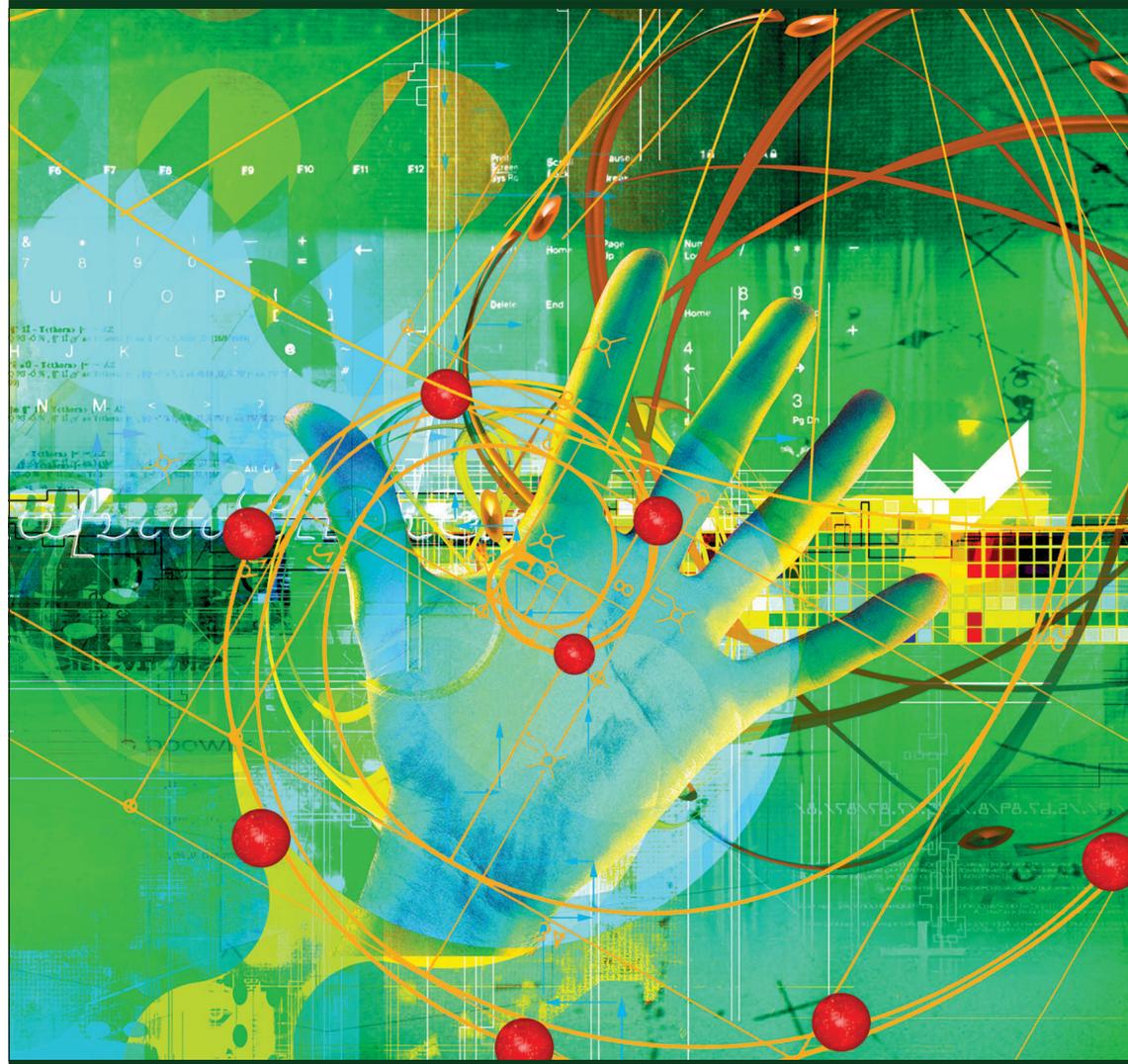


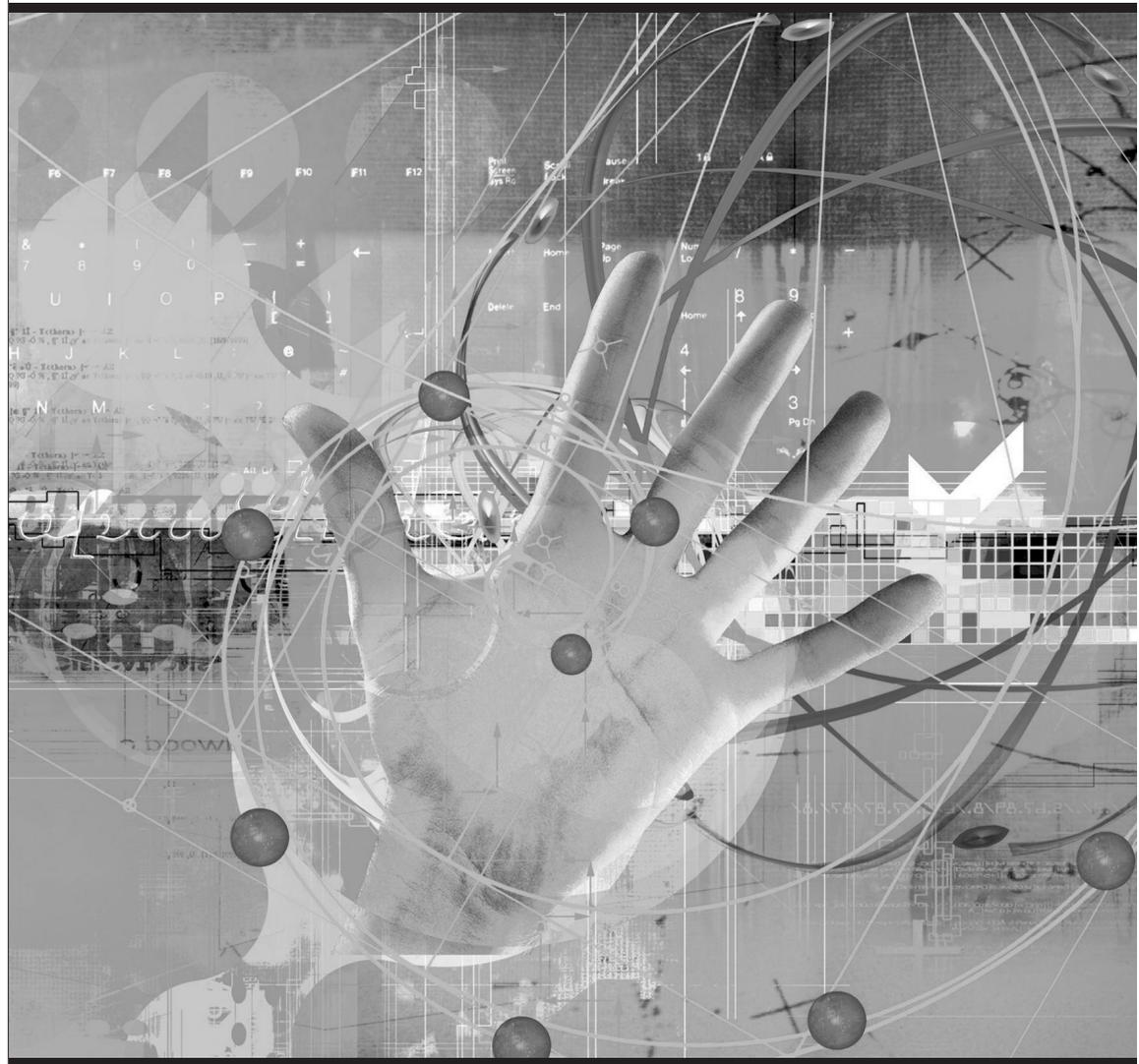
Top Ten Reasons to **Stop Facing Reality**



Sue Frederick

Author of *Dancing At Your Desk* and *Brilliant Day*

Top Ten Reasons to **Stop Facing Reality**



Sue Frederick

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*To Sarah and Kai –
May you never face reality.*

Praise for *Stop Facing Reality*

“Wow! This is life-changing work. Sue makes every dream you’ve ever had seem possible again. Within the first pages, I saw my old story in a new light and changed it for the better.”

Peg Anderson, Houston, Texas

“Thanks to Sue, I’m loving life. This work made a huge difference in how I function each day. I’m bursting at the seams with energy.”

Julie Turner, Phoenix, Arizona

“Sue’s humorous and down-to-earth style makes quantum physics as fun as eating ice cream. She’s the Emeril of Enlightenment.”

Peter Mitchell, Seattle, Washington

“If you want a better life, there’s no happier place to start than with this book. I can’t say enough good things about Sue and her awesome paradigm-shifting work.”

**Katherine Dreyer, co-author of Chi Walking
San Rafael, California**

“Sue’s brilliant overviews of quantum-physics combined with her practical tools for changing your life make this a must-have book. After the first chapter, I gave up “pitiful” forever. And that’s huge for me.”

Debra Lambert, Denver, Colorado

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Top Ten Reasons to Stop Facing Reality

1. You don’t understand what “REALITY” is.
2. Your focused attention creates “REALITY.”
3. There’s no one to blame for your REALITY but you.
4. When you’re being REALISTIC, you’re accepting other people’s “realities” instead of yours.
5. If you’re facing REALITY, you’re being a victim and avoiding responsibility for your own happiness.
6. When you change your mind, it changes your REALITY.
7. You don’t understand how powerful you are.
(You are infinitely more powerful than you’re acting.)
8. You don’t understand why you’re here.
(It’s not about suffering and struggle.)
9. Geniuses always challenge REALITY
(We need more geniuses - BE one!)
10. Happiness requires dreaming up a better REALITY.
(Dream bigger!)

Walk Away From Pitiful – Right Now!

“O brave new world!”

The Tempest

“You need to face reality!”

How often have you heard that? How often have you said that while talking yourself out of pursuing your dreams?

From now on, try this instead: **“I will only face the reality that I want to happen.”**

Why? The answer lies within this question: What is reality? Is it a fixed set of external circumstances that we have no control over? Or is reality the external manifestation of our thoughts, beliefs and emotions – which means “our energy?”

If you believe reality is a fixed set of external circumstances that we have no control over, the next question is, “How’s that belief working for you? Are you joyfully happy, successful, well-loved, and healthy?” If not, are you willing to rethink some of the beliefs you hold true? Are

you willing to consider that 20 years from now the quantum physicists will have proven scientifically that this physical world is a manifestation of our inner world of thoughts and beliefs, and that the Law of Attraction is as powerful and as constant as the Law of Gravity?

Consider this:

- Your thoughts are written across the sky for everyone to read, and they're more powerful and clear than the words you speak.
- When you're unhappy with anyone, they feel your thoughts and align themselves with your vision of their bad behavior.
- When you believe that your body is weak, unhealthy or susceptible to illness, every cell in your body hears that thought and aligns with it.
- When you believe that you're unlovable or unattractive, everyone you interact with hears those thoughts and believes they're true.
- When you hate your job, everyone at work knows it because they feel the energy coming from your negative thoughts; so your job gets worse and worse until you get fired or laid off.
- Every time you tell yourself you're "facing reality" by not pursuing your dreams, you're creating a reality where your dreams can't come true.
- "Facing reality" has been your way of avoiding responsibility for your own happiness.

If you want greater love, health, success, or abundance ...

STOP facing reality and STOP feeling like a victim!

Being a victim is boring for you and everyone around you! Get over it!

Here are top ten reasons to stop facing reality:

1. You don't understand what reality is.

You've been misled into believing that the seen world is more real than the unseen world of thoughts, beliefs and energy. Quantum physicists remind us that at the core of all matter (which makes up our reality) are endless waves of light. They remind us that the observer (you) determines the form and shape of reality.

This means that you choose your reality when you choose your thoughts and beliefs. And, as the physicists and the great spiritual teachers point out, we are vibrational beings sending out vibrational frequencies which interact with other vibrational frequencies.

We connect with and attract people, circumstances and opportunities that exist on the same vibrational frequency as the one we are sending out. This is known as the Law of Attraction and it's as reliable as the Law of Gravity.

Don't worry. You're not alone in misunderstanding how these things work in our world. It's our human challenge to figure this out. All of our precious held "realities" only exist because someone else intended them into existence. What reality are you intending into existence right now? Look closely at your life for the answers to that question.

2. Your focused attention on the circumstances of your life (good and bad) forces them into reality.

What you focus on gets bigger, because you're giving it energy with your thoughts. This is why it's essential to focus on the reality you want to be true. Do you dream about the career you would love? Or, a bank account with a six-figure balance? Or do you believe that the job market is bad; no one would hire you; and you'll never get out of debt? Your life is a physical manifestation of YOUR dearly held beliefs. Look around you to see what you believe. If you don't like what you see, change your beliefs. Make a course correction in your life NOW.

3. There's no one to blame for your reality but you.

Believing in a reality of unhappiness, loneliness, meaningless work, poor health and not enough money makes that reality true for you. Look at your life right now, and see what you've created.

If you're blaming your spouse, mother, manager, a corporation, or the current economic situation for your unhappiness, realize you chose all of those external circumstances to push you forward. You are NOT the victim in any area of your life; You're the magnificent creator.

4. When you're "being realistic," it means you're accepting other people's definitions of "reality."

You're accepting what other people have imagined into existence for you. And you're NOT being creative or brave enough to imagine, and then attract, a better scenario for yourself.

5. If you're "facing reality," it means you're being a victim to your circumstances and avoiding taking responsibility for your own happiness.

Being a victim is energetically the worse vibration you can align yourself with. It sends out a strong message that you accept and believe in tragedy, hardship, lack, loneliness, and illness.

Your resigned acceptance of those circumstances attracts them right to you. There are no problems you need to fix, only vibrations you need to raise.

6. When you change your mind, it changes your reality – for better or worse.

After you change the way you're thinking and feeling about your life, you can face the new and improved reality that you've created. For example, change your belief to: "I have always been abundantly successful when I pursue my dreams." This is now your new reality. Embrace it. Feel it. Believe it, giggle about it, and it's on its way.

7. You don't understand how powerful you are; You're infinitely more powerful than you're acting.

You are a divine being tapped into source energy in order to manifest divinity (not to be pitiful and powerless). Don't insult your divinity by dreaming small and living small. You're part of the source, and you're here to create.

8. You don't understand why you're here. (It's not about suffering and struggle).

You're here to make the world better with your dreams, creations, ideas, talents and intentions. You're here to raise the energetic vibration of the planet – not diminish it. Your actions mean almost nothing. It's your common vibrations (made from your everyday thoughts and feelings) that are making things on this planet better or worse for everyone. You're either part of the problem or part of the solution – depending on the thoughts you think.

9. Geniuses always challenge reality.

The geniuses of our time (from Newton to DaVinci) challenged our dearly held beliefs about reality and advanced humanity's development considerably. They gave us gravity, relativity, flight and a number of other ideas that defied the acceptable reality of the times. Be a genius; we need more geniuses – not more pitiful thinkers.

10. The road to happiness requires taking a long honest look at your "reality" and dreaming up a better one.

Stop wasting time being unhappy, limited, small or pitiful because you're "accepting reality." Dream bigger! Create a new "reality" that follows YOUR bliss. The entire world will benefit from your new and improved "reality."

How I know this is true...

I was born in New Orleans to a French Cajun mother who came from a long line of women with "the gift." I inherited a double dose of telepathy, clairvoyance and precognition from her and her mother, and on back through generations of Degas women.

These unusual gifts were nurtured by the mysterious city of my childhood. In the haunted alleys of the French Quarter, most everybody gives respect to the "unseen" world in some form or other – from voodoo to Catholicism, psychics, vampires and Mardi Gras.

My early years were flavored with this spicy magic – from my Grandpa's stories of the swirling Mississippi River to the unforgettable images I absorbed in the dark recesses of Crescent City life. I thrived on the rhythms of my crazy Cajun ancestors.

