when you get to know someone you become aware of their attitudes, their behaviour and their general nature. They've retained the same ingredient that drew you to them when you first met. It hasn't evaporated or melted, it's just on leave for a moment. Just remember you're not perfect either and there will be times when people who care about you will wonder where 'the real you' went while you're feeling annoyed or belligerent.

They'll search for the good stuff they discovered when they first met you and as they do, they'll also find it in themselves.

Day 72



No matter what you choose to believe,
I think we can all relate to feeling like
there's something greater than us out there.

I have lived on the lip of insanity, wanting to know reasons, knocking on a door. It opens. I've been knocking from the inside! Out beyond the ideas of wrongdoing and right doing, there is a field. I'll meet you there. —Rumi

Wherever you are, whoever you are, I celebrate you.

Why?

When you and I were growing up, experiencing life, its extraordinary moments, its jealousies, it's serenity and peace, beneath all our bravado and our pride, a tiny voice was telling us, 'Do your very best and you'll never be disappointed.'

Throughout our journey we may have questioned the existence of Source, or the Universe, or God ~ whatever your choice word for Divine Presence is. Whatever your label, hold fast to it because it is your lifeline to better things that always come with trust.

And our questions resonated in a world that had forgotten how to be thankful. Why was there so much unrest, greed, hate, disappointment we asked Source, Universe, God. I think those questions still echo among the canyons of our imaginations and they are still heard regardless of how they're voiced.

The reason you're reading this page today is because you were guided to it.

You have questions and you require answers. And rightly so.

Question: If there is such a thing as God, Source, the Universe, then why is there so much global woe?

One answer will always be multifaceted but its certainty prevails. No matter where you are or what you're going through, always, always believe that there is a light at the end of every tunnel.

Whatever will be, if it is going to be, will be. If it doesn't manifest it just means that you need to take more action; you need to be more allowing and you must have absolute faith. And you must never lose sight of the reality that what you give out you will receive in equal proportion.

Therein lies the reason for global woe.

We were launched on this dazzling blue planet to experience fulfilment, peace and happiness. If we could choose to focus on one thing at a time, then that would be sufficient to get us past every goal post.

We needed only to remind ourselves that we don't have to do it all at once and we don't have to it right now. But we needed also to understand that what we put into our life was what we would get back from it many, many times over.

Some of us forgot that this is law and it cannot be changed.

Always, wherever you are, whatever you do, there is something to be grateful for. No matter how good or bad *you* perceive *your* day to be, you have an opportunity to wake up all the tomorrows you'll ever have and be truly thankful for your life because someone, somewhere is in a desperate battle to save theirs.

Reminding ourselves that happiness is not the absence of problems, rather it is our ability to deal with them in a unique and constructive way, gives us room to appreciate how far we've come.

Imagine what we would be able to achieve and how quickly we'll be able to achieve it if we weren't so wrapped up in the adversities we sometimes have to face.

Allow others to accept you as you are; even with all your flaws, your crooked smile and your bright, shining eyes. You're bestowing something to their world that wasn't there before. Allow them the glory of basking in your presence as you radiate your true inner self.

Never replace the person you are with someone you admire and would like to emulate. You'll be so transparent and your shine will have so many facets no-one will know which one is real.

Appreciate that the extent of your *temporary* unhappiness is governed only by how you choose to deal with the circumstance that brought you there. You have a smile to die for. Use it! Smile often and silently let anyone who believes they can rob you of your fulfilment know they cannot hurt you. That smile and all its components is wholly yours. No one can take it away.

Quit trying to impress people too. It's a waste of time and a waste of precious life. Live your life the way you know you can. Impress yourself and love who you are enough that you never, ever have to lower your standards for anyone.

Always, always be true to yourself.

Remember that the people who can laugh and team their laughter with a genuine smile are the people who have fought some of life's toughest battles. They smile because they know beyond a shadow of a doubt there is always another window to open when a door slams.

The Universe says whatever you sow you shall reap. We just tend to forget that it's all pro rata.

~ The Spirit within me salutes the Spirit in you. We now know that we are all made from the same One Divine Consciousness ~

Day 73



When life hands you a lemon, say, "Oh yeah, I like lemons! What else ya got?" —Henry Rollins

When we are not aligned with our intention or goal life feels like we are trying to swim upstream against the flow of a powerful river. By aligning our thoughts and actions with our own vibrational frequency, life becomes effortless, seam less and stress free. Life just flows.

Goals are the heartbeat of every living soul. They resonate with loud 'come-hither' echo's that seem as though they're reminding us that *we have a purpose*. Our purpose is to fulfil our goals. Not just one goal. That's easy. No, we have the potential to fulfil several goals and they need to be satisfied.

I want to congratulate you. You've got one goal in the bag. One goal achieved and accomplished. Well done but you just knew you would succeed.

Admit it, you did didn't you.

Sunshine smiles because you allowed in, that 'I can do this' and you did it!

You have achieved and the feeling is a combination of immense relief and pride. There is nothing more to think about, to plan, to dig foundations for. It's over. Complete. Finito.

But it's not because now it is vital that you have another goal in place. If you deny yourself an aim, a reason to step further into the excitement of your life, to explore the possibilities of what you're capable of, you may as well sit down in that corner over there and stagnate.

While you're doing that, open the doors and welcome in depression. With depression come the alcohol and the pills to counteract the failure you're feeling. That is an extreme example but for some people, that appears to be their only path.

Are you seeing this all too real scenario? Can you imagine the state you could find yourself in? You'd be in a place far worse than if you'd set yourself another goal to go after. A new goal is imperative. It is the life blood that keeps you purposeful.

Now that you've just decided that depression, alcohol and prescription drugs just aren't going to cut it, you've got a road to travel. The journey will afford you to undo all that stuff that has you trapped in a world that doesn't serve you. There is no difficulty attached and the results can make a heart smile like it never has before.

When you've completed your new goal, achieved what you set out to achieve and can comfortably sit back and admire the results, plan another trip. Plan another project, another song, another painting, another book. It's essential. Without the ongoing stimulation not only for your brain but for your body, you'll languish. It is very possible that depression could set in to fill the void that awaits fulfilment.

A wonderful analogy to share is one of the homing pigeon.

If one is to take a homing pigeon out of its roost, put it in a cage, cover the cage with a blanket then drive the pigeon one thousand kilometres in any direction of its perch, one can be guaranteed when he releases the bird, it will reach home.

No matter how long it takes, that bird will, when released, fly into the air, circle two or three times in a wide arc and will then fly home one thousand kilometres away. Not many critters on earth can reach its goal except man. Home is important to the pigeon.

Always stay aware of what is important to you.

It has often been said throughout this collection of days; *Never lose sight of the bigger picture. Never lose sight of what **you** set out to achieve.* When you decide which goal is yours and you've wrapped it in clarity so that it has an ending and a beginning, and you are crystal clear this is what you want, you don't have to worry about the how's. You don't even need to worry about the when's.

You will simply begin to move toward it and your goal will begin to move toward you. Then at precisely the right time and in precisely the right place the two of you will meet.

The Universe does not care about the size of your goal. It will help you to achieve it no matter whether it is huge or diminutive. The secret to accomplishing a goal is that *you* believe *you* can attain it.

When you are committed to your purpose and you are absolutely clear on what you want to achieve, nothing stands in the way of the Universe that is all too anxious to deliver the goal to you.

Having a clear and concise goal means you quit drifting aimlessly through your life. Goals give you meaning and a sense of purpose to make progress and you have an aim and direction. As you advance step by step toward your goal, the little gems of results you notice along the way are cause for happiness.

Your confidence strengthens and so does your inner belief in what you can do. Then as you achieve the first goal you begin to set bigger ones that *will* be attained because *you believe you can achieve them.*

There is a seed that must be planted in the fertile soil of your mind. That seed is called Desire. It is only with this intense desire that you will attain your goal.

Your ultimate aim is your own personal happiness and so setting a goal and working toward it each and every day is where you will find it.

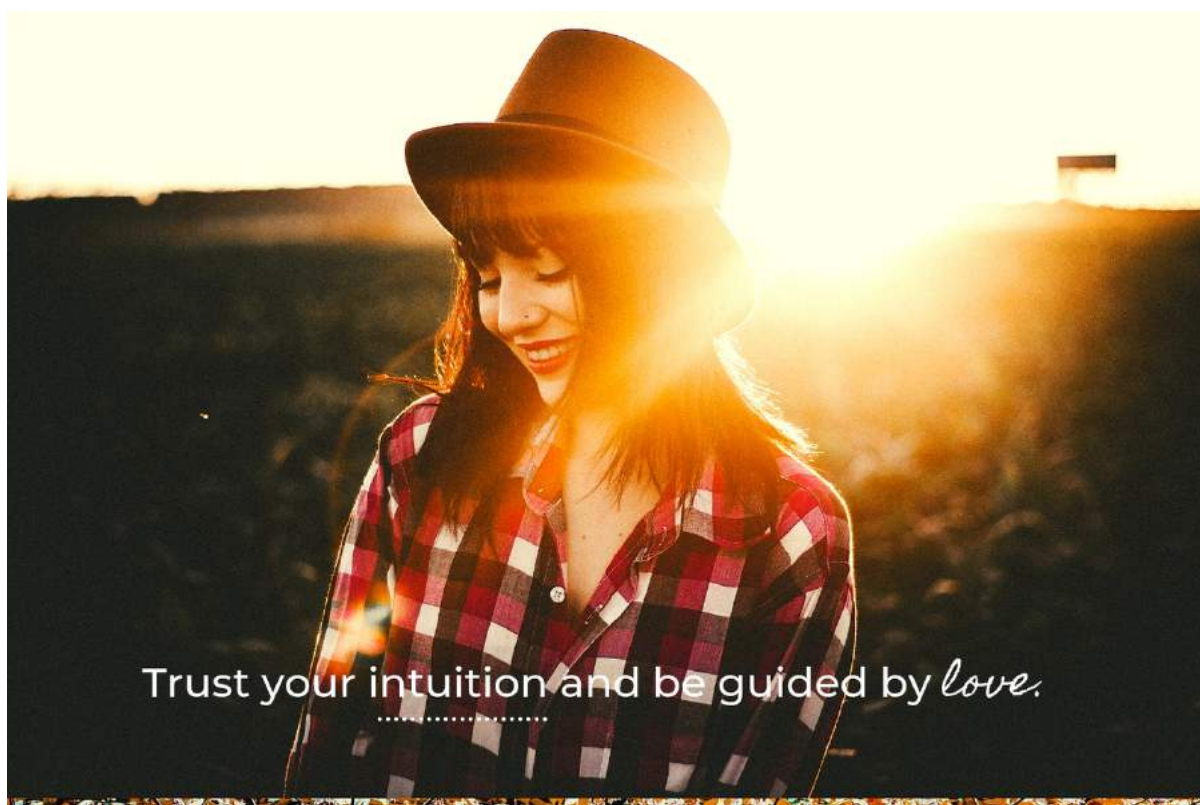
You can attain anything you want in life so long as *you* are clear on what it is.

So, grab a piece of paper, invest some quality time into your thoughts on what you want to achieve and write down those goals. Be absolutely clear. Give them flesh and blood, give them purpose, then breathe life into them.

Carry that paper with you always and know that you *will* arrive at your chosen destination.

You have the Force behind you.

Day 74



Life is a school where you learn how to remember what your soul already knows.

—Unknown

Dear old intuition; where would I be without you? But I am never without it. I take it with me everywhere and yet for some, it's something that some of us never acknowledge.

Yet it is a friend; never a foe. It is a real comrade and in many, many cases, a staunch ally that strives to protect us from making fateful mistakes throughout our entire life. That is if we listen.

Intuition is your soul speaking to you through channels that deliver only the best. Intuition is never wrong and it never drives us in a direction that will not serve us. It stands stoically back stage, faithfully picking up the pieces we drop along the way while desperately trying to convince us to take the right road instead of the left road and when we don't, we finish up asking, 'Why didn't I listen?' fully knowing our intuition was correct the whole time. It was waving banners and blazing trails for us and it is up to us to listen to its integrity.

Intuition is usually calm and gentle and always, always correct. The more you trust your intuition the more empowered you become, the stronger you become, and the happier you become.

- Have you ever had that uncomfortable feeling you were somehow compromising yourself in a relationship, friendship or a work situation?
- Have you been in the middle of an argument with a loved one where a voice inside your head said, 'I'll regret saying this later' right before you said something you know you probably shouldn't have uttered?

It happens to us all. These two examples are illustrations of how your intuition seeks to align you, your thoughts and your actions with the positive high vibration of source energy. Source energy is what lives within the soul.

Some of the world's most successful people use their intuition to guide them towards building massive empires that have a positive impact on people around the world!

Intuition isn't fearful.

Intuition has your very, very best interests at heart and it will always guide you to a successful launch and landing.

Listen to the tiny voice. Sometimes it shouts so loudly it's almost deafening. Heed what it is saying to you.

You know, it's interesting to realise that many of us question our direction. Even when we hear those encouraging words, 'it's okay, take another step forward, you're doing great,' we're all the while parting the curtains as doubt taps on our windows.

Intuition is innate. It has been said over many centuries that pure *Intuition* is higher than hope, and far greater than belief. Feature that. Now you'll see why intuition is a nagger. In fact, it's the best there is. It will never deceive you. It will never, ever misguide you. It will always be your trustworthy friend.

Our internal senses are valuable. The mind's eye, that space between the eyebrows called the sixth chakra has remained proverbial but if we can learn to see through it we are well on our way to less adversity.

We have a mind's ear to say nothing of our dreams that communicate in minute detail. We need only to listen to the words of our thoughts that communicate with our dreams.

We perhaps can liken them to the language of the Universe that wants nothing but the very best of what is on offer to us.

What is on offer?

Anything and everything your mind can conceive and you believe you can achieve. You need only to listen to your own thoughts, and really hear them. Only then can you be truly guided to live the life you were born to live.

When that tiny, almost inaudible voice inside you rumbles like thunder off a distant mountain, what are you going to do?

Will you listen and know that never again; whilst you heed its words you'll ever have to ask 'why did I turn right when I instinctively knew I should have turned left ...?'

I'm smiling because I think maybe this time you will.

Day 75



You're picky about the car you drive. You're picky about what you wear. You're picky about what you put in your mouth. We want you to be pickier about what you think. —Abraham-Hicks

There are so many ways we can improve our life experience. And right here is where you and I are going to throw them on the table. Examination is easy; acting upon them is effortless.

How often have you felt 'cluttered'?

You know, overwhelmed, can't see the woods for the trees; can't think clearly, too much happening and your thoughts are on a mad scramble. Then suddenly you stop dead in your tracks and say 'Enough!'

Imagine what your mind is trying to sort out while your life is cluttered.