And like them, I heard other people's thoughts and had too vivid dreams of events that would happen in the future. Sometimes this was helpful; mostly it just contributed to my "nerdy" childhood. In first grade, when the school bully had me cornered behind a building, I spoke his thoughts out loud, and he took off running like he'd seen a ghost. In high school, I dreamt the exact details of a car wreck and was able to prevent it from happening the next day. When I got pregnant at the age of 42, I dreamt of my unborn child – who told me her name was Sarah and that she really loved me. I saw her perfect face as clear as a photo, and it's the exact face that I see today when I look at her.

My psychic gift is most powerful now that I use it to help others. The precognitive images that I see help me guide my clients to their true work. But it took nearly 55 years to embrace this ability to see the unseen world and learn what it had to teach – rather than being ashamed or afraid of it.

In this book, I'll share the journey and the wisdom gained from it. I don't believe my gift is unique; most of us have easy access to the quantum field. I was just ridiculously "open" to these other realms – whether I wanted to be or not.

And, trust me, I didn't want to be. Being psychic was not "cool" in the 50s; it was more "crazy" than cool, and I didn't want to be crazy. Gidget wasn't crazy and neither was Hayley Mills. In the days of Marilyn Monroe and Elvis Presley, pony tails, and sock hops – normal was "in." That's all I aspired to be.

When I started first grade, I could hear the teacher's unspoken thoughts as clearly as the bully's in the back row. It was an overwhelming amount of information to take in. I developed panic attacks; my throat would constrict because I couldn't "swallow" this chaos of jumbled awareness.

Teachers labeled me "intelligent and highly-strung." But the labels didn't help. I didn't understand what was wrong with me; I was ashamed of being different. AND I was enormously stubborn. My arm could have fallen off in the middle of class, and I would have denied that anything unusual had happened.

Southern girls from middle-class, Catholic families aren't allowed the luxury of psychic powers. When I talked about things I had dreamt that came true, people left the room; they told me I had an overactive imagination. I lost friends. So I learned to keep it to myself.

But the dreams were relentless; I dreaded going to sleep because it meant entering into an alternate reality of precognitive dreams and astral travel that was terrifying for a kid. Today I would be diagnosed with "night terrors" and given drugs to knock me out. But in the 50s, I was on my own. So I taught myself to pray the Our Father incessantly – even during my sleep.

As a child, I took great comfort in Catholicism's rituals and saints. In that world, my dreams were nearly acceptable. I prayed fervently to the

Virgin Mary during mass – which attracted the admiration of my third-grade teacher, Sister Mary Leo. She took me aside and said I was well-suited for the "religious life" – meaning that I would be a good nun (or nerd... my interpretation.).

However, the idea of convent life was strangely comforting – until seventh grade when I saw the Beatles perform on the Ed Sullivan Show. From then on, my future was clear – to marry Paul McCartney.

Meanwhile, the dreams continued. We spent summers at our beach house in Long Beach, Miss., where I often woke everyone up with piercing screams about the wall of water washing over our house and sweeping away everything we owned.

This vivid precognitive dream was repeated throughout most of my childhood. My brothers learned to throw a pillow at my head – before the screams could wake our baby sister. But the dreams made my grandfather uneasy. He had weathered numerous hurricanes in the house and was confident that our home was built like a fort. Yet, as I got older, he would ask for more details of the dream – which I would share as best as I could.

One night, when we were sharing stories, he put his hand into the moonlight shining through our window. "You see that light, Sue Ellen. That's perpetual light – that's what God is. And God is always with us."

That simple conversation became the foundation for my lifelong understanding of divinity as ever-present divine light. This awareness helped calm the fears that my dreams inspired.

The summer I turned 17, Hurricane Camille sent a 30-foot-wall of water over our Long Beach house and left nothing but the concrete foundation. We had evacuated, so no one was hurt. But the loss of Long Beach was a trauma that our family never fully recovered from. It marked a turning point in my life; I left for college that same summer and never came home again. If Long Beach had still stood, I would have come back to the place I had loved most.

Another recurring dream was of seeing the city of New Orleans underwater. In the dream, I was in a car with my family on a city street, and suddenly we were submerged under five feet of water. Or we would be driving across the Lake Ponchartrain Causeway, when the road would disappear into the water, and we would drive off the edge.

In 2005, Hurricane Katrina destroyed the city and the Lake Ponchartrain Causeway exactly as I had seen it in my dreams for 30 years. I've dreamt of other events – from plane crashes to nuclear explosions – that I later watched unfold on television news. And I've dreamt of numerous smaller moments that were only significant for my future.

But my biggest childhood challenge was getting “stuck” between the realms after having one of these precognitive dreams. I would wake up, but not really. I could see people and objects, yet I wasn't fully in my body and didn't feel like I was here. I didn't know where I was, and it felt awful. This phenomenon continued well into my teen years. My father was a patient man, and he spent many nights walking from room to room with me until I was okay – even though he never understood what I was experiencing. My Cajun mother wanted nothing to do with this strange behavior. It reminded her of things from her own childhood that she no longer wanted in her life.

Her Cajun family had a long tradition of intuitives – a few of whom had been labeled crazy and put away. So most of the powerfully intuitive women in her family kept quiet about their dreams and their ability to know what was happening to far away loved ones.

But when we got together for family gatherings, I heard the stories of dreams that came true and of waking in the night knowing when someone had died – before the phone rang to bring the news. My mother's oldest sister (a powerful intuitive) had been institutionalized, and her brother had not done well either – committing suicide in his 20s. Her other sisters had thrived (in spite of “the gift”); they accepted it as a normal part of everyday life.

Mom had married well – to a wealthy, blue-eyed, Irish-Catholic boy. Yet every time she looked at me, she saw what she had chosen to leave behind. When her mother told her that “Sue has the gift,” this was not good news to my mom. Her Cajun background was her shame, and I was clearly a Cajun child – complete with dark skin and dark eyes.

Besides passing along the gift – my mother supplied me with a most essential tool: unflinching determination. Without her tremendous strength, I would have gotten lost in the confusing world of telepathy and clairvoyance. Mom's message was clear: Fit in, be strong, and have a conventional life. There were NO options.

So I became determined to align myself with my father's “realistic” view of the world. He was an engineer and focused on how things worked in the “seen” world. I adored his kind, sweet spirit, and didn't want to shame him by being different. He didn't like different.

I kept the dreams and visions to myself. I knew that I had the power to see the other world, but I saw no good reason to. It would only cause trouble. And, hey, Gidget never saw spirits or had weird dreams. Neither did Paul McCartney. And, as my mother pointed out, talking about this stuff could get me a stint in the local mental hospital.

But adolescence was tough. When I was in high school, the precognitive dreams became so intense that I had to share them with someone; I chose my father. After he witnessed a few of my dreams come true – down to the last detail – he became fascinated – in an engineer's way of wanting to understand how precognition worked.

One morning, I told my dad about a dream in which I was coming home from school on Old Shell road in my friend, Gwen's, car – but Denise was driving. A large green truck with two green doors and a padlock holding them shut was right in front of us. It braked suddenly, and our car slammed into it.

As I told my father this dream on the way to school, we argued about if people really dreamed in color. In the 60s, it was believed that dreams were only in black and white. I insisted that the truck was green.

By the end of the school day, I had forgotten the dream completely. Gwen offered me a ride home, and we headed down Old Shell Road. After a few minutes of driving, Gwen said she had a headache, and we pulled over to let Denise drive. We were laughing about an upcoming school dance, when the green truck with two doors held together by a padlock pulled in front of us.

“It’s my dream!” I screamed. “Don’t hit it!” Denise slammed on the brakes just as the truck suddenly slammed on its brakes in front of us. We barely avoided the collision. No one was hurt.

My father was impressed by the accurate details of this precognitive dream. Like the engineer he was, he wanted to understand how the mind could see events that would happen in the future. We got books from the library on Extra Sensory Perception, the paranormal, ghosts, and the supernatural. But there wasn’t much helpful information available at the local library. This was long before the internet, and most books we found described hauntings, poltergeists, and UFO sightings.

Dad knew I was “different,” and he was amused by it. But he clearly wanted me to get over it, get good grades, and go to college. So I did.

In 1969, I went to the University of Missouri for journalism. Within a few months, the walls around my limited Southern Catholic world crumbled. I was drawn to exploring unconventional ideas such as Yoga, Theosophy, communal living, natural foods, and organic farming.

Theosophy, a powerful combination of theology and philosophy, was a godsend for me. It scientifically explained the unseen realms that I had always experienced but never understood. Applying Theosophy’s methodical, practical approach to understanding my precognitive dreams and telepathy was like finding water in a desert. I wasn’t crazy after all! Books had been written about this stuff – by brilliant people – not lunatics!

During my freshman year, I dropped out of college to live on an organic farm commune; we explored alternative energy, natural food, and spirituality. I felt at peace with myself for the first time.

Even though I looked, dressed and acted like a typical hippie-child of the 60s, I didn’t use drugs – even marijuana. It didn’t take long to figure out that I was already “far out” enough, and drugs put me into dangerous realms. All I had to do was hang out with people who were dropping acid, and I got higher than they were.

But because I wasn’t ingesting hallucinogenics, I could be relied upon to talk friends down from bad acid trips – which I often did. And I was quite good at it. Their out-of-body experiences were eerily similar to the nights I spent trying to get back into my body after a precognitive dream.

Eventually, I finished my bachelor’s degree in psychology and worked numerous careers – from Montessori teacher, to career counselor, to Colorado Outward Bound Mountaineering instructor.

I discovered a love for intense outdoor adventure sports such as rock climbing and mountaineering; since they grounded me in physical reality. By this time, I had decided that the seen world was the only reality worth worrying about – if one wanted to have a good life. So I kept my dreams to myself, and only used my intuitive powers to prevent accidents during our mountaineering expeditions.

But everything changed in 1978. I met and married a fellow mountaineer, Paul Frederick. We were crazy in love and planning a family when he was diagnosed with colon cancer and given two weeks to live. From the moment of his diagnosis, we were determined to overcome it. Paul, who was only 35, would survive. We explored conventional and alternative healing methods and quickly became immersed in energy work, visualization, herbal medicine, and Native American medicine. Paul was part Cherokee, so his mother provided us with books and healers from the Native American tradition. She got us an audience with a famous Sioux healer, Chief Fools Crow.

We were also taught to meditate and visualize Paul's body ridding itself of the cancer. I was quite good at this, and within a few months Paul seemed better. But whenever we made one step forward, we took two steps back. His health was riddled with complications from the disease and the treatments. Nine months went by as we bounced from hope to despair with every new setback. Eventually, we took a desperate trip to North Dakota.

There, in Lakota Sioux Holy Land, the Native American healers we visited told me I had "powerful medicine" that I could use to help Paul. But it was not in the way I was hoping for. Chief Fools Crow took us through an emotional healing ceremony and then took me for a walk on the grounds near his home. He said that Paul had long ago decided to die, and he had chosen me to help him die well.

Fools Crow assured me that he would personally guide Paul through the other realms when the time came. But he said I needed to step up to the plate and use my wisdom to help Paul cross over. His words forced me to put my grief on hold and find my healing power. My job was clear – let go of my desire to keep Paul alive, and guide him through his death fearlessly.

Over the next few months, as Paul's health deteriorated, I experienced many extraordinary other-realm experiences with him. Even though we were back home in Boulder, Colorado, Chief Fools Crow was Paul's constant dream companion. Paul awoke each morning with a new story to report about something Fools Crow had taught him the night before. The most dramatic was Paul's sudden ability to speak Lakota – the language of the Sioux.

In the last few weeks before he died, Paul woke up singing a Lakota death song every morning. He said Fools Crow taught him two songs – one to deal with the pain and one to help him die. When the doctors heard this strange singing, they thought he was either speaking in "tongues" or was delirious, and they reported this in his medical charts. In college, I had studied Native American history and was very familiar with the language of Lakota. I knew exactly what he was singing.

On a rainy summer day in July 1980, Paul woke up vomiting blood.

With the help of our Hospice nurse, we took him to the ER to have the bleeding stopped. Paul slipped into a coma during the procedure, and we checked into the hospital. I was exhausted and nauseous and didn't want him to linger in a coma and suffer anymore. His breathing was labored and unchanging, and doctors said it could continue like that for days.

Our room filled with friends and family as time slowly ticked by. For nearly 24 hours, the accumulated stress of the past year washed over me in waves of nausea. Eventually, I fell asleep on the floor. As soon as I dozed off, Paul appeared in front of me. He was smiling and quite happy. He touched my arm and said, "Don't worry. I'm free. But what are you waiting for? You said I could die in your arms."

I awoke with a jolt and cleared everyone out of the room. Paul's mother and I stood on either side of him. We rubbed his arms and legs and told him it was okay to go now – that we wanted him to be free. We told him to leave his body and fly out into the soothing summer rain storm.

As soon as we spoke those words, Paul's breathing changed. He took one long peaceful sigh, and his spirit left his body. I saw it leave as clearly as you can see your hand in front of your face. It was an image I'll never forget. It was Paul's gift to me.

I could never again doubt the spirit world or my ability to see it. That final moment was a confirmation of what I was here to do. I realized for the first time that we are all in charge of how and when we die – even how and when we take our last breaths. And I knew with every cell in my body, that death was only a passage of the spirit into the unseen realms.

A few years later, my best childhood girlfriend died after a two-year bout with Leukemia, and my father died one month after being diagnosed with lung cancer. Though I wasn't able to be with either of them when they died, they both appeared and spoke to me at the moment of crossing over.

By this time, I was clear beyond all doubt that we are spiritual beings having a human experience – rather than the other way around. Yet I was a tormented soul. Paul, Crissie, and my father were the wisest and most loving people I'd ever known – yet they had suffered tremendously.

Why? What was the point of suffering? What is the point of human existence? Why do good people suffer? These questions haunted me at night, and in the daytime they fueled my career as a passionate student of every spiritual discipline from Catholicism to Theosophy, Buddhism, Hinduism and A Course in Miracles. I lived in and out of ashrams, and made my living as a health journalist and magazine editor. At the age of 42, I gave birth to a precious baby girl named Sarah.

Yet there was a huge missing piece in my life. I still had not discovered why we're here and why we suffer ... until one moment when all the pieces finally came together.

This transformation happened in my acupuncturist's office and it only took 15 minutes. Here's how it went:

I awoke on a November morning, to hear a voice inside my head say, "Welcome back to the nightmare." As a single mom of a nine-year-old daughter, I had launched a career-coaching business while living on a second mortgage (which was now gone), and I had massive credit card debt. The bill collectors called everyday.

Immediately, I went back into my terror of bankruptcy, losing my home, and ruining my daughter's life. I could feel this terror in my body, in my stomach, and it was making me physically ill. I felt so physically ill that I went to see my acupuncturist (an old friend) after I took my daughter to school.

While he was treating me, I talked about my fear of ruining my daughter's life, of losing our home, and I cried and cried. He listened. He waited. When I had gone on long enough about my looming disasters, he spoke calmly and clearly.

"Sue, the universe operates according to the law of physics. It doesn't care a hoot about all of your hard work, your good intentions, or your wonderful daughter. It simply feels your vibrations and sends you back more of the same. Every moment that you spend in this state of fear, you are attracting exactly what you fear into your life. It's simply physics."

He asked me what my life would look like if he suddenly gave me \$200,000. I took a huge sigh of relief and told him how I would pay off all of my debts, and Sarah I would take a trip to London to see the Globe Theater because she loves Shakespeare. As I began describing to him in detail what that would be like, I felt lighter and happier until I was giggling as I talked about it.

"Do you see how quickly you shifted your feelings and now feel joy instead of fear, even though nothing in your circumstances has really changed?" he asked. "Hold onto that new feeling as if you had that new life, and you will begin attracting it."