I don't possess enough fingers and toes count all the times I would throw up my hands in exasperation. I can't even begin to imagine how many times I felt sorry for my own mind!

But I de-cluttered. And it's a walk in the park. It really is. Now, I want to show you how you can do it.

So where do you begin?

Right here where we're on track, because we're so on track with our gratitude, our intuition, our emotions, our word tracks, our attitudes ... what's one more little extra flavour to enhance the end result?

But why are we trying to de-clutter our brain when our home, our personal space is filled with last year's magazines? Begin there and be honest with yourself as you evaluate each item that you just know you don't need, haven't used or worn in a thousand years and won't, and then grade it into a category. Simple!

Take a block of ten minutes and use it wisely. Don't stop until the timer has rung. You're going to be astounded by what you'll achieve in that block of time. To begin, take three large bags. One for garbage, one for donations, one for sales.

Now into your bedroom you go. Your wardrobe needs a jolly good overhaul! Oh yes it does and there's a secret to the madness here. Remember that little saying, 'what goes around comes around'? Yes, I thought you would.

All you throw out, donate or sell is making room for all that wants to come into your life. Think about that and don't forget to be grateful for it *before* it arrives.

And don't for goodness sake follow fashion! Don't do it. It's just broken anyway. Dress for you, remember be true to yourself. There's nothing better than having a bunch of people come up to you and say, 'My goodness, I love what you're wearing ... where did you get it?' Your confidence sky rockets, your eyes shine, your smile is so, so there and because you dressed for you it feels downright wonderful.

Declutter your mind by writing stuff down. Who gives a rip if your memory isn't as good as an elephant's?

Go to bed when you want to go. Don't wait up. Your body is asking, requesting, begging, and demanding sleep. Better go to bed.

Prioritise what is first and foremost in *your* day. If you want to take the dog for a walk in the fog at six am, do it. Just don't get lost! And don't lose the dog.

If you've got stuff you want to do before work, do it! Just plan your wake up time the night before. It's no big deal and imagine how you'll feel when it's all done.

Whilst you're happening, your day is happening and you know what? That cup of tea just tasted a whole lot better.

Send your gratitude in little thank you breaths expelled as you work through your shower, ah the hot water; your make up; that took no time at all and look at you, just gorgeous! 'Thank you for the clothes that make me feel so confident.'

Thank you just because I feel thankful.

There's no use comparing yourself with other people either. Remember you're so unique you'd spin Venus into orbit with just one look!

You're gorgeous and so too is your attitude, your confidence and your smile. Wear them all with pride.

Don't be too afraid when people leave your life at this stage in your life either. There isn't any room for negativity, but there's plenty of room for the positives that are expounding. You are the illumination of life, so let it show!

Don't forget to thank the Universe for that ten dollar note you found in your jeans. That ol' back pocket holds some gorgeous surprises doesn't it?

Speak your words of affirmation throughout your day. You're in for a real treat when you begin to notice how stuff is starting to take shape for you.

That being said, meditation; ah yes meditation ... how many of us have tried in earnest to harness the secrets of meditation only to see it being chewed out by monkey chatter? If you'd like some pointers on meditation, you can ask me and I'll be glad to show you how it's done. You can reach me via my website (↓ address at the bottom of this page).

When you play your favourite music, don't forget to dance! Don't give a blue rip who's watching either. If you feel like singing, sing. Because once you do, your entire demeanour will lift. Your whole outlook will be brighter and so much happier. And the secret there is that it's a mercurial transformation. It's that quick!

In fact, while you're singing at the top of your voice in the private cocoon of your car, people are smiling because of it. Your song is infectious and so is the expression on your face.

So with all those little flavoursome ingredients guaranteed to buoy your day, I just want to wish you happiness, encouragement, love, equality, fulfilment and trust.

You're doing a great job. Keep going, you're almost there.

Day 76



*At times you have to leave the city of your comfort and go into the wilderness of your intuition.
What you discover will be wonderful. What you'll discover is yourself —Alan Alda*

There are so many ways to strengthen your power. Your intuition is by far your most valuable transmitter and your connection with Source is buoyed by your trust in the Universe.

One of the most powerful ways to get up close and personal with the Universe is through meditation. I have lots of ways of helping people new to meditation to get started and you will only need 5 minutes a day.

One way is to strengthen your connection with nature – take a walk through the woods and notice the trees and the flowers. Just feeling the wind across your face is a connection to the gorgeous energy of Source. Sit near some water; be it a lake or on a beach, by a fountain; take off your shoes and allow the sounds of the water take you to a peaceful, calm place.

There is something therapeutic about being close to nature. Even though we don't consciously realise it, by taking a few minutes to appreciate our natural world we subconsciously remind ourselves of our connection to Source Energy.

The more often you connect with Source Energy, the stronger your relationship with your intuition will be.

Another way to strengthen your intuition is to start listening and acting upon it. Intuition is like a muscle that needs to be flexed and used. Start by recognising it and acting upon it. The stronger the connection the better your choices in life will be.

It has been said that meditation is the door into the unknown. Perhaps because the soul wants only the best we can be and has much to tell us. Meditation will give us that opportunity to hear it.

Meditation can be daunting to someone who has never done it before. All that monkey chatter going on in a busy mind can send a person loopy. Patience is needed. The mind will eventually quit making plans for dinner tonight when you haven't even had breakfast. Oh and the pantry needs restocking, the telephone bill needs to be paid, washing needs to be hung out and what time was the dentist appointment?

Firstly, don't feel obliged to dig out some meditation music. Silence as it has been said is golden and is very healing. When you're operating on autopilot and meditation is a natural for you, you'll find in time the silence out there and the silence within you will meet. You will then appreciate the moment.

Posture is vitally important when you're beginning to meditate. You can sit anywhere you wish so long as your spine is straight and your head is up. Imagine there's a string being pulled taut through the crown of your head. A slumped body will invite an unruly mind.

Don't close your eyes, just lower your gaze and focus gently on something. Pay soft attention to whatever you place in the centre of your awareness.

Breathe and 'watch' each inhale and exhale. Allow your breathing to be natural. Count your breaths if you wish. One, two, three, four. Repeat one, two, three, four. If you discover you're counting eighteen, nineteen, twenty just return to one and count again.

If you discover your thoughts are straying, let them go. Don't try to stop them. Just refocus on your breaths, in and out, one, two, three, four.