Then he left the room. As I lay on the treatment table with acupuncture needles stuck in various places, I felt new, healthy energy surging through my body. I had always experienced this elevated energy through acupuncture treatment. I had also experienced it through various forms of meditation, chanting and prayer at various times in my life. But for the first time, I realized that I could shift my energy in a second, by shifting my feelings from fear to joy. And I suddenly realized how easy and how brilliant it was.

Ten minutes later when he reappeared back into the treatment room, we discussed a few more details of his ideas; we discussed how these principles have been explained in different ways in various traditions from Course in Miracles to Buddhism and Hinduism.

As a student of spirituality, I had prayed and meditated everyday for more than 30 years. But the missing link for me had been realizing that my feelings were creating my vibrations, and that I could change my feelings in an instant – no matter my circumstances. And suddenly, in one moment, I gained control of my life.

From that moment on, I saw everything in a completely different way. I realized that my work as a career counselor had sometimes transformed people's lives because I had successfully given those clients a vision of their ideal work to hold onto - while they went about doing all the "right" career actions.

Yet other clients hadn't been able to feel what this new career would be like, and thus hadn't been able to transform their lives. Ultimately, they hadn't been able to raise their energy vibrations to attract positive opportunities.

AND I began to see which techniques I had been using successfully with clients to get them to FEEL their new careers, and use their energy as a positive force for change. My practice changed completely. My business took off, my clients had miraculous results from my work, and my bank account grew substantially. My life has never been the same.

When I work with clients today, my dreams and visions help me guide them. But mostly, I teach them how to use their thoughts, beliefs and feelings to make life better - instead of worse.

Now I'm going to share these powerful secrets with you...

Chapter 1

What is Reality?

"This rough magic I here abjure."

The Tempest

"The fault, dear Brutus, is not in our stars, but in ourselves."

Julius Caesar

You don't understand what reality is. You've been misled into believing that the seen world is more real than the unseen world of thoughts, beliefs and energy.

Quantum physicists remind us that at the core of all matter (which makes up our reality) are endless waves of light. They remind us that the observer (you) determines the form and shape of reality. This means that you choose your reality when you choose your thoughts and beliefs.

And, as the physicists point out, we are vibrational beings sending out frequencies which interact with other frequencies. We connect with and attract people, circumstances and opportunities that exist on the same vibrational frequency as the one we are sending out.

Don't worry. You're not alone in misunderstanding how these things work in our world. It's our human challenge to figure this out. All of our preciously held "realities" only exist because someone intended them into existence. What reality are you intending into existence right now? Look closely at your life for the answers to that question.

When we look at the work of quantum physicists we begin to understand how "creating your reality" works on a sub-atomic level. Let's start with Einstein...

Einstein's Journey

Even though Einstein's work played a large role in the origins of quantum physics, ultimately he couldn't accept the ramifications of quantum physics. It conflicted with his view of divine order.

Einstein loved order. He was schooled on Newtonian physics which offered a clear understanding of cause and effect and a comfortable ability to predict how objects behaved in space and time.

If you know the weight and speed of an apple falling from a tree, you can predict how long it will take the apple to hit the ground because of Newtonian physics. And because of Newton we can do great things - like send rockets to the moon. In the world of the very large - there are few mysteries.

Einstein loved this "divine order" of an "elegant universe." He loved the predictability of a world overseen by a "God in heaven" keeping things in order.

His theory of relativity $E=MC^2$ said there was a limit to how fast things could go before they turned into energy; it also said that everything we see in the seen world is made of energy - or waves of pulsing light.

However, as Einstein and others proved, the world of the very small behaves quite differently from the predictable world of the very large. With the advent of high-powered microscopes, physicists were able to study the behavior of sub-atomic particles. They began putting electrons through

slits in steel plates to observe their behavior, and an unpredictable, random order unfolded - which contrasted sharply with the order and predictability of Newtonian physics.

As the classic "double-slit" physics experiment showed, the behavior of very tiny particles (electrons) is unpredictable - and influenced by the observer. In other words, physicists found that electrons being watched through the microscope appeared where the observer expected them to appear and they behaved differently according to who was watching them.

Even though Einstein's work had been a part of this discovery, this idea of random molecular behavior disturbed him deeply. He responded that "God doesn't play dice with the universe." When confronted with the idea that the observer was determining the behavior of these electrons, he replied - quit telling God what to do.

Einstein spent the next 50 years of his life trying to disprove quantum mechanics and trying to create a new theory to reinstate "divine order" to the universe. He called his new theory "the theory of everything." But when he released his work, his findings were ridiculed by the scientific world and proven wrong. He died in 1955, feeling like he had failed to disprove the chaotic world of quantum mechanics that, he believed, eliminated God from the equation.

Yet if Einstein had lived longer he might have delighted in the current idea that WE are part of the divinity of God - that WE are connected to the divine source energy that created this universe. And OUR observations matter in the creation of every particle of this amazing universe. As part of divine source energy, we are constantly rearranging sub-atomic particles with our thoughts, beliefs and feelings.

The early quantum physicists were wrong when they said the universe was unpredictable and chaotic - a world of probability - which upset Einstein. Because the divine order of our universe comes from us - the observers - who create our world with thoughts, beliefs and feelings.

Rest easy Einstein, this universe is in divine order after all; we are the divinity.

A summary of recent research on the nature of reality:

1. William Tiller, Ph.d.....

“I’ve come to the conclusion that we are all spirits, and that our spirit parents dressed us in these human bodies and put us in this playpen, called Earth, to learn what we truly are and to realize our true power.”

Sound like a New Age guru? Guess again. This is a concluding statement from a presentation given by physicist William A. Tiller, Ph.D., former professor at Stanford University and Associate Editor of two scientific journals, who has published more than 250 scientific papers in his 52 year-long scientific career.

You may remember Tiller from the movie *What the Bleep Do We Know?*

His research, replicated in several controlled laboratory settings across the country, shows that when human beings intentionally concentrate on vials of purified water, their minds can increase the Ph of that water by several units – with no chemical additions to the air or water.

According to Tiller, author of *Conscious Acts of Creation: The Emergence of a New Physics*, when individual minds focus their attention on anything, a quantum energy surge occurs which has a physical and measurable effect on our “reality.”

Again and again in various rigorous scientific experiments (published in major scientific journals such as *Journal of Scientific Exploration*, *American Journal of Cardiology*, and *International Journal of Psychophysiology*), Tiller has demonstrated the power of our thoughts. His conclusion is bold and simple: This earthly reality is our “playpen,” and our focused thoughts are creating our day-to-day experiences.

“There is a consciousness that is a measurable energy, and that consciousness is a core element of life....Our intention changes physical reality,” reports Tiller.

Most people don’t affect reality in a consistent substantial way because they don’t believe they can, he proposes. “They write an intention and then they erase it because they think it’s silly. I mean, I can’t do that. And then they write it again, and then they erase it. So, time average, it’s a very small effect. And it really comes down to the fact that they believe they can’t do it,” says Tiller.

2. Physicist Amit Goswami, Ph.D., in his book *The Self Aware Universe*, says that we must give up our precious assumption that there is an objective reality out there independent of consciousness. He explains that the universe is “self-aware” and that it is consciousness itself that creates the physical world. He comes to this conclusion by way of quantum physics.

“Quantum physics presents a new and exciting worldview that challenges old concepts, such as deterministic trajectories of motion and causal continuity. If initial conditions do not forever determine an object’s motion, if instead, every time we observe, there is a new beginning, then the world is creative at the base level.”

Goswami, currently a senior resident researcher at the Institute of Noetic Sciences, contends that we are creating every moment of “reality” as we go along – with our consciousness. “Naturally we project that the moon is always there in space-time, even when we are not looking. Quantum physics says no. When we are not looking, the moon’s possibility wave spreads, albeit by a minuscule amount. When we look, the wave collapses instantly; thus the wave could not be in space-time... There is no object in space-time without a conscious subject looking at it.”

In his book, *Physics of the Soul*, Goswami, who taught physics for 32 years and was a professor of Theoretical Science at the University of Oregon, explains this concept in more detail: “Suppose we release an electron in a room. In a matter of moments, the electron wave spreads all over the room. And now suppose we set up a grid of electron detectors, called Geiger counters, in the room. Do all the counters go ticking? No. Only

one of the Geiger counters ticks. Conclusion? Before observation, the electron does spread all over the space, but only as a wave of possibility. Observation brings about the collapse of the possibility wave into an actual event.”

3. Joseph Dispenza, D.C., highlighted in the movie *What the Bleep Do We Know?*, has the gift of taking the complicated world of quantum physics and relating it to every day life. He explains, “Everybody has had the experience of making up their mind that they’ve wanted something. That’s Quantum Physics in action. That’s manifesting reality.”

Dispenza contends that we’ve been conditioned to believe that the external world is more real than the internal world. “This new model of science says just the opposite. It says what’s happening within us will create what’s happening outside of us.”

Dispenza teaches his students a meditation technique that applies the principles of quantum physics to the practical task of having a good day: Before starting your morning routine, Dispenza advises, picture little events that you would like to see happen during your day. Then ask to recognize these little surprises in order to remind yourself that you are creating circumstances at a very base level.

Dispenza’s studies of the brain illustrate how the thoughts we think on a regular basis become habitual patterns that then determine our responses to the external world. “If you’re repeatedly feeling depressed or angry, it’s because you’re thinking the same thoughts day after day. Those addictive thought patterns prevent you from creating a better life,” he explains. “When we change the way we think, and we change our habitual response to our environment, we begin to create new possibilities in our lives.”

4. Dean Radin, Ph.D., Laboratory Director at the **Institute of Noetic Sciences** and author of *The Conscious Universe* and *Entangled Minds* has spent decades in the lab exploring psychic phenomenon as evidence of our “entanglement”

described in quantum physics. His research shows how our thoughts and feelings are accessible to everyone – through the quantum field.

Entanglement, a prediction of quantum theory that Einstein couldn’t quite believe (calling it “spooky action at a distance”), refers to connections between separated particles that persist regardless of distance. These connections, says Radin, imply that at very deep levels, the separations that we see between ordinary, isolated objects are illusions created by our limited perceptions. “The bottom line is that physical reality is connected in ways we’re just beginning to understand,” he explains.

Radin believes that entanglement suggests a scenario that ultimately leads to a vastly improved understanding of psychic phenomena such as telepathy, clairvoyance and precognition. In his laboratory studies, he has found overwhelming evidence of our human ability to hear each other’s thoughts and predict the future. This repeatable laboratory evidence suggests that we have the capacity to perceive distant information and to influence distant events across space and time, he reports.

“Someday psi (psychic phenomena) research will be taught in universities with the same aplomb as today’s elementary economics and biology. It will no longer be considered controversial, but just another facet of Nature one learns as part of a well-rounded education,” he concludes. “In that future, no one will remember that psi was once considered the far fringe of science.”

5. Bruce Lipton, Ph.D., cell biologist and author of *The Biology of Belief*, has proven in the lab that every gene has a switch that we either turn on or off – with our thoughts, beliefs and emotions. We are not simply products of our genetic make-up, he concludes, that by a subconscious process not yet clearly understood we are choosing which genes to activate and which to ignore. “Genes-as-destiny theorists have obviously ignored hundred-year-old science about enucleated cells, but they cannot ignore new research that undermines their belief in genetic determination,” he explains.

While the Human Genome Project was making headlines, a group of scientists were inaugurating a new, revolutionary field in biology called epigenetics. The science of epigenetics, (which literally means “control above genetics”) profoundly changes our understanding of how life is controlled. In the last decade, epigenetic research has established that DNA blueprints passed down through genes are not set in concrete at birth. “Genes are not destiny!” says Lipton.

Environmental influences, including nutrition, stress and emotions, can modify those genes, without changing their basic blueprint, he explains. “And those modifications, epigeneticists have discovered, can be passed to future generations as surely as DNA blueprints are passed on.”

The character of our lives is determined not by our genes but by our responses to the environmental signals that propel life, he says. “The belief that we are frail biochemical machines controlled by genes is giving way to an understanding that we are powerful creators of our lives and the world in which we live,” concludes Lipton who taught Cell Biology at the University of Wisconsin’s School of Medicine and later performed pioneering studies at Stanford University’s School of Medicine.

6. Candace Pert, Ph.D., internationally recognized pharmacologist and author of *Molecules of Emotion* and *Everything You Need to Know to Feel Good*, has shown in the lab how our emotions affect our immune systems. Your thoughts and feelings have a direct impact on the behavior of your cells, she reports. Her experiments illustrate that the mind is not focused in the head, but is distributed throughout molecules in the body. Thus, she says, proper use of the mind can create health in a sick body.

“There is no objective reality,” she explains. “In order for the brain not to be overwhelmed by the constant deluge of sensory input, some sort of filtering system must enable us to pay attention to what our bodymind deems the most important pieces of information and to ignore the others. Our emotions decide what is worth paying attention to.”

Pert’s groundbreaking research also illustrates the addictive nature of our emotions. When we repeatedly react to our environmental circumstances by feeling angry, for example, feeling angry becomes an addictive response to our world that physically changes receptor sites on certain cells. Eventually those cells require the chemicals produced by feeling anger – on a daily basis in order to survive. Thus we look for situations that make us angry, so we can get our emotionally addictive chemical needs met.

Pert contends that we can change this chemical pattern when we interrupt the cause and effect response we have to our environment. For example, if we choose to laugh instead of yell in a situation that usually makes us angry, we begin to change our cellular receptor sites. Eventually those cells become addicted to the feeling of laughter – instead of anger, explains Pert. “You can literally become the architect of your cellular structures – including your immune system – by choosing which emotions to feel consistently on a daily basis.”

What does this have to do with you? Everything...

Each time you think, “I can’t find work that I love,” or “I’ll never find true love,” or “I’m probably going to get cancer like my father,” you make it so.

Will it take mainstream science 20 years to embrace and catch up to these brave and brilliant researchers? Absolutely.

Consider this: When the natural health movement began to take root in this country, it followed the same slow path to acceptance. In the 70s, herbalists, acupuncturists, doctors of naturopathy, and homeopaths were called “quacks.” They slowly became our “alternative” healers. Today, more than 70% of Americans rely on natural medicine to supplement their healthcare. And more than 30% of conventional physicians recommend some type of natural remedies to their patients.

This revolution of the mind will take the same slow course. But you, dear reader, are on the cutting edge of this revolution and you can reap the benefits of this newfound knowledge today – in YOUR life.

Let’s begin...

Chapter 2

What about my pain?

“What’s done is done.”

MacBeth

How we love our pain! We carry it around like a badge of honor. Sometimes we believe our pain is the only thing that makes us worthwhile human beings. We’ve survived – loss, war, hurricanes, sickness, loneliness, financial hardship, stressful work, disappointment, bad parenting, abuse, and neglect. Anything else?

Consider this: All of your pain, every wound you’ve experienced from loss to illness to disappointment, was exactly what you needed and chose in order to arrive at this point in your life – which is exactly where you’re supposed to be.

YOUR PAIN IS ON PURPOSE PEOPLE!

QUIT BLAMING, GIVING UP AND WALLOWING.

**YOU CHOSE EVERY CIRCUMSTANCE TO HELP YOU
FIND YOUR DIVINE SELF.**

It's impossible to live a lifetime without pain. However, you DO have a choice in how you react to the pain, and what you choose to learn from it.

The problem is, you're addicted to your story...the painful history that you drag around with you. Maybe it's your childhood, a divorce, bankruptcy, or the death of someone you love.

Your story says: "I was abandoned, hurt, rejected, betrayed, abused, fired, unemployed or bankrupted." (Insert the verb of your choice.) It doesn't matter if you never speak about your story.

What matters is that you BELIEVE your story. And what matters most is that you have confused YOU (the powerful divine light being) with your story.

You drag that pitiful old story with you into every new job, relationship, and experience. Not only does that story define your past, but now it defines your future.

From your old story, you create a stance in life. It goes like this: Bad things have happened to me (such as divorce, loss, being laid off, sick, or broke). Therefore, the world is a dangerous place.

When faced with a new experience, you project your old beliefs into the new empty space - which is filled with possibility. You pollute your future and destroy wonderful new possibilities with your old story.

Let's say you fall in love. Instead of being filled with love and optimism, you project fear into the new relationship, and thus sabotage it from the beginning.

Or you get a great new job. Instead of showing up filled with passion and brilliance, you've already picked out the co-worker who's going to give you trouble. You're projecting your past experiences onto him or her.

Let's put a new twist on this:

You weren't abandoned by anyone, ever. You only abandoned your own magnificence.

You weren't betrayed by anyone. You betrayed your own magnificence.

Nobody fires us, we fire ourselves.

No one lays us off. We lay ourselves off.

No one abuses us. We abuse our own magnificent selves.

How? With our fear and negative beliefs.

We have our hands on the steering wheel every minute of every day, of every year, of our lives. If we don't like where we've ended up, we can turn the wheel in a new direction.

Look back at your life's journey. Take away the bad guys. Take away all the players in your drama whom you've blamed for your pain. Now what do you have?

You have your own pitiful self abusing your own magnificent self. You have your pitiful self abandoning, hurting, and rejecting your magnificent self. You have your own fearful beliefs sabotaging your brilliant self.

Why Would You Do That to Yourself?

You don't do it on purpose. You do it because you don't understand your own power. You've forgotten who you are. You've bought into the popular mindset and accepted the cultural beliefs that were handed to you. You fit in - in order to be loved.

Everyone has the need to be loved. We learn at a young age that in order to get the love we want - we have to follow the tribal rules.

Our society's limited beliefs tell us we're pitiful (like everyone else), and we're here to play it small. We accept that we'll get sick often and probably die from a painful disease. We accept that we should get a job like everybody else and make a decent living (with benefits). We believe that few people ever become abundantly rich, successful or happy.

(Wow... what a pitiful life that is...)

So we get depressed, sad, and anxious - because we know better. We know that something is missing. We know we're here for something greater.

That dissonance inside of us gets so disturbing that we try to destroy the voice that tells us WE have the power - because that belief doesn't jive with what society and our families are telling us. We diminish our power to fit in.

We may turn to food, drugs, alcohol, sex, depression, anger or any number of possible addictions in order to dull the voice in our heads that's screaming: ***"Don't settle for this pitiful life! You're here to DO and BE something wonderful!"***

Occasionally, somebody sneaks a few bigger thoughts and dreams into their existence, and they get to be the boss, entrepreneur, CEO, Artist, or Physician.

Even for those people, the voice inside still says, "You don't REALLY have the power." And that voice gets louder the older we get, because we see bad things happen: car accidents, wars, disease, deaths, divorces and bankruptcies.

We say, "See! Life is difficult and nobody gets what they want - at least not for very long! (Richard Hatch, who won \$1 million on 'Survivor,' ended up in jail. And beautiful Jennifer Aniston was left for another woman). See! We must be victims after all." And our lives get more and more pitiful.

Who has the power in your life? Only you. You have your hands on YOUR steering wheel, and your foot on YOUR gas pedal.

Every thought you think fuels your car, and every emotion you feel determines your direction. Act like it, and you might surprise yourself.

Here are ten ways to own your power:

1. Remember, the only question ever worth asking is: What do I want to happen?
2. The only activity ever worth doing is: Dreaming up a better world, relationship, bank account, health prognosis or career.
3. The only reality you ever need to accept is the one you want to happen.
4. Stand in front of the mirror and say, "I'VE got the POWER to make things better!" Walk around saying that until you giggle. Now your life is headed in the right direction.

5. Whenever you have a choice to make, base your decision on this question:

“Will it make me feel powerful or pitiful to do this?” If the answer is “powerful” – that’s a yes. Will it make me feel powerful or pitiful to take that job, start that business, write that book, invest in that property, get into that relationship, or say those words?
6. Your choice always has to be for your powerful self, because that’s where your brilliance and inspiration lives. That’s where you stop insulting your own divinity – the fabric you were made from which is divine source energy.
7. Quit living like a rat in a maze. Get the eagle’s view of your life – the big picture. Figure out who you want to end up being, and turn your car around now.
8. Remember: You have no one to blame for any circumstance in your life. Every external circumstance (from your bank account balance to your health) is a result of your inner thoughts and beliefs about what is possible for you.
9. Give up “wanting to change” or “needing to change.” That comes from a state of pitifulness – not magnificence. Either do it or don’t do it.

Quit WANTING anything to happen.

10. Remember, it’s never a problem. It’s a frequency. Change your energy frequency from pitiful to powerful, and the problem dissolves. You become part of the force, part of divinity, and all obstacles dissolve in your path.

Pain Fuels Your Career

Here’s the secret: The more pain you feel, the more energy you have to launch your new life and a more meaningful career. See the pain as fuel – not as something that stops you from moving forward.

“There is no coming to consciousness without pain.” Carl Jung

When you’re unhappy, it’s time to face your greatest ally – your pain. The pain you’re feeling deep inside of you is like a beacon calling for your attention. It’s telling you what you need to know so your life can improve.

Remember, everything is energy. We are made of vibrating pure energy and as we vibrate, we attract. Our emotions, thoughts and beliefs create the vibrational messages that we send out. These vibrational messages either help or sabotage our efforts to have a wonderful life. And these vibrations have nothing to do with how we’re “acting” on the surface.

We may be acting like we’re fine, but the universe and everyone in it feels our true vibration of pain or joy – and that’s what they respond to. And that’s what we attract more of.

Your pain needs to be recognized, listened to, and turned into fuel to move your life forward. How do you turn your pain into fuel? First by recognizing what your greatest pain is, and then by recognizing how to heal that pain through your work – or your actions in the world.

Your work then becomes a powerful platform for healing you and healing others. Remember, the more pain you have, the more fuel you have. Consider your pain to be your greatest blessing and move forward.

You’ll find more information about this link between pain and career in my book *Dancing at Your Desk: A Metaphysical Guide to Job Happiness*.

Pain as Fuel for a Better Life

The moment you begin to feel gratitude for your pain (because you realize it's a divine gift to help you find your way), the pain becomes your fuel.

(Remember there are no accidents). You chose the players and challenges in your life before you were born into this lifetime.

You lined up your family, friends, teachers, losses, failures, and challenges, so that your weakness would be revealed to you. You planned how you would overcome those challenges and become your best self. Don't disappoint your divine self!

It's time to step back from your story and ask: Why did I choose these players? What role was my father playing? My mother? My spouse? My children? What do I want my life to look like instead?

These are the only questions worth asking. Forget about "why." We get truly stupid over "why." This is where psychology went wrong. Psychologists and psychiatrists teach people to focus on "why" instead of "what next?" As a result, their patients spend years analyzing what went wrong in the past.

Yes, it's true that understanding "why" can give us wisdom. But it doesn't get us to a better life. Only when we ask, "What do I want to happen next?" do we improve our lives.

The ONLY answer to the question "Why?" is:

Because you chose it.

If you've called in lots of challenges, it means you have a strong spirit, and you're here to do great work. The more pain you've experienced, the more powerful you are, and the greater the work you're here to do. Quit complaining and get to work!

Don't bother blaming your bad health or emotional tendencies on your genetic coding. As I mentioned in Chapter One, cell biologist Bruce Lipton, PhD, author of *Biology of Belief*, has been proving in the lab for 20 years that our genes have a switch that gets turned on or off with an interaction between our thoughts and environment.

You have your father's addictive nature or your mother's body-type? You chose to have it – when you chose certain thoughts and beliefs. You can un-choose it too.

Remember, you are NOT the victim in any area of your life; You're the magnificent creator.

How Do We Get Through The Pain?

Everyone will have times of deep loss and despair. The purpose of searing, gut-wrenching pain is to open your heart to greater compassion and a greater ability to love.

Feel the pain as long as you want to. Just don't get stuck in it. You'll know when your spirit is fed up with the pity party and wants to move on. Don't linger a minute longer in "pitiful."

I've experienced the loss of many people I've loved. Through those experiences, I've found a very helpful way to feel and release the pain – twice a day. If you follow this meditation outlined below, you'll move through your pain faster and be able to create your new life.

The “Break Your Heart Wide Open” Meditation

1. Start each morning with a ten minute meditation. During this meditation quiet your mind with mantra or prayer.
2. At the end of the meditation, when your mind has settled down, ask to fully feel the pain in your heart.
3. Focus your attention on the heart chakra and deeply experience the pain. Feel it until it doubles you over. Cry it out.
4. Picture the pain leaving your heart chakra and moving out of you – up to the divine source. Give it away to God – to the divine realm. See divine beings taking it from you as a gift.
5. Offer to relieve the suffering of humanity. Picture a sick child in a third-world country. Tell her you’ll take her pain – so she doesn’t have to feel it anymore. Feel her pain and release it to the divine beings.
6. Repeat this meditation at the end of the day before going to sleep.

Who Will You Be Now?

Whenever we’re experiencing deep loss or illness, we stop dreaming. We only focus on the pain and the past. Have you ever seen a dog lick its wound obsessively and thus prevent healing? That’s what we do with our pain.

It’s okay to do this for a little while. But recognize that it’s not helping you. In order to make things in your life get better – you have to start dreaming of what you want next.

When a loved one has died, we sometimes feel like we’re betraying them if we move on and stop licking the wound. This is clearly not the case. Your loved one is watching you from the other realm and desper-

ately wants you to let go and be happy again. Releasing your attachment is the greatest gift you can give someone who has passed on. Bless them on their way to the higher realms.

If you could have a conversation with your deceased loved one, he or she would tell you that your grief hurts them too. Your painful attachment prevents them from moving on to the great adventure awaiting them in the higher realms.

When my husband died, Chief Fools Crow (who was in North Dakota and miles from civilization) hiked to a phone booth in order to call our mutual contact in Denver – who then called me in Boulder and said, “Paul has passed on now, and the spirit guides are guiding him to higher realms. But if you wallow in your grief, you’ll prevent him from moving on to where he needs to go to find peace.”

This phone call greeted me the moment I returned home from the hospital after Paul had died. His words truly helped me; I didn’t want to hurt Paul by holding onto my grief.

If the person you’re grieving over is still alive, but they’ve chosen not to be in a relationship with you – you have only one option. Throughout the day, say this to yourself:

“Okay, I wasn’t being my brilliant self. My energy was terrible, so she (or he) left me. Now I am doing everything in my power to raise my energy. I will soon attract him (or someone greater) into my life.”

Remember, life is simply an energy contest. The person with the best energy always attracts the life and love they want.

Here's a helpful exercise to move you forward and away from grief.

Find a quiet place and sit with a journal. Write your answers:

1. Who will I be one year from now without this pain?
2. Who would my loved one (the person you are grieving over) want me to be?
3. What does my new and improved life look like? Where do I live? What does my body feel like?
4. What is my career like?
5. How do I feel emotionally in this new life?

Draw a picture of the new and improved you. Put this picture on your bathroom mirror and look at it every morning.

By seeing and reinforcing this image of the new you (wiser, stronger, smarter, more powerful and compassionate - and free of this crippling pain), you will be rearranging the sub-atomic particles to make this transformation happen.

Use Your Energy

It should be obvious to you now (genius that you are!) that you will recover more quickly, move forward in a more positive direction, and attract happier people and circumstances into your life when your energy tank is full.

In Chapter Three, you'll find many practical techniques for raising your energy in the midst of dire circumstances. I especially recommend using sweetness, gratitude and humor (EPR).

But please recognize that your pain is a gift and be grateful for it. You chose your pain to guide you to a better life - and more meaningful work.

In fact, you chose (consciously or unconsciously) every important job you've had because it was healing you. Our work heals us by letting us offer to the world exactly what we need to heal ourselves.

Say this out loud: "I am moving forward with my life and not focusing on my pain. I'm attracting work that heals my pain, helps the world, and brings me joy."

Write Your Answers:

1. When I was a child, what caused me the greatest pain and why?
2. In my entire life, what caused me the greatest pain and why?
3. What pain is calling my attention right now?
4. When I look at my answers, I gain these insights into my career

By facing your pain, you turn it into energy.

It becomes your ally and moves you forward.

Chapter 3

How do I make it better?

“We know what we are, but we know not what we may be.”

Hamlet

“I am giddy; expectation whirls me round.”

Troilus and Cressida

Your focused attention on the circumstances of your life (good and bad) forces them into reality. What you focus on gets bigger, because you're giving it energy with your thoughts. To have a happy life, it's essential to focus on the reality you want to be true.

Do you dream about the career you would love? Or, do you believe that the job market is bad; or you can't make good money doing that kind of work?

Do you dream of putting a swimming pool in your yard with the profits from your new venture? Or do you worry about going bankrupt and losing your home?

Do you dream of running a marathon next Spring because you're feeling so healthy and energized? Or do you worry that you might have cancer or arthritis or chronic fatigue syndrome?

Do you dream of having a loving relationship with your partner or do you focus on your partner's negative traits that drive you crazy?

Your life is a physical manifestation of your dearly held beliefs. Look around you to see what you believe. If you don't like what you see, change your beliefs. Make a course correction in your life.

You may have many challenges in your life right now. You may have lost someone you love or be bankrupt, lonely or sick. But you're still not a victim. It's time to wake up...

I'll never find true love.

I catch every virus that goes around.

I'll never find work I love.

My health gets worse every year.

I'll never get out of debt.

If you agree with even one of those statements, you are a victim of your own negative thinking. Consider the possibility that the only thing stopping you from having work that you love, perfect health, abundant love and the life you dream of is your negative thinking – not the limited resources or abusive family members or the millions of other excuses we come up with for not having a successful life.

How does this energy-thing work?

All of us have a million reasons to feel bad at any given moment during our day. Circumstances change for the better and for the worse in a constant flow of events. We react to those circumstances as we've been taught by our families and friends. We believe we have little choice in how we react. And even if we did react in a different way, what would it matter? Well, it matters. Here's why:

Quantum physicists and all the great spiritual teachers have aligned themselves behind one idea – everything is energy. Everything you see, sit on, feel – the sun on your face, children's laughter, a good run, prayer, a great kiss – is all source energy: that which everything and everyone came from.

You are composed of this same energy and its frequency can be raised or lowered according to your thoughts, feelings and beliefs. The frequencies you send out at any given time attract like frequencies. That's why on a bad day you attract only bad things, and the day gets worse by the minute, and vice versa.

Each of us has an energy continuum – negative at the bottom, positive at the top. Positive energy includes our brilliance, goodness, divinity, inspiration, love, passion, optimism, happiness and joy (our connectedness). When we're at the high-end of our continuum, we're brilliant and gorgeous and we attract everything we want. This is our brilliant self and this is who we want to be.

Negative energy includes our anger, depression, sadness, guilt, pessimism, sense of lack, deprivation, drudgery and separateness – not only from others but from our source energy. When we're at the bottom of our continuum – we're being pitiful. All of us go there! Don't be ashamed of it. We all have a "pitiful" self.

Everyday we bounce up and down on this continuum depending on our circumstances. We say, if only my circumstances would change I could be happy. The ultimate joke is that if we get happy, our circumstances will change to meet us.

The trick is knowing when we're acting from the pitiful self and learning to move our energy towards the brilliant self.

Why bother? Moving up the energy continuum by changing your energy to a higher frequency and opening up to source energy connects you to your inspiration, spirituality and goodness. It changes your life immediately! It attracts every good thing that you've been wanting into your life.

Ask yourself:

How do I know where I am on my continuum?

What do I feel like when at the top?

What does my body feel like at the low end?

What does my voice sound like at the top?

How does it sound when I'm at the bottom?

Have I been laughing lately?

Have I been doing the things that make me feel good – like swimming or walking?