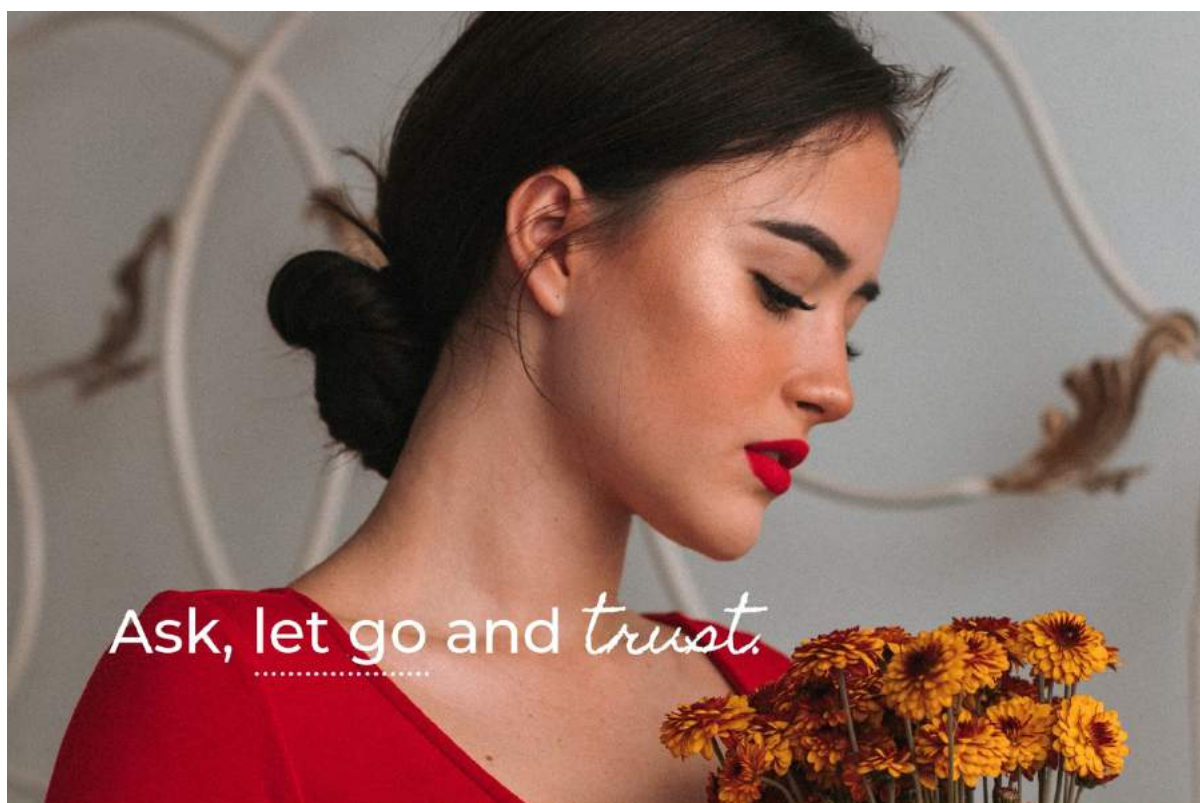
Importantly is time. Don't force yourself to sit longer than you feel comfortable with and do away with the 'I should'.

Meditation can be very enjoyable. Sit a few moments a day and radiate a gentle smile as your soul speaks words of insight. It is at these times that epiphanies begin to occur.

But we need to debunk a few notions about meditation and now's about the right time to do it.

- Meditation is difficult ~ It's not difficult. The techniques can be as simple as focusing on your breath or silently repeating a mantra. And quit trying too hard to concentrate.
- You need to quiet your mind ~ We can't stop or control our thoughts, but we can decide how much attention to give them. Our breath, an image, or a mantra allows our mind to relax into a silent stream of awareness called 'The Gap' which is pure consciousness.
- It takes years to be successful at meditation ~ The benefits are both immediate and long term.
- I don't have enough time ~ just a few minutes of meditation is better than none. We encourage you not to talk yourself out of meditating just because it's a bit late or you feel too sleepy.
- I'm supposed to experience something when I meditate ~ When we emerge from a meditation session; we carry some of the stillness with us. This allows us to be more creative, compassionate, centred, and loving to ourselves and everyone we encounter.
- A note to ponder: If you would like to try meditation I'd be happy to get you underway.

Day 77



If an opinion contrary to your own makes you angry, that is a sign that you are subconsciously aware of having no good reason for thinking as you do. — Bertrand Russell

In my program I go into the 5 different brain waves and how they all affect our everyday lives but just for now I want to talk very briefly about the Theta state.

Theta brain waves are prominent during meditation. They are particularly present during sleep while the brain is in dream state.

It is the place between that gorgeous moment when you drift into sleep; you're leaving Alpha and or you're waking from a deep sleep; coming out of Delta.

It has been said, although not often enough, that a person can experience a very deep spiritual connection with the Universe while he is in Theta. This is the place where the subconscious offers inspiration, answers questions, and where you can experience stunning visualisations.

Whilst the brain is in this state, it stands to reason that it is receptive to the whispers of the Universe.

Whilst in Theta your mind has the opportunity to explore insight and philosophical creativity in a world of utter silence. Unlike Alpha and the other brain waves Theta does not have a voice.

The Theta state is the brain state you enter into during hypnosis.

Theta is also the state you are in whilst you're just waking up and you're still half asleep, on the border between the conscious and subconscious world.

This brings me to share my morning ritual.

Every morning before I open my eyes I have my goal at the forefront of my mind. I ask myself the question, 'What can I do today to move closer to my goal?'

It takes just a few seconds and I may receive the answer there and then, it may come to me in a few minutes or when I am in the shower. It can arrive on my morning run or even much later in the day. The important thing is I always get my answer in the form of an idea or a certain person will come into my life or I will just 'know' the next step.

When you ask, let go and trust!

In my experience, having done a lot of work on the Theta state, I am now an Advanced Theta healer and very happy to help anyone interested. The results are amazing.

So for this week, try the morning exercise and see for yourself!

Day 78



The mark of a successful man is one that has spent an entire day on the bank of a river without feeling guilty about it. —Author Unknown

I've done it! And I know you've done it.

We've all at one stage or another, done it. Felt downright guilty for taking time out to do absolutely nothing.

You're suddenly in possession of a head full of 'I should be doing this and I really could be doing that ' the very moment you start doing nothing. It's unavoidable. It's like an unwelcome visitor knocking on the door of a house that is already full of people.

But you've psyched yourself into a lazy day ahead.

It's all planned.

The thought of being a *slob* is just so irresistible. Ah that warm, fuzzy feeling you get when you decide you're not going to think of a thing. You're not going to do a thing. You're just going to enjoy being laid-back. You know you not only deserve it but your body is demanding you do it. It's an absolute must.

And then ... someone from the tribe starts pulling a weed, the wheel barrow is out ... the rake is poised beside it and you watch as it is employed. Those darn autumn leaves really need to be gathered.

The laundry needs to be sorted, folded and put away. The house needs cleaning, decluttering. Ah guilt ... doesn't it have a sly way of saying 'I should be ...' Next thing you know, you're donning the Wally Bobs (gum boots) and you're handed the rake!

It's really okay to take a complete break from life and it's a good idea to down tools while you're at it.

You're allowed to reward yourself with an hour's read of the morning paper. Stay in bed all day if you wish. Walk in the park, run along the beach, stretch your legs with a stroll in a wood, chat with a friend you haven't heard from in ages, draw yourself a relaxing bath or read a book.

Whatever it is that takes your fancy you can do it. And you must do it for you.

Stress! Who needs it?

But it's a part of life because no one seems to be listening to the tired body that just keeps on keeping on. Until it can't anymore.

The body begins to object. It starts as an ache or a wee outbreak and you instinctively know all is not well with the inner workings. But you ignore the aches and the bumps, the inexplicable tears, the stress, the pressure and the anxiety.

It's a natural progression. I mean, it's all part of life's deadlines isn't it?

It may be so if you allow it but it needn't be.

You know, the Universe was not created in one day. Rest came into the equation and there was no such thing as guilt!

Why is it a guilt induced trip when all one wants to do is sit and imagine what it would be like to chase down the pot of gold at the end of the rainbow?

It is interesting to note that when you slow down and take time out to relax and be lazy whatever you were chasing always catches up with you.

What does hurry do except breed anxiety, not to mention errors?

Kick off your shoes!

Now, walk in the grass, on the beach, by a lake. But wear bare feet. This is first and foremost the way to become closer to the Universe not to mention nature and to allow the earth to heal the body. It is a silent communication between the cells of your temple and the living, breathing earth.

Earth's electric energy connects to your physical body either through your feet or if you're lying down making pictures out of the clouds, through your back. There's a deep sense of well-being you get when you do this.

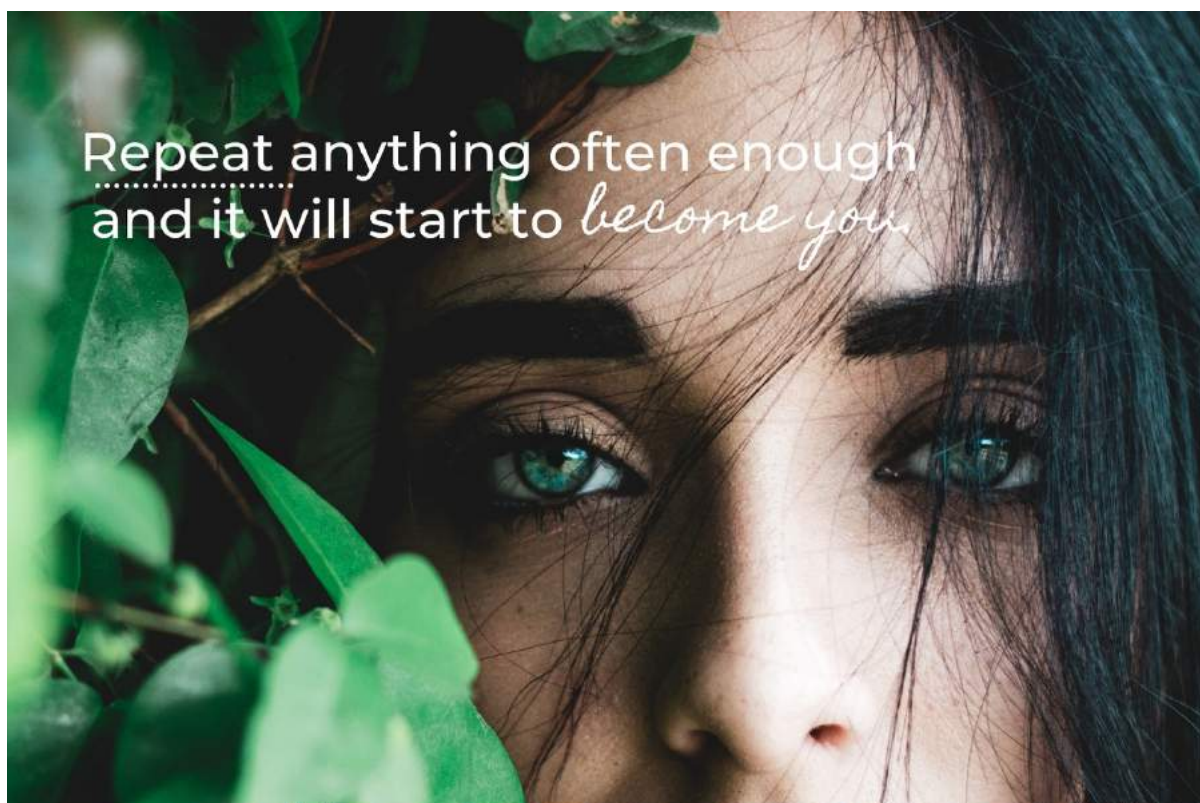
Have you heard the expression 'Grounding'? This is what you're doing when you enjoy the feel of the earth through your feet. You are connecting your bare feet directly to the earth where you can enjoy the benefits of organic healing.

In simple terms, your immune system when introduced to the earth's electrons through your bare feet, functions optimally. Science has proved that electrons from the earth contain antioxidants that protect the body from inflammation.

The bonus is that they neutralise the free radicals that are responsible for aging and chronic diseases.

It's free. It's effortless and the results ... well, who wants to grow old?

Day 79



We are what we repeatedly do. Excellence, therefore, is not an act, but a habit. — Aristotle

As we draw toward the close of the programme you can now reflect on where you've come from and how much you have learned from your challenging times. It is also a time to realise there is always something amazing just around the corner.

Many doors have slammed shut, bolting behind them, an opportunity and rendering it unreachable but have you noticed how many windows opened?

There was something about that disappointment that set you thinking about the why's wasn't there? Why couldn't I have that? Why didn't that go as I planned it? Why was I so obsessed only to be let down?

Then suddenly right there in front of you was the answer. And the answer came in the form of something a whole lot better and you sure are glad things turned out the way they did because, wow, look where you are now.

If you have been following our 3-month program day by day you're in a position whereupon you can now look at how much you have grown and evolved. You have and you've learned so much.

You know how to create powerful affirmations to raise your vibration that will help keep you motivated.

You know how to attract people and opportunities to help you move closer to your goals and how to use ETF (tapping) to remove self-limiting beliefs and other mental gateways that block your success.

And, you have also:

- Identified your five core values so you can make confident decisions that are aligned with your goals.
- Discovered your five top passions.
- Learned how you can deal with negative people.
- Seen how to use your language; utilise your word tracks wisely to achieve your goals quicker.
- And finally you learned how to connect to Source and to really trust your intuition.

I think you'll agree it has been an amazing few months. But this is only the beginning of what is ahead for you.

You've learned the secrets to having the Universe bend in your favour. It's a simple matter of whatever you want, wants you. However, do not underestimate the power of either yourself or the Universe. It is not how you manipulate it; it's all about how you experience your life as you work alongside the Universe.

'Whatsoever a man soweth that shall he reap'. Those few words describe what you have brought about for yourself.

All the trees, the rivers, the flowers, oceans and beaches, the roads, the houses that are the happy homes of many happy people; everything that is, is the visible result of 'whatsoever a man soweth'.

I trust, as we conclude our twelfth week, that all you continue to sow during your future days will be filled with happiness among the disappointments that are inevitable as you move forward.

I hope your heart will continue to smile at each new discovery and I hope also that you will continue to celebrate each new day for it is a gift to you.

Day 80



Setting goals is the first step in turning the invisible into the visible. — Tony Robbins

It is amazing how many people convince themselves they're too old to set another goal or to chase yet another dream.

Who told you, you were past it? Who said that growing older meant that if you haven't achieved dream then too bad, so sad?

I'm going to remind you that you're no longer responding to the Naysayers. You're living your life by design **not** by their default. You're in more of a position than ever before to literally take a good grip on the 'second half' of your life and fill yourself with great intention and expectation.

Just ask yourself this: 'Where would I like to be in five, ten years' time? What would I like to be doing?' Guaranteed you'll be filling in all the blanks in no time.

There is so much to do and so much time to do it in. Get a move on and don't waste a moment!

Enjoyment isn't just for kids and frankly you shouldn't give a rip how old you are. Age is merely a number!

I want to share a few facts that, if you're still convinced you're too old, will hopefully 'unconvince' you so that the old proverbial might spur you on.

- Mozart was eight when he wrote his first symphony.
- Ralph Waldo Emerson was fourteen when he enrolled at Harvard.
- Bill Gates was thirty-one when he became a billionaire.
- Coco Chanel was thirty-eight when she introduced her perfume Chanel No. 5.
- Mother Teresa was forty when she founded the Missionaries of Charity.
- Henry Ford was fifty when he started his first manufacturing assembly line.
- Dom Perignon was sixty when he produced his first champagne.
- Oscar Hammerstein II was sixty-four when he wrote the lyrics for The Sound of Music.
- Nelson Mandela was seventy-one when he was released from a South African prison and seventy-five when he was elected president.
- Michelangelo was seventy-two when he designed the dome of St. Peter's Basilica in Rome.
- Frank Lloyd Wright was ninety-one when he completed his work at the Guggenheim Museum.
- Dimitrion Yordanidis was ninety-eight years old when he ran a marathon in seven hours and thirty-three minutes, in Athens, Greece.
- Ichijirou Araya was one hundred when he climbed Mount Fuji.