What have I been eating?

Have I done anything fun lately?

What do I feel like right now?

What are my three easiest steps for feeling better? Examples: Go for a walk, laugh with a friend, have a cup of tea, imagine you have \$2 million in your bank account. Write yours:

Name Those Characters!

I have a name for myself when I'm being pitiful – at the low end of my continuum. Sad Sadie. Sadie thinks life is a great tragedy. She cries all the time, is quite hormonal, and stays in bed watching sad movies (her favorite is *Out Of Africa*). My kids have pointed out that I have another character at the lower-end of my continuum (named Serial Killer Sharkey) who likes to drive the car and yell a lot.

When I'm being pitiful, my friends and family say, "Look out, Sadie's here..." Then I'm able to laugh at my pitiful self acting up. Everyone in our family has named their pitiful selves so we can help each other (with humor) to walk away from pitiful.

You can do this too. Name your pitiful self. Give it a good name that makes you laugh. My clients have come up with wonderful names like Pitiful Patty, Shameful Sheryl and Bad Bertha.

Name your powerful, brilliant self too. Mine is Awesome Aretha. She's completely fearless, never gets her feelings hurt, and all of her dreams come true. I love being Aretha, and I can tell by the sound of my voice when I'm being her.

Who gives my keynotes, teaches classes and works with clients? Aretha, of course! And who reacts to bad news, a sudden crisis or disappointment? Sadie, of course.

My challenge is to move from Sadie to Aretha whenever I'm facing a crisis – or at least to be aware of who's showing up. I only let Aretha make big decisions or deal with unhappy kids. I try to keep Sadie at home and alone until she's feeling better.

To have a better life, you have to stop dwelling in your pitiful self – no matter how bad things seem. Take tiny steps to raise your energy and become your brilliant self. You'll be surprised at how quickly things get better.

Turning negative energy around

In this book, I'll teach you many ways to turn your negative energy into powerful positive energy – no matter how pitiful you feel. The first step is redirecting your thoughts. Use these positive affirmations every time you notice yourself thinking negative thoughts:

I am already living from the high-end of my energy continuum where abundance and success flow effortlessly into my life.

When I look for a job while using my high-end energy, I attract wonderful opportunities.

When my energy is great, I attract all the love I want.

When my energy is positive, my body heals itself.

Remember, our consciousness controls our minds. Our minds are mostly under-trained and under-used. They flit from thought to thought like wild monkeys. They have to be obsessively occupied with a thought at all times. You can't just take away their favorite toys – those addictive negative thoughts – without immediately replacing them with positive thoughts.

You might not even believe the new positive thoughts. But you're breaking an old habit; you have to go through the motions of making the change until you become the change.

Solutions vs. Problems: Proper Focus

How do you feel when you think about your problems all day long? Do you toss and turn at night worrying about your job, money, relationships or health?

Do you sense how this low-end negativity brings you down? When we focus on the problems, our energy sinks to the low end of our continuum. And our problems get bigger. (What we focus on always gets bigger because our thoughts give it energy.)

One of the fastest ways to feel happier and have better energy is to focus on at least three potential solutions to every problem you think about. This shifts the mind from limited, negative thinking to open, creative, source-energy thinking that is open to new possibilities. NO more focusing on your “insurmountable” problems! Only focus on solutions!

What is your daily feel-better plan for raising your energy level? These often include exercise, healthy foods, prayer or meditation, positive affirmations and most of all – **dreaming of what you want to happen and feeling as if it has happened.**

1. Write down three problems facing you right now and next to each one write a positive solution – even if you don't believe it's possible.

For example - Problem: I can't find a job (or partner) that I love. Or, my loved one will die (or leave me) and I'll be alone and in pain forever.

Solution: I intend to raise my energy to the high-end of my continuum and attract a fabulous career (or loving mate). If something leaves my life, it will be replaced by something even more wonderful.

Repeat these positive statements several times out loud. You must hear your own voice speaking these words.

Problems	Solutions
1.	1.
2.	2.
3.	3.

What You Believe Is What You Get

Realize how your negative beliefs are creating your reality. When you think, “Well, it doesn’t matter how hard I work, I never get recognition,” or “I’m just not good at relationships,” or “Nobody ever gets ahead in life,” the universal source feels that low-end-vibration belief and provides you abundantly with more of the same negative energy to match what you’re sending out.

The source energy aligns itself with your belief and says, “Okay, make it so! The first step to changing things for the better is recognizing your negative beliefs.

In my workshops, we play a game called *Burning Up the Tapes*. I ask everyone to sit in a circle and imagine a huge bonfire burning in the middle of the circle.

One-by-one we go around the circle and share a negative belief that we no longer want to sabotage our lives. We explain what the belief is and how it hurts us. Then we throw that old tape into the fire to be burned up and destroyed forever.

Every time I do this exercise, I’m amazed at how much alike we all are. Even the most powerful, successful people in the world struggle with negative beliefs telling them they’re losers, not good enough, not smart enough, etc.

The only difference between those who have wonderful lives and those who don’t – is the ability to pursue your dreams – no matter what negative beliefs you hear inside your head. You just have to say, “So what,” and keep going. (It helps to replace that negative tape with a positive one).

At a workshop I gave recently, a brilliant, successful business man, whom everyone admired, was participating in the *Burning Up Your Tapes* exercise. When it was his turn, he tearfully said, “I’m burning up the tape that tells me everyday that I’m a failure at everything I do. I’m so sick of hearing that in my head, and I know it’s stopping me from being happy.”

The rest of the group was deeply moved to hear this confession from someone so successful. It was a realization that we all struggle with the same inner negativity – no matter how good our lives look on the outside.

As Dean Radin, Ph.D., points out in his research – we are all made from the same energy. We are actually one living, breathing organism connected together with every thought we think, he says.

1. Describe one overriding negative belief that is sabotaging your life. Say it out loud, then toss it into the bonfire.
2. Write down three negative beliefs that are haunting you today and write positive antidotes to them.

Example: No matter how hard I work I never make enough money.

Antidote: When I work with inspiration from the high-end of my continuum, I’m recognized and financial abundance flows into my life.

Example: No matter what I do I never get enough love.

Antidote: When I live with inspiration from the high-end of my continuum, I’m connected to source energy where boundless love flows to me.

Negative Beliefs about Life	Antidotes
1.	1.
2.	2.
3.	3.

Are You Giggling Yet?

Here's a powerful tool for raising your energy - the \$5 million game. I'm putting \$5 million into your bank account. It's all your money. You don't have to tell the IRS, your spouse, or parents.

Now picture your perfect life from that place of abundance. Where would you live? What would you do for a career? (You still need to connect to the world in a meaningful way). What choices would you make?

What images come to mind as you think of this life? Would you have a swimming pool in your yard? Would you travel the world? Would you write a book? Would you go to film school to become a film director?

Draw a picture of all the happy images that come to mind when you think of this new life of abundance and limitless choices. Fill the page with images of your happiness. Make them so grand and silly that they make you giggle. Put this picture where you can look at it everyday. Memorize the images.

Our minds manifest our future from images that we send out into the universe when we're dreaming (or worrying). Those powerful images rearrange sub-atomic particles to make our dreams (or our worries) come true. The more time we spend dreaming of our brilliant new life, the more powerfully the universe lines up events and circumstances needed to make it come true.

1. Draw a picture of your perfect life and carry it in your wallet. Look at it every day.
2. Create a picture collage from magazine pictures of everything that makes you happy. Put it on your bathroom mirror.
3. Spend ten minutes every morning doing this meditation: First, sit in prayer or meditation to quiet your mind. When your mind is quieted down - see images from your happy new life. Picture a luxurious vacation with loved ones, a new home, a great relationship. See your body looking healthy and fit, and your bank account with a six-figure balance. See it all until the images make you giggle. Once you start giggling, it's on its way into your life.

Remember Happiness

All of us can remember a time in our lives when we were wonderfully happy and content. Right now, sit and remember that time until you can feel it again. Marinate in those happy memories -complete with images, smells and sounds from that time. (You can use music to take you back there).

Write down five essential things that made you happy back then. Examples: I was healthy and fit. My lifestyle was simple and free. I was part of a community. I was passionate about my work.

Look at the list you've just written. This is your guide to future happiness. Take three of these things and create a plan to make them part of your current life. You'll once again find the peace and joy that has escaped you in your current circumstances.

Remember – you DON'T have to be realistic! If you find yourself saying, "I can't...he won't let me...there's not enough..."

- STOP EVERYTHING!

AND STOP THINKING LIKE A VICTIM!

Go back to dreaming of the life you want – in spite of your challenging circumstances. Create an impossible dream and an outrageous plan to get there. Switch from despair to hopeful – and you've changed your energy significantly enough to start attracting better circumstances.

What's So Great About Me?

Every person on this earth is a unique collection of talents and gifts that have been forged through lifetimes of dreams and experiences. There is no one on the planet exactly like you. You are here on purpose to honor your uniqueness and share your talents with the world. Those talents and dreams are your tools for making the world a much better place.

Whenever you say, "I'm a failure... I'm worthless... I screw things up..." you're insulting the divine fabric you're made of. You're not here to be pitiful. You're here to be brilliant.

When you recognize your unique talents and take pride in them, you raise your energy and everyone's around you.

The first step is recognizing what your unique gifts are. Think about those innate talents that come gracefully and naturally to you – those things you find yourself longing to do – such as organizing a room, inspiring others to meet a goal, communicating complex information, leading a team, solving problems, being happy, creating beautiful things, etc.

Talents are very different from skills. Don't be confused by the skills you've learned along the way in order to survive in the world of

work. You were not born a software engineer. You were born with a talent for creatively solving problems, thinking analytically, and communicating complex information in a simple form. Those talents can be transferred to a number of different careers. You are your talents – not your skills. Get clear on what they are.

Write your three strongest natural talents:

- 1.
- 2.
- 3.

Now find a group of friends who are willing to do this exercise with you. It's very powerful to do this with your department of co-workers – or even your sports team. Ask everyone to make a list of their top three innate talents (that they love to do). Go around the room sharing everyone's list.

Each person should stand and say, "I have a talent for..." and read their list. It raises your energy instantly to recognize your own greatness. And it raises a team's energy to recognize each other's greatness.

What are we afraid of?

Our biggest fear is usually the fear of how powerful and magnificent we really are. It's terrifying to believe in our greatness because then we have to live up to it – and stop blaming everyone and everything around us for our unhappiness.

If we follow the belief system we've been raised with – humans are limited beings with limited capacity for happiness – we settle for a normal life and limited amounts of EVERYTHING. Dare yourself to break out of the low-social-consciousness that governs our lives. If you don't believe it, you can't have it.

Just say “Yes! I will. I have. I do. I am. I love.”

These are things that WON'T help you: Endlessly complaining about your unhappiness; watching television, worrying, blaming others, being afraid, giving up.

These are things that WILL help you: Pumping your energy to the high-end of your continuum, dreaming of what you want, laughing, seeing a coach/therapist who makes you move forward, taking three positive steps in ANY new direction.

BEING UNHAPPY is not an option. Take a step in any possible new direction. Walk away from pitiful. Pump the good energy until you're in the flow; You'll get pulled in the right direction.

Using EPR

Another effective way to quickly change your energy is by using my unique technique called **EPR (Energetic Personal Resuscitation)** – three immediate ways to shift energy to a higher vibration in spite of circumstances. These three powerful energy switches are **Humor, Gratitude and Sweetness**.

You can use these energy-saving techniques in any emergency situation where your energy is at the lower end of your continuum. By switching to any one of these feelings, you'll rise higher on your continuum and thus better be able to respond to the situation – whether you're waiting in a long line at the grocery store or you've just been told you're being laid off.

We are made of pure energy and as we vibrate, we attract. It serves us to shift to a higher vibration even when facing a challenge, as that's the only way to attract better possibilities. Using EPR is the fastest way to shift to the high-end of the continuum, especially in the middle of a seemingly hopeless situation.

Laughing at Life: Humor

Humor is a quick and easy way to tap into source energy. When we laugh with big, open-hearted unrestrained laughter, we are recognizing the absurdity of life. We start to see the big picture. We diffuse tension and anger. And we start connecting.

For example, in a job interview suppose you're asked, “What would a past manager say was your greatest flaw?” The standard answer is, “All my managers say I work too hard.” To make a bigger impression—and ease the tension inherent in an interview—say something silly, like “What flaw would you like me to have?” or “Where do I start?” Suddenly, the two of you are laughing – and connecting. Now your energy is higher on the continuum where new possibilities reveal themselves.

When your teenager comes home from school after having “the worst day of my life” – choose to make him laugh. When you use humor, the energy between you shifts to a higher vibration. Then you can solve the problem at hand.

Recently, I was waiting in a long line at the post office. Everyone waiting in the line was angry and getting angrier as the minutes ticked by. Only two clerks were working, and eight windows were closed for business. One of the clerks looked at the other and said, “Sorry. It’s time for my break.” He shut his window and walked away.

People who were waiting in the line moaned as he left. Everyone was complaining. The one remaining clerk looked up at this long line, which meandered out into the lobby, took a deep breath and announced, “Sorry everyone. It’s time for my break too.” As the crowd gasped in disbelief, she smiled at the line of angry people and said, “Gotcha!”

Everyone in the line laughed with her; the energy in the room was instantly and visibly transformed by her humor. People began joking and talking to one other. Each customer who walked up to her window laughed and joked with her. With that one humorous moment, she transformed a room full of angry customers into her allies--in spite of a hopeless situation. It was brilliant to watch, and it improved her day (and everyone else’s) immensely.

Humor works wonderfully with angry people. There’s a deep connection between humor and anger. The best comedians tap into their anger – think of Tim Allen, or Whoopi Goldberg.

When my teenaged daughter is angry at me, the best way to save the situation from spiraling downward is to make her laugh. The laughter shifts our energy higher on the continuum; then we can solve the problem that caused her anger in the first place.

Finding Gratitude

Of all the feelings we can tap into, gratitude has the highest vibration. When you get gratitude pulsing through you, you’ll feel opened up and receptive to source energy. By sending this high-level emotion to someone you have conflict with, the conflict will begin to soften. You will no longer be a victim to this relationship.

For example, suppose your co-worker or spouse is driving you nuts. Focus on one thing about that person you’re grateful for; maybe it’s her humor, warmth or sense of determination. Find one quality you like, and hold it in your attention. Or, in the midst of any conflict, focus on one thing in your life that you’re grateful for, whether it’s your cat, a loved one, your family or that you still have a healthy body and can take one more breath.

If you’re in the middle of a tough meeting, or taking care of a sick child, feel gratitude that you have a job, gratitude that you have a child -- whatever you can find. You don’t have to say anything, just feel grateful. This inner shift to gratitude will cause the energy in the room to shift without speaking a word. Just try it and see.

The Magic of Sweetness

When we show our true, sweet selves to others, they open up and show us their sweetness. It's like holding a baby. We see the sweetness and go there to join it. If we switch to sweetness (genuine, open innocent sweetness, not a cultivated attitude) in the midst of conflict, we'll see instant positive results and a better resolution.

Remember, sweetness is our divine right. It may be the greatest gift we have. We are born innocent, sweet, purely connected to source energy. While growing up, we start hiding our sweetness because we think protection will stop our pain. This defensive behavior, which manifests as anger, depression, fear and meanness, keeps us from showing our true selves.

Yet when we tap into sweetness, it's like finding a pool of healing water. It can heal any relationship in our lives--at work or at home. When you've screwed something up at work or at home, don't defend yourself. Find your sweetness and apologize. This will shift the energy to a higher frequency where you'll be able to see solutions.

In a tense situation, don't act tough and defensive. Instead, show your true sweet nature. Remember, life is an energy contest, first and foremost. The person with the best energy gets the job, the love, the success, and the money.