Need we go on? I mean, there's hope for us yet! Whatever your age, it's just a number. Whatever is in your heart that hasn't yet been satisfied, life is ahead of you.

You're right. You can't travel backward in order to change your past, but you can change and delight your future.

Ask yourself:

- What dreams have I been putting off?
- What attitudes and people, or things have been holding me back?

- What are three things I can do right now to move me toward the achievement of my dreams?
- Who and what (tools) can help me?

I will always love these words from English novelist George Eliot: 'It is never too late to be who you might have been.'

Day 81



It is often easier to ask for forgiveness than to ask for permission. —Grace Hopper

Forgiveness is a gift we often take for granted. Perhaps because it can be very difficult to forgive someone who has betrayed us and yet, once we forgive, life takes on a whole new flavour.

Many of us have felt betrayed at one point or another. We allow duplicity to bring anguish and anger with it and we wallow in the aftermath of disappointment. Our trust has been tried and strained beyond breaking point and we feel disillusioned.

Life seems prickly and yet as the betrayer moves forward we're left with the task of removing the burr. Even after all the painful words have been uttered and thereby forgotten by the deceiver we're playing a recording over and over long after the event.

Unknowingly we continue to punish ourselves.

The kind of forgiveness we need to address is that which robs us of our self-assurance and has us constantly asking that question; 'whatever did I do to deserve that?'

In that moment when our trust has been smashed and our heart is in a tail spin toward an all-time low, it is then we need to consciously forgive.

When we finally choose to forgive we need to understand that the very act of forgiving someone does not mean we are compromising our integrity.

On the contrary.

By forgiving your betrayer, you are actually strengthening your self-confidence. It is knowing that you're no longer prepared to live with the pain you inflict on yourself by refusing to forgive.

If you're in a place where you simply cannot forgive the person who cut you off in traffic, think about the time you actually did it yourself. Remember how embarrassed you felt as you smiled uselessly and mouthed an apology to the other driver for your error?

What were your reasons for the unintentional occurrence? Were you late for an appointment? Were you driving to the hospital to be with a member of your family who had been injured? Were you in a hurry to deliver someone to the airport? That driver who cut you off this morning could be in the very same position as you were.

In many cases, the person who wronged you acted completely out of character. Just like you did that day in traffic.

There are many facets of betrayal that are considered far worse than those depicted here. There may be a moment minted in your memory of the time a co-worker undermined you in front of your boss.

A drunk driver caused you or someone you love, permanent physical injury.

Your spouse had an affair.

Forgiveness is hard to carry out but remaining bitter does some unseen damage to the heart. A natural human response is refusing to forgive. We reason that if we do so, we may be struck down again and this time the result could be worse, or even catastrophic.

The act of forgiving must go through a natural process. As it gauges the magnitude of disruption to our emotional system, it may take days or it may take years for the healing process to kick in.

We sometimes don't willingly forgive because we're not ready; because our psyche is still smarting and our hopes have unravelled, but we need to remind ourselves that to reclaim our power is to shift ourselves from a victim standpoint to one who is in charge of their own experiences.

Forgiveness takes great courage and assertiveness. In forgiving we release the desire to hold a grudge thereby enriching the content of our lives. Nothing is more empowering than engaging the one who has hurt us and letting them know that they have damaged our feelings, but it does not mean that we need to speak to them in anger if we choose to confront them at all.

If you look inside your own heart you'll realise that although you may wish to, it is not your central intention to hurt them.

Forgiveness has to do with learning not to be controlled by feelings of resentment, revenge and anger. Forgiving possesses the emotional freedom to reclaim your personal space, to live fully, without the shackles of bitterness. Forgiving others begins by forgiving yourself. Not to be able to forgive the self is ultimately suicide.

When you choose to forgive, you're severing the ties that keep you tethered to the person who betrayed you. That same person holds the keys to the doors you're standing behind. Those doors act as the prison you're living in.

When you forgive you're dissolving all the bitterness, the resentment and anger and leaving room for the love, the kindness and the gentle persuasion of companionship. Forgiveness is fragile. It does not need to be flaunted. We are more forgiving when we barely speak of it and just do it.

Forgiveness is a by-product of the inner strength we possess. It is a silent focus that encompasses creativity, empathy and love. Only the strong will forgive for they know that forgiveness and strength is in fact the same thing.

If you can't offer the olive branch, the weight of your grudge is the burden you'll carry all the rest of your days.

Day 82



At the height of laughter, the universe is flung into a kaleidoscope of new possibilities.

—Jean Houston

I want to teach you to laugh.

Oh, I know, you already know how.

But do you?

How long has it been since you experienced that explosive, unforgettable, rip-snorting, pain in the side, belly laugh?

You know the one.

You've quit the need to suppress laughter and your ultimate lack of facial movement is due to that learned desire to be ladylike.

Well bugger that. Life's too short to be a lady 100 percent of the time!

Now days the laugh you emit is full throttle, hilariously natural in its expression and is often described as infectious.

Good for you.

Or could it be that laughter that is less about facial animation and more about the restaurant-stopping noise that is slightly louder than anticipated? Mouths quit munching, heads turn while the laugh catches first in the back of the throat before emerging full force from a tiny wheeze into a full blown disconnected, highly charged guffaw. And while the chef's best Beef Wellington is unintentionally shared across the table, who gives a rip what the laughter sounds like? It's guaranteed to have heads turning and corners of full mouths tipping upward.

I love that Wheeze sounding laugh where the vocal chords seem to be wedged together so tight that instead of a cackle or a giggle, sound emits from the nose and mouth as 'Muttley the Dog.' Or that one, while you're telling a funny story, has you laughing so hard, no sound comes out at all and you're just sitting there slapping your knee like a complete idiot while others patiently wait to hear the punch line.

Then there's the one that has your cheeks stretched so far back that they're almost inside your ears and your sides are aching that you feel like you're about to burst as tears pour from your eyes.

What am I getting at?

The Universe loves to laugh! That's where I'm heading with this.

The Universe has a sense of humour too, but importantly, while you laugh, you're confirming that all is well in your world. There's no better gift you can give back than that. The gift of laughter was given to you the moment you made the decision to become a spiritual being in a human body on this earth plane.

You are celebrated. You are joy and while you're laughing, the Universe is laughing with you. You know what it feels like to laugh. It's like there are no problems, no adversities, no deadlines to meet, no appointments, no worries, no stress. What the hell, there's no tomorrow. There's only right now as you laugh. And it feels so good.

Find people who make you laugh and stick with them. You'll notice they appear to take adversity in their stride, and they do.

Look, they're not hiding behind laughter as though it's a shield to protect them from the real world. They laugh because they can. They laugh because they trust in themselves and in the Universe. They laugh because in that *now* moment, the greatest *now* moment in their life, they have the opportunity to feel true happiness and they grab it without thinking twice.

Repeat, repeat and repeat and you'll find your happiness that may be hidden until you laugh.

Listen to the enchanting giggle of a baby and you'll be hard pressed to keep a dead pan face. So will the Universe.

Here's to milk up your nose!

Day 83



The Past is your lesson, the Present is your gift and the Future is your motivation. — Unknown

It just occurs. Determination is like a shooting star with tenacity, focus and direction that hurtles through the velvet night sky. It has a destination and nothing is going to prevent it from arriving.

In anyone's life, there comes a day when one realises turning the page is the best feeling in the world. One understands there is so much more to the book than the page they've been reading over and over.

Humans are growth seeking creatures. We crave that feeling of progress in life and often become most unhappy when we feel stuck. We feel as though we're just spinning our wheels and sometimes we even feel as though we're moving slowly backwards.

Welcome to Down Town Stuckville.

It can seem as though you have no idea how to stop doing what you really detest and start doing what you deserve to do and truly love. This is up town Happyville. We all strive to go there.

Are you stuck?

Stuck in a job you can't ever imagine enjoying? Driving a car you can't ever imagine upgrading?

Stuck in a marriage you can't ever imagine could be magical again?

There are lots of 'stuck' places in which we can finish up.

So you're stuck! Your job sucks. Your car sucks. Your marriage sucks and frankly so does life.

You want a divorce, a new car, another life ... stop. Think about that for a moment. What is the real reason you're stuck?

Change your job!

The reason is not your marriage. It is not your life. It's not your car either.

Change your J.O.B.

You were created to do something very significant. Why aren't you doing it? Probably because you've never really given it any serious thought or perhaps you have but you decided it was just too hard to consider in the moment.

Have you given yourself a chance to be good at something?

Write down your 'Stop Doing It' list.

Stop working in that job that really doesn't serve you.

Stop complaining to your wife because your life as it stands just doesn't cut it and you really feel as though you're wasting it because you *should* be doing something else.

Stop the same old routine of living you no longer enjoy.

Stop keeping company with people who are negative and get a kick out of complaining about how their lives suck.

Stop talking about how stuck you feel.

Now that you've stopped, pause now to think about what you really would be better off doing. It's a fact that when you are actually doing it, you'll know what you were created to do. In other words, when you've 'arrived' you'll know it.

If you don't like where you're at it's probably because of your job. Change your job and you're guaranteed a new lease on life. Your car will perform better, your life will have windows that are now operable and your marriage will suddenly have the old sparkle back.

When you're doing something you truly love to do, it shows and you know it. You radiate passion, expertise and wisdom. It's all there and it's reeling in the respect of others.

Now, every one of us has strengths we can utilise. When we combine our natural talents, our skills and our life experiences we're bound to discover something that will enhance our passions.

If you're interested in discovering what you might like to be doing instead of divorcing your spouse, grab a sheet of paper and a pen.

Firstly, get clear on what kind of 'stuck' you are in. That's important. Are you in a place where you are waiting on your instincts to pull you out or are you in the kind of stuck that requires someone to help?

Now, on your sheet of paper, write down the feeling you get when:

- Money is no object
- Something really excites you
- What you'd love to be doing while earning your money
- Someone has told you you're really good at that. What was it? Did you enjoy doing it?
- Now, ask yourself if you accomplished this, is it something you really want.

Ask for assistance if you need it. No-one did it all by themselves; they had help. Realise also that it's easy to run your life on autopilot. As creatures of habit we tend to allow ourselves to just accomplish those tasks that are necessary. Try mixing up your lifestyle.

Get up later in the morning or go to bed earlier in the evening and rise at dawn.

Take a walk in nature instead of jumping in your car and driving to the gym.

Walk your dog or ride a bike or both.

Stir things up so that your routine isn't such a routine and you'll enjoy the elements of surprise.

It is very easy to lose motivation when you can only see yourself accomplishing small things, but remember it is exactly those small things that make the biggest difference. It is those small actions that compound and suddenly you're 'there' enjoying life, enjoying your work and experiencing the essences of passion that drives you to the next fork in the road.

Until you arrive where you know where you want to be, be gentle with yourself. You're worth every step.

And when you get there, sit back for just a moment and reflect. You did it! But then ... well shucks ... you knew you could.

Now go and shoot for another goal!

Day 84



Be the change you wish to see in the world. — Mahatma Gandhi

~ When you are a living example of the change you'd like to see in the world, people will start taking notice ~

I'd like to share with you one of my favourite quotes that explains this energetic ripple effect perfectly.

It's from Marianne Williamson, the bestselling author of *A Return to Love*:

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us.

We ask ourselves: Who am I to be brilliant, gorgeous, talented, and fabulous?

Actually, who are you not to be? Your playing small does not serve the world.

There's nothing enlightening about shrinking so that other people won't feel insecure around you. We are all meant to shine. And as we let our own light shine, we unconsciously give others permission to do the same.

As we are liberated from our own fear, our presence automatically liberates others."

Any one of us has the capacity to criticise, complain and condemn another and some people find pleasure in doing that. It makes them feel a false sense of importance as they puff out their chests and look around at their peers for a favourable reaction.

But strip the flesh from the bone and you're left with negativity that will eventually bring them down to the depths of despondency. If they continue on with behaviour that constantly rubs people, the wrong way and they'll find themselves in a tail spin of loneliness.

All they're really doing in essence is looking at a reflection of themselves in the mirror.

Criticise another and all you're doing is judging yourself.

Your levels of well-being will be compromised. You'll find yourself trapped in a spiral that sucks in other complainers, and those who also condemn. Eventually you'll find yourself conditioned to those who will question your integrity. It is now that you realise that yes, like attracts like.

As you attract others of your ilk so the fold swells and you're soon left with nothing more than the shell of whom you used to be.

People in general want to feel good. Why then would they want to hang around where negativity is a constant?

Now, change your body language.

Body language is the foreign language of truth and you cannot escape it. It is the transparency of intention. It is the silent voice that lets another person know if you're genuine. When you're interested in what another person is saying it shows and they will in turn be interested in what you've got to contribute.

When you can see opportunity where you usually ignore it; when you can possess an abundant mindset and express gratitude for the smallest gift and blessing; when you can look at the world through a different lens then don't be surprised when the people who follow you want to be in your uplifting shadow constantly.

People who laugh attract happy people. People who see the glass half full are always those people who have the positives following them.

Never invade a person's 'space'. That space is sacred. You own one, everyone has one and there is nothing worse than having someone invade it without invitation. It just might indicate you're needy or dependent on others. People cherish their freedom and their space and you're no different.

If you admire a person, note within yourself that you're attracted to their demeanour. 'Could I have whatever she's having?' This person's energy has a gravitational pull that lifts you and plops you right there where happiness resides.

Just don't expect to live in their right hip pocket. They'll resent it if you're always in their face, or on the phone calling them a dozen times after you didn't answer the first time.