Accessing our innate sweetness allows us to ask for help. When we show anyone our sweetness, we receive assistance immediately. You are not on this journey alone. In your darkest moments, find your sweetness and ask for guidance.

These three high-end feelings of humor, gratitude and sweetness help us connect with source energy. When you're connected with source, you're in the flow and living life to its fullest potential. We go through life thinking we need to be smart, competent, fit and beautiful to thrive in the world.

But life isn't a smart contest, a beauty or fitness contest, or a competency contest. It's an energy contest. The person with the best energy always wins, and gets the life he or she really wants. EPR will quickly help you find your best energy and improve any situation.

Practicing EPR

STEP ONE - Employ Gratitude

Name one thing you're grateful for at this moment. Focus on it! Examples: I'm grateful for the feeling of sun on my face and I focus on its warmth and nurturing feelings. I'm grateful for my amazing daughter and I focus on her smiling face.

Gratitude is a high-vibration feeling. When you get it pulsing, you'll feel opened up and receptive to source energy.

1. Write three people/things you're grateful for:

Gratitude works especially well to counteract anger. By sending this high level emotion to someone you have conflict with, the conflict will begin to soften. You will no longer be a victim to this relationship.

2. Right now, send genuine feelings of gratitude to someone in your life who is most troubling to you. See their face and say: "I'm grateful you're in my life and I recognize that you are necessary for me to evolve, and learn forgiveness and love. I bless you and see only the high-end of your continuum. I will focus only on the best parts of you."

3. Take a Gratitude Walk: Take a thirty-minute walk and during the entire walk bring your mind constantly back to this mantra: "I am grateful." Whenever your mind wanders, gently bring it back to those words while picturing people and things you can be grateful for. This is a powerful exercise when done with a group of people all walking in silence – focused on gratitude. You'll feel energized for the rest of the day.

STEP TWO – Laugh Out Loud!

Get silly with a friend or even an innocent stranger standing nearby. Humor, one of our greatest gifts, is a very quick way to easily tap into source energy. We stop getting mired in the details. We start to see the big picture. We start connecting.

When used in challenging situations, humor can improve impossible moments – almost magically. Use it everyday to improve your energy and the energy of those around you.

1. Right now, turn to anyone near you and tell them a funny story that cracks you up.
2. Write the name of a good friend who makes you laugh and plan to call that person tonight.
3. List three comedy movies you love to watch. Make a date to watch each one. Write the date next to the movie.
4. List three more friends who always make you laugh. Make a date to spend time with each one of them. Write the date next to the person's name.
5. Think of your current painful situation in terms of its humor potential and let yourself laugh out loud about it.
6. Approach the person you are most upset with by using humor to change the situation – but not degrading, joke-type humor. Warm, accepting laughter will change the ridiculous situation you both find yourselves in. Write down who the person is and when you plan to do this:

STEP THREE – Sweeten Up!

Peel back the armor, open up and feel the sweetness inside of you. Sweetness is our divine right. We are born innocent, sweet, purely connected to source energy. While growing up we start hiding our sweetness, because we think protection will stop our pain. This defensive behavior keeps us from showing our true selves.

1. Speak softly to yourself until you can hear sweetness in your voice.
2. Look into the mirror until you can find your innate sweetness.
3. Speak to a friend using your genuine, sweet, silly, vulnerable self.
4. Hold a baby and softly kiss its head.
5. Describe a memory of a time in your life when you experienced abundant sweetness with another person:
6. Write the name of a challenging person in your life who you intend to use more sweetness with:

If we switch to sweetness in the midst of conflict, we'll see instant positive results and a better resolution. Try it! Send divine sweet thoughts and feelings to the person who is troubling you most. See them as a sweet baby smiling at you. Imagine cradling them in your arms. Not only will you increase the frequency of your energy, you will begin to transform this relationship.

7. Write three things you can do to bring more sweetness into your life:

EPR Tips

When you put all three of these gifts together (gratitude, humor and sweetness) you have a powerful arsenal of quick-switch energy changers you can use to improve any situation or relationship – immediately!

Try it today! Make a commitment to use EPR three times today to make life better for yourself and those around you. Tomorrow, use it six times.

In Extra-Challenging Relationships...

1. Ask yourself: “Where am I on my continuum?” Higher energy has the power to transform lower energy – like turning on a light in a dark room. If you go higher, you can transform the conversation to a higher energy and thus a better resolution.
2. Are you focusing on the problem or the solution? Switch to the solution!
3. Think of Aikido – a martial art that uses the opponent’s force to go in the direction you want to go in.

In Aikido you never take an opposing stance or block a strike. Instead you move your body in the direction that your opponent is moving and use the combined energy to gently redirect the conflict.

When someone is angry, don’t defend yourself. Go to sweetness or humor. Say yes rather than no. Then gently, subtly redirect.

4. Write down three situations where you were not pleased with the interaction that occurred. Next to each one, write ideas for how you could have handled it better – using the principles we’ve been discussing. Don’t forget your EPR training.

Congratulations! You are now a certified EPR practitioner. Whenever you come across a negative energy situation – step in and make a difference. Save someone’s life today (especially yours) with EPR.

Ask for Guidance

“For all prayer is answered.” – Edgar Cayce

In this book, you’re learning how your energy affects your life. You’re learning to take responsibility for your happiness, to focus on solutions and turn your negative thinking around. These steps will help you live mostly from the high-end of your energy continuum.

There will still be painful events that happen to you. You will have challenging circumstances in spite of your positive energy. This is the human condition; it’s what we’ve signed up for. We’ve called in all these troubling players in our drama – from the abusive parent to the spouse who left us. They’ve all played an essential role in our evolution to become our most brilliant divine selves.

Don’t let your “pitiful” story from your past define your future. That pitiful story is your fuel for creating a better life.

When something bad happens, your work is to “rise to the occasion” by getting your energy to the high-end in spite of your “pitiful” circumstances. This will make everything turn out much better than it seems at first.

However, there will be days when you just can’t seem to move your energy – when you’re stuck in the “mud” of negativity. At those moments, it’s essential to ask for guidance. It’s always there to help you. Divine beings are lined up to help all of us in our evolution. They want us to succeed in our grand earthly experiment of co-creation with God.

When we pray or meditate, we call in help from source energy. And the response is immediate.

The divinity around us rallies to pull us into the light. Simply ask to be lifted into good energy and out of the darkness. Your request will always be answered. You are never truly alone – you just think you are.

Dialing Up Divinity

1. Say a simple prayer such as the Our Father.
2. Do a short meditation repeating a word or mantra.
3. Silently speak your request: I call in the divine beings to pull me into the light. I ask to feel peace and only peace.
4. Picture yourself surrounded by light, love, and beauty.

Chapter 4

Money, Money, Money!

“Tis the mind that makes the body rich.”

Taming of the Shrew

If there's one area of life where we get pitiful most often – it's MONEY! From the time we're born, we absorb negative messages about money. Do any of these sound familiar?

Money doesn't grow on trees.

I'm not made of money.

Don't be greedy! Just make a decent living!

Who do you think you are to want...

Money is the root of all evil.

Hard work is the only road to wealth.

Do you realize how much that's going to cost you?

Get realistic about money!

Rich people are dishonest, superficial, and selfish.

Remember, money is made of energy – like everything else in this universe. We attract it with our energy and focus. When you're in your pitiful self, whether you're feeling fear, desperation or greediness, you won't attract abundance – no matter how hard you work.

And when you're being **REALISTIC**, it means you're accepting other people's "realities" instead of yours. Do you believe we have a bad economy? Do you believe your chosen career field will never provide enough money? Do you believe your future will be filled with debt? What you believe is what you get.

Are you focusing on the lack of abundance in your life? You'll attract more lack. Are you feeling comfortable that money flows to you when you need it? Do you believe you can manifest your dreams with abundance?

If you're like most people – you're focusing on the lack of money in your life. Ask yourself, "If I've thought this way about money my entire life and never attracted abundance, is it worth changing my thinking to try something new?"

Let's play the \$5 million game: I'm putting \$5 million into your bank account and it's all yours. You don't have to tell the IRS, your family or friends. Take a breath and feel your new happy life.

Did you notice how your energy shifted when you imagined abundant money in your bank account? Stand in front of the mirror while you imagine a six-figure balance in your bank account. Watch your physical presence change in front of your eyes.

You've just shifted your energy away from lack to abundance. Now, as long as you can hold on to that feeling – your energy is rearranging sub-atomic particles to create opportunities and circumstances to bring wealth into your life.

The problem that most of us have is: We're addicted to feeling lack when we think about money. We long for money. We worry about it. When it comes in, we hoard it fearfully.

All of those emotions come from lack, and as long as we send out the vibration of lack, money will never come to us in significant amounts.

It's easy to imagine a hefty bank balance and feel better for a little while. The harder work comes when we go inside and dig out the negative beliefs we've been carrying around about money – for lifetimes.

You may have spent lifetimes on the streets as a beggar. You might have the feeling of "desperation" permanently attached to the thought of money. If so, your work is to change that energetic link between money and fear.

Or you might have used money selfishly and kept it from people who deserved it. Now when you attract money, you feel guilty. So the money goes away. (Money isn't attracted to guilt).

Or you may have stolen money, and been caught and punished for your crime. Now, in this lifetime, money is linked to punishment in your emotional blueprint. So you don't attract it.

Or you may be quite wealthy right now. Ask yourself how comfortable that wealth is to you? If the answer is, "It makes me uneasy," the wealth will soon be gone.

In order to attract and live in abundance, we must LOVE abundance and believe we're worthy of it. We are divine beings, you remember. We're not here to struggle. When we have abundance, we can do great things for the world.

You could start a non-profit to help children or single moms – or follow whatever passion you have to make the world a better place. That is the purpose of abundance – to create a better world.

Get creating! Stop whining about lack of money. Imagine you have abundance, you're worthy of it, and you'll make the world a better place with it. Only then is your energy where it needs to be to attract money into your life.

The Energy of Money

As the physicists remind us – everything is made of energy. Our thoughts, feelings and beliefs emanate from us as vibrations and rearrange sub-atomic particles to align themselves with our vibration.

What if the only thing stopping you from having financial ease and abundance is your negative thinking? Let's find out what those negative beliefs are:

Write down three negative beliefs you have about money. Write their antidotes next to them.

Negative Beliefs about Money:

(Example: I'll never make enough money to...)

- 1.
- 2.
- 3.

Antidotes:

(I am already raising my energy and attracting...)

- 1.
- 2.
- 3.

Girlfriends! Stop Being Pitiful About Money!

After years of coaching women about careers, I've come to the conclusion that most of us women need special help with our money issues. So this next section is for women only.

Men, you probably don't need to read this – so just skip along to Chapter Five (which you probably DO need to read). Here we go ladies...

Girlfriends, don't get your feelings hurt when I tell you this: Most of us are "pitiful" when it comes to thinking about money and careers. There are many amazing and powerful business women in the world (and I'm blessed to know several of them). However, I'm too often reminded of how limited our thinking can be.

It's not completely our fault. But that doesn't matter. Most of us have been "programmed" to think small from the time we were little – by culture and parents. Our mission is to break through that limited thinking and become our greatest, most powerful selves. This breakthrough starts inside of us.

Here's an example: A man and woman with similar backgrounds both apply for the same job. During salary negotiation, the man exaggerates his previous successes (because honestly that's how he thinks of them) and the woman downplays hers (because that's how she thinks of them). The man gets the job even though the woman would have been twice as brilliant and worked twice as hard.

Or, they're both hired. But the man demands and gets a better starting salary and benefits plan. Later, they compare notes and the woman is horrified. She feels she has been treated unfairly. She has. But she created it with her "pitiful" thinking.

The way we're treated by others has everything to do with our own internal thoughts, beliefs and feelings. Remember, the unseen world

creates the seen world. We are vibrating, pulsing beings sending out messages 24 hours a day and these messages have little to do with the words we speak. Everyone and everything around us is constantly reacting to our vibration – which comes from our thoughts, beliefs and feelings.

If you're even slightly intimidated by the world of business, finance or career – you've already lost the battle – because everyone feels it.

Here's another example: A man and a woman start similar businesses. The woman decides to start hers with a small "pitiful" loan from her wealthy Uncle. She's afraid of going too far in debt and doesn't want to do anything "foolish."

As a result of not having enough funding to launch her business correctly (with proper marketing, PR, advertising and staffing) her business does not generate the sales it needs to succeed.

She gives up the business within a year. She creates a negative belief around that failure that then hinders her ability to try again. Instead, she goes back to working for someone else and following someone else's dream.

The man goes to a bank, finds investors, exaggerates his potential future profits and walks away with generous funding – enough to do major advertising, marketing, PR, and staffing. Within a year, he has met his sales goals and his investors are pleased. He gets more money. Five years later, he's so successful that his business has expanded beyond expectations and he's on his way to financial freedom. He'll never work for a "boss" again.

The problem is twofold:

Women tend to dream "small" because they don't want to be "greedy" and they really want to help people. That's wonderful. Men need more of that generosity. But at the end of the day, who can help the world more? A successful millionaire who donates money and starts non-profit organizations for worthy causes? Or a barely making ends meet, overworked corporate executive? Think of Oprah as a great example of someone who is doing good in the world because she had a huge dream and made it happen.

Women are filled to the brim with negative beliefs about money and career, and they're not even aware that they have these tapes running through their heads. Examples: I don't want to do anything foolish with my money; I don't want people to think I'm greedy; I don't understand enough about running my own business to be successful; I'm an artist and artists don't make big money; I love helping people and people who do good things in the world rarely make good money at it; I didn't really manage that big project on my own – I had lots of good people helping me; If I save all my money from the job I hate, I can retire in 10 years and then I'll do what I want to do; I'm not smart enough, good enough, worthy enough, powerful enough.... Blah blah blah... pitiful thinking.

Until we recognize these negative beliefs sabotaging us 24 hours a day – we are powerless to turn them around.

Here are 5 steps to un-pitiful career thinking for women:

1. Think like a man. Don't go overboard with this. But adding a bit of testosterone to your mindset will help jumpstart you into a new paradigm. It's just so darn natural for men to feel successful in the world that they're used to vibrating success energy wherever they go. Women are so used to playing it small that we have to work very hard to turn that pitiful vibration around. If you want your life to be better than it's been, it's worth the effort of turning around your pitiful thinking about career and money. For example, if you're applying for a sales job, tell them you EXCELLED at your past job and you're capable of doing ANYTHING you put your mind to – in spite of the voices in your head that doubt that. (Quiet those voices with: "I have always been as powerful and successful as ... name someone you admire.")

2. Understand with every fiber of your being that the unseen world creates the seen world. Your thoughts, beliefs and emotions pulse from you to interact with all external circumstances. Yes, the economy is tough and yes ... blah blah blah. But your success depends entirely on the internal stream of thoughts and beliefs that you're mostly not aware of. You are NEVER a victim - no matter how it looks in the seen world.

3. Dream much, much, much bigger! If you want to start a business, chances are huge that you're aiming too small. Thinking of a small coffee shop? Why not think of a huge nationwide chain of coffee shops? The bigger the dream, the more excited we get and investors get; and the greater the money flow towards our dream. Most dreams fail because they're too "pitiful" and they can't attract enough energy (money) to make them successful. And if you're applying for a job, why aren't you applying for the management job or the top position? Listen hard to your answer. Is it pitiful thinking that's stopping you? If so, turn that belief around.

4. Don't EVER get your feelings hurt. It's a waste of your time and energy, and it sabotages your success and happiness. I'm not saying it's bad to be "sensitive." In fact, being sensitive means you're powerfully telepathic and can pick up thoughts and emotions from other people. Everyone's unspoken thoughts and feelings are clearly registered in the quantum field for anyone to see. (Read Dean Radin's *Entangled Minds*). Yes, that person over there may be thinking rude thoughts about you. But get over it! That's their issue not yours. It doesn't matter a hoot. Insensitive men have the benefit of not even being aware of other people's thoughts or feelings. Your task is to BECOME the love and acceptance that you want from others. When it's generating out from you, you won't notice what anyone else is doing.

5. And finally, here's the gift that you already have and don't use often enough. **MAKE IT FUN!** That's your natural instinct even though you may have toned it down to succeed "in a man's world." Forget that! That's pitiful thinking. We women know how to laugh and play and enjoy ourselves. That's a huge gift. From the perspective of quantum physics, if you're having fun your energy is good. And that means you're sending out very powerful vibrations that attract success and happiness - in spite of how dire your circumstances may look. This is why girlfriends get together and laugh - no matter what. We innately understand this! Use this feminine gift to your advantage in the business world. Make people laugh, spread the fun. This great energy will come back to you all wrapped up as **SUCCESS!** **Let's summarize:**

5 Steps to Un-pitiful Career Thinking

- 1. Think like a man**
- 2. Recognize that the unseen is creating the seen**
- 3. Dream much bigger**
- 4. Don't ever get your feelings hurt!**
- 5. Make it fun!**

Have Fun With Money!

Let's lighten up our energetic relationship with money. For starters, give away some money today – to whomever you want to give it to. The act of doing that says: I am so comfortable with money and my ability to attract it, that I can easily pass it along to folks who need it.

Draw a picture of your fabulous new life with a six figure bank balance. Draw airline tickets to places you want to visit, a new home or a great pool in your yard, a sexy new car, a great wardrobe... get dreaming about it until it makes you giggle. Put your drawing in the bathroom and look at it while you brush your teeth everyday. Add new things to it whenever ideas come to you.

Open a bill and feel gratitude for it. Say: "I'm so grateful for the things I purchased with credit, and I'm grateful to pay the bill." Or, "I'm so grateful to have power in my home, and I'm grateful to pay for it."

Before you go to sleep tonight, ask your divine self to send you dreams that fill you with new ideas for success and abundance. When you wake up, write your dreams in a journal.

You're already on your way to an abundant life!

Chapter 5

Love is all I need.

"My crown is in my heart, not on my head."

Henry VI

Are you feeling pitiful about love? Or do you feel loved to the core of your being?

It's your choice to feel either way at any moment – in spite of your circumstances. What do you choose to feel? Are you addicted to feeling lonely, angry, critical, or empty in relationships?

Do you feel unappreciated everyday? If so, that feeling is an addiction. You will choose to feel it no matter who you're in relationship with.

Would you prefer to be addicted to feeling loved and appreciated to the core of your being? Would you like to feel boundless love pouring through you to the people in your life?

The first step is: Stop Facing Reality! If you're "facing reality" it means you're being a victim to your circumstances. Being a victim is energetically the worse vibration you can align yourself with. It sends out a strong message that you accept and believe in abuse, abandonment, emptiness, lack and loneliness; so those experiences flow right to you.

I'm asking you to suspend your critical thinking for a few moments while you read this chapter. If you want more love than you have in your life right now, it's worth trying some new ideas.

Ten Steps to Awesome Love!

When we fall in love, our energy is at the high end of our continuum. We're pulsing with joy, happiness, and confidence; we attract our partner with that high-end energy.

When the usual complications and challenges reveal themselves, we struggle to feel that original connection. We fall into blame and disappointment – which is our low-end negativity. We don't understand why the fun, sweetness and passion are gone.

As you can guess by now, the answer to the mystery is: ENERGY. Moving up your energy continuum, by changing your energy to a higher frequency, improves your relationship immediately.

At the high end of your continuum, you tap into brilliance, goodness, divinity, inspiration, passion, optimism, happiness and joy. This is where awesome love lives. And this is where you attract the love you want.

At the low end, you feel anger, depression, sadness, guilt, pessimism, sense of lack, deprivation, and separateness. Love doesn't exist in this negative state.

Everyday we bounce up and down on this energy continuum reacting to our partners. We say, if only my partner would change I could have a loving relationship. We've got it backwards.

The quality of your energy is directly responsible for the happiness or unhappiness of your relationships.

For example, if you feel love and happiness – in spite of your partner – you'll rise to the high-end of your continuum where you'll have the power (energy) to improve your relationship.

When you're at the high-end, you'll attract love, passion, respect and goodness from your partner (and everyone else). When you're at the bottom, you'll only attract rejection, cruelty, coldness, and more negativity. As long as you stay at the bottom of your negativity, your partner will meet you there – where there's little love or happiness.

Want more blame and anger directed towards you? Feel blame and anger towards your partner. Want more love and appreciation from your partner? Feel love and appreciation for your partner. It's really that simple. But first you have to break your addictions to feeling victimized, abusive, critical, needy or empty inside.

These next ten steps will help you break those negative relationship addictions. If you practice these faithfully, you'll create an entirely new and wonderful energetic dance between you and your partner.

1. **Give**
2. **ReFocus**
3. **Laugh**
4. **Un-Box**
5. **Forgive**
6. **Be Grateful**
7. **Sweeten Up**
8. **Dance**
9. **Speak the Unspoken**
10. **Fantasize**

STEP ONE: Give

In spite of how you feel right now, stop and do something loving for your partner. This will improve the energy for both of you. Why? The energy between you needs to shift to a higher vibration before anything can get better.

Taking just one action to make your partner feel good raises both of you higher on your continuums. Only then can positive change occur. Think of this simple action as setting the stage for good things to manifest in the future.

1. Shift the energy higher now by doing three loving actions.
Examples: Bring tea, make dinner, give flowers, put on favorite music, or take a walk together.

Write three actions that would make your partner happy:

- 1.
- 2.
- 3.

Now do them!

STEP TWO: Re-Focus

When your partner is “driving you crazy,” it’s because you’re focusing on his or her negative traits. The more we focus on our partner’s negative traits, the more energy we give those traits. Eventually, we only see the negative side of the person we once cherished.

As we talked about in Chapter Two, what we focus on gets bigger, because our thoughts give it energy. When we’re headed down the negative relationship spiral, our unhappiness has very little to do with our partner’s flaws -- and much more to do with our own negative focus.

When we shift our focus to the traits we love (which is what we focused on when we fell in love), we feel connected to our partner again. This energetic shift helps our partner rise to the high end of their continuum – and be the person we fell in love with once again. The spark is rekindled.

List the qualities you love in your partner and why you love them:

- 1.
- 2.
- 3.
- 4.
- 5.

Read this list out loud. By naming these good qualities, you’re focusing on the brilliance in your partner. You’re seeing their best self. This is exactly what you want them to focus on in you.

STEP THREE: Laugh!

Remember when you first fell in love, and the laughter flowed easily. Nearly everything made you laugh during the honeymoon phase of your relationship. How often are you laughing together now?

Humor is a wonderful way to tap into our connection with each other. When we laugh with big, open-hearted unrestrained laughter, we're recognizing the absurdity of life, letting go of the details, and seeing our connectedness. We realize that whatever problems we have are insignificant in the big picture of life.

Find a way to break the normal daily routine. Move *Out-of-Routine* to find silliness and humor in life again.

1. Remember a moment when you were laughing easily with your partner and feeling deeply connected through shared humor.

Write this memory:

2. **Plan 3 silly things to do together to rekindle playfulness.**

Examples: Watch your favorite comedy movie or TV show together.

Do something silly like miniature golf. Go out for ice cream cones.

Write yours:

- 1.
- 2.
- 3.

Share what you've written above with your partner.

STEP FOUR: Un-Box (Don't Generalize!)

When we label our partner as different from us, we put them in a box. This prevents deep connection between two people. If you want awesome love, stop categorizing the other person as different or separate from you. Examples of categorizing include:

You're a man and I'm a woman...

You're a Virgo and I'm a Pisces...

You're introverted and I'm extroverted...

You're rigid and I'm flexible...

You're a feminist and I'm a chauvinist...

You're emotional and I'm logical...

You're this and I'm that.... Blah, blah, blah....

Instead of seeing your partner as separate and unchanging, recognize that we're all made of energy – vibrating waves of light – which can change form at any moment.

Consider the possibility that we've all lived thousands of times before as men, women, heroes, villains, warriors and lovers. You may have been in relationship with this person many times before as the opposite sex or personality that you're playing this time around.

Perhaps you've forgotten that this is only a limited-run engagement. What would happen if you traded costumes?

1. Write your thoughts on what it would be like to trade costumes/ personalities with your partner:
2. Say to your partner: Allow me to be who you want me to be. Please don't see me as separate and different from you.
3. List the qualities that you and your partner share (such as a sense of humor, intelligence, compassion, love of nature, etc.):

STEP FIVE: Forgive

Take responsibility! Recognize that whatever painful or disappointing things your partner has done in this relationship, you (and your energy) have been part of the dance that caused those things to happen.

Your relationship is an energetic dance with your partner – like a Tango. As you step in one direction, your partner reacts and steps in another direction.

By recognizing that your energy may have been a catalyst for your partner's hurtful actions, you can drop your wall of separateness and feel the connection once again.

1. Write to your partner: "I forgive you for And I recognize that I have been part of this dance."
2. Say together (or let this be your silent affirmation):

"From this moment on, past mistakes and painful moments are forgiven and forgotten, and we begin to create the relationship we want."

"We will no longer carry the story of our past mistakes – because this story hurts both of us and prevents both of us from having the life and love we want."

STEP SIX: Be Grateful

Gratitude is the most powerful energy-shifter you can use in a relationship. Gratitude is so powerful that it overrides anger and other negative emotions. You can use it to get out of any energy tight spot that you find your relationship in.

1. Pause and think of three things about your partner that you're extremely grateful for.

Examples: I'm grateful that you're a good father/mother to our child.

I'm grateful that you support me in my work.

I'm grateful for your honesty.

I'm grateful that I can talk to you.

I'm grateful that I can laugh with you.

I'm grateful for your wisdom.

I'm grateful for our passionate sexual connection.

Write yours:

- 1.
- 2.
- 3.

Share the list with your partner.

STEP SEVEN: Sweeten Up!

Sweetness is a high-end potent energy. When we show our true sweet selves to our partner, they open up and show us their sweetness. It's like holding a baby. We see the sweetness and go there to join it.

Our defensive behavior, disguised as anger, depression, righteousness or meanness, keeps us from showing our true sweet selves. And it causes more pain by creating separation from our partner - and from our true selves.

1. See your partner as a baby smiling at you. Imagine cradling them in your arms. Write your thoughts about this image:
2. Speak to your partner using your genuine, sweet, vulnerable self and say:

I see the sweetness in you and I love it. I will bring my sweetness to resolve our challenges. I will bring my sweetness to help us reconnect.

Extra Credit: Make love with sweetness, cherishing each inch of your partner, and revealing your sweet vulnerable self as honestly as you can.

Write your thoughts on what you would like that to be like:

STEP EIGHT: Dance!

Every relationship is an energetic dance. Life is our dance floor, and we fluidly move towards and away from each other.

When one partner leans away, they create a space for the other person to lean forward. When one person pushes too hard, they knock their partner off balance, and throw the dance off-center.

The energetic silver chord that stretches between people in relationship needs a gentle tautness to keep the dance dynamic. Yet if the tension is too great, the chord will snap.

How fluid and dynamic is your dance with your partner right now? Is one of you pulling away? Is one of you pushing too hard?

1. Write your description of the dance as it is now:
2. Describe how you would like it to be:
3. What are you willing to do to make that happen?
4. Write three things you can do to improve this dance with your partner:

STEP NINE: Speak the Unspoken

Today there's an unspoken truth that's blocking your connection. It's stopping the energy flow between you.

These unspoken truths build until relationships require serious therapeutic intervention to continue. When we learn to lovingly "speak the unspoken" with a focus on solutions, we break this destructive pattern.

Sit quietly for three minutes beside your partner. Look into your heart and examine what you haven't been saying – but **HAVE** been thinking and feeling.

Remember that our thoughts have energy and are felt by everyone – in spite of the words we say.

There's a truth I need to speak in order to be connected to you.

1. **Here's what I love about us....**
2. **Here's what's not working for me...**
3. **Here's a possible solution ...**

(Be sure to include a possible solution.)

Example:

1. I love our playfulness together and I cherish our loving family ...
2. Yet I need more time alone with you in order to connect deeply...
3. Maybe we could leave the kids with my sister for the weekend and ...

Your intention must be to empower your partner to solve the problem. In this way, you both ultimately get what you want.

Take turns sharing this. Let one partner speak uninterrupted for one minute, while the other only listens. Then switch.

STEP TEN: Fantasize!

1. What would your relationship look and feel like if you were crazy in love right now? Write your image of this:
2. Imagine being divinely happy in this relationship **one year from now**. What would it look like? Imagine a future together that makes you giggle. Write down your one-year giggle dream:
3. Imagine your perfect shared life five years from now. Dream it until it makes you giggle. Write down your five-year giggle dream:
4. **Share your giggle dreams with each other.**

Hold these dreams in your heart as sure things – not as longings. They're simply going to happen.

Extra Credit:

- Spend five minutes each day imagining a passionate, loving, and sweet sexual relationship with your partner.
- Practice kissing everyday.
- Share fantasies every night for a week without making love.

"Nothing happens unless first a dream." Carl Sandburg

If you practice these ten steps with your partner every month, your relationship will live brilliantly ever after... And so will you!

Chapter 6

My Brilliant Career

“Be not afraid of greatness.”

Twelfth Night

As the poet David Whyte reminds us: *“Work is where the self meets the world.”* This elegant statement explains why work is essential to our happiness. In the past, life was not centered around work – but it is today.

If you don’t love your work, you won’t love your life. It’s that simple. We spend 85% of our waking hours at work – which leaves very little time for other activities that give our lives meaning.

If you’ve bought into the myth of job security and benefits that are supposed to make you happy – how’s that working for you?

Is it time to reinvent? Have you been fired or laid off? Do you long to start your own business? Are you a software engineer who longs to be a teacher? A stay-at-home mom reentering the work world after 20 years? An executive assistant who wants to be her own boss?

The only thing stopping you from having meaningful work that you love passionately (and that provides for you abundantly) – is your own pitiful thinking.

We're back to that again, aren't we? Yes, so let's get to it and start digging out those pitiful beliefs that are getting in your way to finding job happiness.

7 Steps to Reinvent Your Career

Everything that has happened to you – from lay-offs to getting fired – has been on purpose. You called up the wonderful and terrible players in your drama and perfectly designed your good and bad circumstances. Why?

- To remember who you are.
- To remember your divine innate power.
- To find your gifts and bring them to the world through your work.

STEP ONE: Open Your Eyes!

Realize that you're not a victim to the bad economy, job market or your limited job skills. You have your hands on the steering wheel (whether it feels like it or not). Your life is on purpose. You designed it to get where you are. Quit feeling sorry for yourself, blaming, arguing and being depressed. Take back your power and start dreaming up something better.

Are you afraid to pursue a better career because it's not "realistic?" Okay, let's review: When you "face reality" you're accepting someone else's idea of how life works and what is possible for you. When you say, "I will only face the reality I want to see," you gain control of your life.

If you could peel off your human-body-suit and see the "unseen" world, you would realize that beneath your "visible" body is another body made of pulsing light. You would understand (without question) that your thoughts and beliefs emit powerful vibrations that everyone can feel.

If you believe you'll never find work you love, that negative belief emits a strong pulsing vibration that arranges those exact circumstances in your life. If you want a better career, you have to turn around your negative beliefs about what is possible for you. If not, every thought you think will sabotage your success.

What do you really want right now? Chances are you're getting exactly that. There are no victims here – just powerful manifesting beings using their energy to make their lives better or worse. How are you using your energy? How are you using your thoughts and beliefs?

STEP TWO: What Would You Love Doing?

We're told from the time we're children to stop dreaming, to get our heads out of the clouds and face reality. Yet dreaming creates reality. Dreams make us feel happy, raise our energy levels, and tap into our brilliance – which is where solutions live.