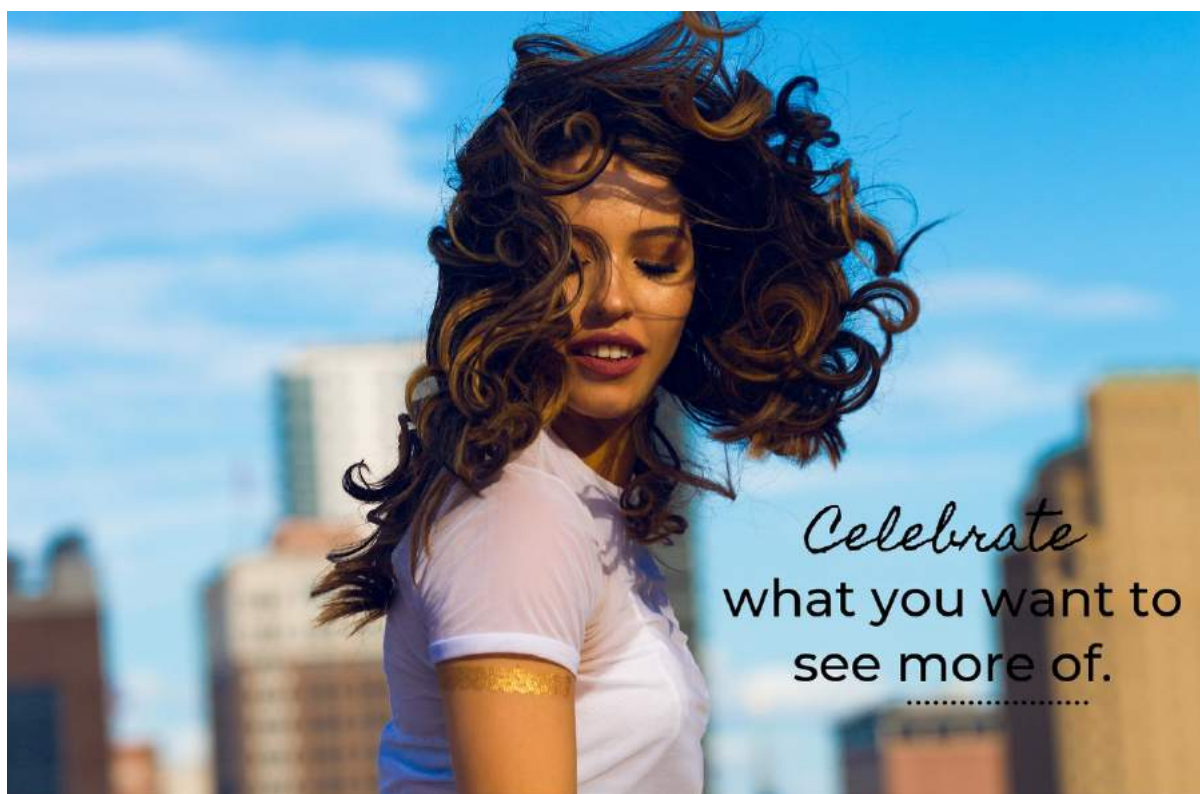
When the time comes to be social, you'll enjoy the atmosphere much more when it's unforced. Eventually you'll become the happy, joyous and laughing person others will want to be near. Whoever you associate with is bound to leave their 'scent' long after they've left the room.

If you're in awe of easy going, naturally happy people, hunt them down, graciously of course. People love to be sought out however, don't smother them with compliments that you don't mean and never flood them with admiring comments either. It's very transparent.

Most importantly though; Don't emulate qualities you admire. In other words, don't copy a person; ape their behaviour or their words. You're not being you when you do. You have so many gorgeous qualities that are already shining. As you move forward and drink in the select qualities of others, they'll show, they'll shine from you in their own way and when they do, their light will be blinding.

Be patient; you're already very special.

Day 85



Take pride in how far you have come — have faith in how far you will go!

As Oprah Winfrey says, 'The more you praise and celebrate your life the more there is in life to celebrate'.

Are we there yet?

'Celebrate your Success!'

Our last week is imbued with a celebration theme. You've earned it; you deserve to give your back a pat. You've arrived. You're amazing!

Let's revisit these past twelve weeks and really reflect on where you have come from.

As you moved forward you grew. You evolved. You accepted what is, changed what you could change and have begun to love who you are.

You learned to be grateful for the smallest of opportunities. You learned how affirmations can give your life buoyancy that has now altered your progress.

You've visualised in vivid detail the life you love and oh the colours; how intensely they glow. You've come a long way and the journey hasn't always been bright and shiny but you learned that even adversity could become a friend instead of a foe.

- You're amazing to have taken the effort to invest in yourself.
- You've stepped out of your comfort zone, stretched yourself beyond what you thought you were capable of.
- You've been willing to look inside yourself so that you could face some things that perhaps made you uncomfortable.
- You've had the courage to let go of things that don't serve you; making room for the more powerful stuff that does.
- You've had the courage to strive for your number one goal.
- You're more aware of your word tracks than ever before.
- You're able to distinguish what limiting beliefs are and how you can eliminate them.

I don't think I need to encourage you to keep going, to repeat, repeat, repeat life is one amazing journey! I think you're already experiencing the highs, so natural, so real and so you.

Your smile is readily available and your body, well it feels a sincerity that it's not felt before.

Your subconscious is ablaze with a readiness to heed your wishes and will do everything in its power to bring to you what you truly want.

You have clarity. You know what you want and you know you can have it no matter what. It's entirely up to you.

You've come to understand that the Universe in all its love and glory is celebrating this moment with you and will celebrate many more as you celebrate your future moments.

There is so much waiting for you. It's all out there waiting for you to want it. Remember, what you want, wants you.

Look it there, your heart is smiling.

Ah you didn't know a heart could smile did you? It can and right now while the firelights are shooting like stars into the stratosphere, so your conscious mind and your subconscious mind is whooping it up too. You've achieved so much.

Excitement comes from knowing that you can always knock the 't' off can't. Excitement comes from knowing now that you've come this far in 84 days what's on the agenda for the next 84? What surprises can you reward yourself with?

There's a deep seated secret that isn't a secret at all. It's just an overwhelming knowing that if you want something deeply and profoundly enough; you'll attain it without effort, without the toil and trouble you were often taught you must have in order to accomplish since you were six years old. Regardless of the toil you *will* have it.

Getting to know yourself; getting to love the essence of who you are is one of the most profound secrets of the Universe.

When you find the love missing from your relationship with yourself is when you find the love you have for the Universe and all its laws.

Knowing in your heart of hearts that nothing, nothing can be unless you choose it to be in your life experience is perhaps one of the most startling realisations one can ever be faced with.

You faced it here among the days as you journeyed through them.

You may not feel unlimited love for yourself at this moment, but provided you practice what you've learned throughout, provided you ask for assistance instead of insisting you can do it all yourself, provided you listen to the words you say, then the love your inner self craves will be granted.

Like attracts like and love attracts love. If you want to attract love into your life, you've got to love yourself first. If you want to attract happiness into your life, find your happiness first. What you vibrate vibrates right back to you.

The last leg of any ultimate journey is the anticipated arrival at Happyville where we would like to stay forever.

There is nothing in any law that says we cannot. It is entirely up to us to take the actions that are resonating through our instincts and intuition. Listening to those powerful feelings will always bring us happiness.

The most paramount secret to receiving anything including happiness is learning to be patient.

Whilst you are patient and aware of what you're thinking and saying, knowing without doubt that what you think about you bring about, the anticipation and excitement of that delicious moment of arrival is that special happiness we need to embrace.

A mind in a state of appreciation is a mind creating positive results. A mind looking for someone or something to blame is a mind creating more sabotage and chaos. It doesn't matter whether you believe in the Law of Attraction or not; the power of the mind is still at work and the results will be felt.

When the Universe wants to give you something, be prepared to receive the gift and know that it came at the right time. You were finally ready to receive.

We're all going to die someday. And we're going to take one of two things with us when we leave.

Triumph or Regret.

Too many people are good at reciting the life they desire but fail dismally when it comes to putting a plan into action to get there. It's not enough to dream out loud. Don't start pursuing the passion of your life tomorrow, start today. You are responsible.

There is nothing more powerful than a made up mind.