Quit facing reality (and being pitiful). Instead, start dreaming of what you want to happen. Sit quietly for ten minutes and ask yourself: What would make me happy right now? What would make me happy this week? What do I want to happen in the next six months? Where do I want my life to be one year from now? What do I want my life to look like in five years?

When the answers make you giggle, you've got it right. Your inspired dreams send out vibrations that pulse into the universe lining up events, circumstances and people in alignment with your desires. When your next thought is "Well, that can never happen," you erase those possibilities from happening. It's like a wave crashing over a sand castle.

You won't find your true work by thinking in a limited, small-minded way. You must dream BIG in order to find new answers. Only then are you tapped into your creative source energy and true divine power.

Play the \$5 million game: Pretend I've just put \$5 million in your bank account. You don't have to tell anyone else about the money. It's all yours.

Feel the shift in your energy as you imagine this. Take a deep breath and feel the freedom of your new life.

You've just come back from an extended vacation and you're completely rested. You still have abundant money and always will. But you must choose work you would love. What career would you choose?

Write it down:

From that place of unlimited possibility, write down 10 careers you've often dreamed of. Whether they're silly or serious, write them here.

Work I Might Love:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Write three dreams you WILL manifest before you die:

- 1.
- 2.
- 3.

STEP THREE: Look Inside

The question to ask is not: What **can** I do for a living? The right question is: What would I **love** doing for a living?

Your great work uses your innate talents which come gracefully and easily to you. If you're not working from those innate talents, your work will be drudgery, uninspired and unsuccessful.

What makes you different from your best friend? Your spouse? Your sister? What do you love doing when you have a day to yourself? What do your friends tell you you're good at? What do you value in a career? What has been your favorite job and why? What are you passionate about? What **WILL** you have in your next job? Your answers will guide you to work you love.

What's Important to You?

Your work values provide an important clue in your search for work you love. Do you value helping others? Adventure? Write down your top five values.

Here are some examples:

- Adventure
- Aesthetics
- Creativity
- Helping others
- Independence
- Power
- Recognition
- Security
- Time freedom
- Work with others

Write yours:

- 1.
- 2.
- 3.
- 4.
- 5.

If you were forced to write a book about a subject that you were passionately interested in, what book would you write? Give it a title:

In your entire life, what was your favorite (most fun) job and why?

What Do You Want in Your Next Job?

Make a list of all aspects of a career that are critical for you to be happy at work. Start each item with, "I will have..."

For example, "I will have time flexibility."

- 1.
- 2.
- 3.
- 4.
- 5.

What Are Your Unique Gifts?

Talents are different from learned skills. Talents are the unique, natural gifts that flow easily and gracefully through you. You weren't born a software engineer. You were born with an ability to solve problems, think analytically and communicate complex material in a way that others can understand. Learning how to write software is only a learned skill. You're capable of learning any skill you put your mind to.

When you emphasize your unique talents and gifts in your career (rather than your learned skills), your work becomes energized and inspired. And you create abundant success in your life. The first step is recognizing what your unique gifts are.

Think about those innate talents that come gracefully and naturally to you – those things you find yourself longing to do – such as organizing a room, inspiring others to meet a goal, communicating complex information in a way that others can understand, leading a team, solving problems, being happy, creating beautiful things.

Write down your three strongest natural talents:

- 1.
- 2.
- 3.

If you're not working in your talent, your work is drudgery, uninspired and will be unsuccessful. Most "bad attitudes" come from people who feel they're not being honored and recognized for what they have to offer.

If you're feeling this way, go to your manager (when you're at the high-end of your continuum) and say "These are my gifts and talents! This is how you can get your true money's worth out of me – by letting me focus on these tasks."

If that doesn't work, change careers and find work that uses your unique gifts. When we use our talents and gifts, we're plugged into source energy and we're operating from the high-end of our continuum. That's where we want to operate from whenever possible. That's what leads to success.

Gift or Shadow? Your Choice...

(Your greatest gift is also your darkest shadow.)

When we ponder our purpose here in the great human experiment, we realize that all of us have unique gifts, and those gifts are on purpose.

My gift is intuition, seeing the potential in people. Yet when I'm not living up to my gift, the unused gift can be my shadow – allowing me to see the weaknesses in each person. This is why it's so important to claim your gifts and live up to them.

Let's imagine that your gift is being a leader, thinking out of the box, and forging a new path. When you're using that talent in your work (by being a manager, CEO or entrepreneur) you feel inspired and energized, and people naturally are drawn to you.

When you're not living up to your gift (not being a manager but instead answering to someone else), you'll feel isolated, misunderstood, separate and alone. Those same individualistic qualities that make you a powerful leader will become your shadow.

When I'm not using my gift for good, I see the flaws and weaknesses that are stopping people from being their greatest self. If I focus on those flaws, I'm not helping anyone.

So I have a responsibility to embrace the potential in everyone (that I can clearly see) and help them move forward. My shadow side would rather just be the critic – it's easier.

As you can see, my true work MUST involve my gift. That's why I coach clients, teach classes, write books and give keynotes – because I'm using my gift to help the world. Are you?

STEP FOUR: Follow The Pain

As we discussed in Chapter Two, our work is ALWAYS healing us and healing the world as well – by letting us offer to the world exactly what we need to heal ourselves.

By facing our pain, we turn it into energy. It moves us forward. Ask yourself what pain needs healing now? Let that answer guide you to work you love.

For example, if you felt unempowered as a child, perhaps your true work involves helping people find their greatness and believe in themselves.

If you lost someone you love to disease, perhaps your work is to help people live healthy lives. Skip back to Chapter Two for an in-depth look at how to use your pain to find your meaningful work.

STEP FIVE: See What You Want!

If you spent even a couple minutes each day seeing positive outcomes for your worries, your life would go in a better direction. Isn't it worth a little experimenting?

When we imagine what we want to happen, we tap into our creative energy – the boundless realm of ever-changing possibilities. Our powerful thoughts attract circumstances and people in alignment with what we're focusing on.

Before going to that job interview or asking a banker for a new business loan, take a moment and see the interaction going beautifully with everyone operating from their high-end (especially you).

See the banker saying, "Yes, I think we can..." See the company CEO saying, "Yes, we're always looking for people like you..." See lots of laughter and good feeling in the room.

First ask, "What do I really want?" Then see it happening. Those two steps alone will change your life.

1. Write down what you want to happen in your next job interview (or when getting your first new client):
2. Now let's go for the big dream. Write down what you want your perfect life to look like in five years. Where will you be living? What will your career be? How much money will be in your bank account?
3. Ask your loved ones to share their five-year-dream. Use the joy and excitement from those dreams to support each other to achieve personal success.

STEP SIX: Take Action and Move It Forward!

After doing the steps described above, it's essential that you take action. Go out into the world and research your ideas; Meet people, network, make phone calls, and take tangible steps in a new direction.

Once you begin moving forward in any direction – even the wrong direction – you'll be pulled into the flow of forward-moving energy, and you'll be guided to the right people and opportunities. You'll become part of a vortex of positive energy that moves you into the right place at the right time.

HOWEVER, it's essential when networking that you send out pure positive energy to everyone you meet. Tell people who you are, what your talents are, and what you dream of doing.

Gracefully omit the dire circumstances you face and the horrendous challenges you've survived. People won't remember the words you say, but they will remember your good energy. That positive memory will make them think of you when an opportunity arises.

Here are some examples of taking action:

1. Call two people who are working in the career you're interested in. Ask them how they got started and how they like it. Ask for advice and for the name of someone else to talk to.
2. Research your new career on the internet and make three phone calls based on what you've learned.
3. Write a brochure or business plan (or design a website) for your new business idea.
4. Get resume help or create a powerful resume yourself.

5. Write three steps you can take this week to make your dream happen:

- 1.
- 2.
- 3.

Is Fear Stopping You From Taking Action?

Well...duh.... Fear of failure is simply FEAR. And fear is at the low-end of your energy continuum. It's your negativity. Whenever you operate from fear of failure, things don't turn out well. You actually attract negativity into your life with your fear.

Change your energy to the high-end and operate from optimism, happiness and inspiration. It's the only way to guarantee success. See the perfect outcome happening before you take an action step.

Maybe you ARE aware of how your fear of failure is stopping you. However, if you're like most of us, you may have a fear of success that sabotages you even more. Have you ever thought: "Who do I think I am to want great success and wealth?"

Do you believe that few people ever get true success or happiness, and you're not worthy of being one of them? Have you ever succeeded at something impressive and then questioned if you were worthy of that achievement?

Our biggest fear is usually the fear of how powerful and magnificent we really are. It's terrifying to believe in our greatness. Then we have to live up to it.

Believing we are capable of creating whatever life we want goes against every message we've ever been taught. If we believe what we've been taught – that humans are limited beings with limited capacity for happiness – we settle for a "normal" life and limited amounts of EVERYTHING.

We can blame our failures on everything and everyone but ourselves. Dare yourself to break out of this limited thinking!

Write your negative beliefs about what you deserve:

1. Only selfish (or extremely brilliant) people make lots of money and have easy lives.
- 2.
- 3.

Write the positive affirmations to reverse that belief:

1. I intend to work from the high-end of my continuum with such passion that I will attract great wealth and ease into my life – and use my wealth to help others.
- 2.
- 3.

Get Inspired First!

When we're at the high end of our continuum, we're plugged into our inspiration and work flows effortlessly, fluidly and exceeds expectations.

When we're at the lower end of our continuum, every task seems like overwhelming drudgery. Nothing flows and every chore takes twice as long as it should. Think of opening up to receive inspiration rather than forcing it.

Know when to stop working and when to start working. That's the difference between inspiration and drudgery.

Everybody has their own unique way of moving from drudgery to inspiration – or getting into the groove. Before starting any large task you need to move your energy to the high end of your continuum.

Think of matching your energy level to the task level. If it's a large and overwhelming task, you must be at the top of your gauge before starting – so you'll have lots of fuel in your tank.

Write three steps to do before starting a task.

Examples: Go for a walk to get the energy moving in your body. See the project already finished – effortlessly. Write yours:

STEP SEVEN: Change it!

Change is always the solution – not the problem. Our bodies are constantly changing; our cells replicating and dying. Our minds and spirits change as we have new experiences.

When we're changing, we're in the flow of life. If we're not changing and moving forward, we're stagnant and cut off from source energy. From the high-end of our continuum, we embrace change because we remember that it always takes us to a better place.

Your career is not a solid, unchanging object. Your career is energy – like everything else. It changes form as you interact with the world and have new thoughts and beliefs.

What works for you today will change tomorrow. That's a good thing! Ride the wave of change and life will unfold gracefully.

Write down an unexpected event that happened at least five years ago – that you were upset about at the time. Now write three good things that came from that experience:

- 1.
- 2.
- 3.

Write down an approaching change in your career and what scares you about it.

Write three good things that could possibly come from this change.

- 1.
- 2.
- 3.

Write three current situations that really need to change but you've been afraid to initiate the change.

Next to each one, write the first step you'd need to take to begin changing the situation.

- 1.
- 2.
- 3.

Now make a promise of three things that you'll do to get happier.

Examples: Walk around the block twice everyday no matter how busy you are. Pause and evaluate where you are on the continuum before reacting.

Practice EPR.

Write yours:

- 1.
- 2.
- 3.

*“When you change the way you look at things, the things you look at change.” Dr. Wayne Dyer, *The Power of Intention**

Nine Ingredients for a Brilliant Entrepreneur

Many of you have already taken a bold step and launched your own business. Bravo! Well-done! Now you MUST face your negative beliefs head on.

When you're the boss, your energy determines the success or failure of the company – often quite dramatically. For example, do you believe any of these statements:

Most small business go under in the first year.

The economy is terrible for starting a business.

You can't be financially successful being an artist.

There are already too many therapists in this town.

This is what I call pitiful thinking, and it's certainly not the way a successful entrepreneur thinks. Remember, as the quantum physicists explain, we send out vibrational frequencies which interact with other vibrational frequencies. We connect with and attract people, circumstances and opportunities that exist on the same vibrational frequency as the one we are sending out. Think a thought and it's on its way to becoming your reality.

If you want to be successful, focus on what you want to happen. For example; How much income do you want to generate in your first year of business? How many new clients or customers do you need in a month? How big of a business loan or investment do you need to get started? Who would be your perfect business partner? Who would you love to have on your board of directors? How terrific can your product be so that it stands out from the competition?

These are the questions that a successful entrepreneur focuses on. Worrying about what could go wrong is giving our attention to things we don't want to happen – and thus attracting those negative circumstances with the magnetic power of our thoughts.

Unfortunately, we have been raised in a world that primarily focuses on what we don't want to happen. This lack of mental discipline has provided us with exactly the opposite of the tools we need for a successful life.

Your mind is a powerful machine that sends out a vibrational code with every thought. This vibrational code is so magnetic that it interacts with the vibrations sent out by every other living being. Your mind sends a negative thought into the universe and that thought acts like a powerful magnet.

To be successful, we must dream big. Dreaming gives form and energy to what you DO want to happen; Worrying gives form and energy to what you DON'T want to happen.

From now on, when a problem flits across your mind, follow it immediately with three possible solutions. And when someone tells you to face reality, say this: ***"I will face the reality that I want to happen."***

1. Stop the pitiful thinking!

I can't do what I really want to do (open an art gallery, start a llama ranch, or run a retreat center), so I'll do this smaller, more acceptable business – like corporate consulting or real estate. I certainly can't take out a big business loan in this bad economy, so I'll get my little business going without much initial investment. I'll play it safe...

By this process of "pitiful thinking" we minimize and minimize our dreams until they aren't grand enough dreams to excite us anymore. Yet without exciting our passions and our innate drive to create joy and abundance, we will not succeed. And so we fail at our little dreams. Then we have "proof" that our big dreams would never work because we couldn't make a "little" dream succeed.

We've got it backwards. If we'd gone after the big dream, we would have rallied our passion and joy behind it. That positive energy would have made our big dream succeed in spite of challenging circumstances. Recog-

nize that the ideas that come to you when you're in the pitiful end of your energy continuum are never going to be brilliant, divinely inspired or hugely successful.

Don't insult your divinity by dreaming small and living small. You're part of source energy, and you're here to create. Only by using your fullest potential, can you make the world a better place.

2. Create your giggle team

The bigger the dream, idea or plan and the more it makes you giggle, the more successful you'll be. Your high-end passion and excitement will guarantee that your idea attracts what it needs to succeed.

When you're successful, will you be on Oprah? Will you have a best selling book, or a successful art gallery? Will you have a waiting list of clients because you're so busy? Will you be invited to speak on a business panel with Donald Trump? Will you receive thousands of testimonial letters saying that your new product improved lives? What makes you giggle?

Remember this song you learned as a child: "Row, row, row your boat gently down the stream. Merrily, merrily, merrily, merrily. **Life is but a dream.**" Sing that song as if it's your mantra. Sing it today until you giggle at yourself. Then you're on your way to higher energy and greater success.

Along with your giggle dream, create your giggle team. Imagine sitting around a table with the best and brightest minds in your field. Think of how much fun it will be to work with these brilliant partners. When you imagine having a meeting, does it make you smile? If so, you've got your giggle team.

Don't be pitiful and think these experts would never be interested in your business. Call them. Ask for ten minutes of their time. See if they connect with your dream. Miracles happen all the time; they follow the positive energy.

3. What do you really want to happen?

This is the only question worth asking – ever. Ask it right now. Keep asking it until you get a clear answer.

4. Save your business with EPR

Of course you'll run into challenging situations and people as you build your business. What then? Use Energetic Personal Resuscitation to raise your energy to a higher vibration – humor, gratitude and sweetness. I've written about EPR many times in this book, so I won't go into detail about it here.

However, I guarantee you that these three tools are your easiest, most powerful ways to raise the energy (yours and everyone else's) to a higher vibration. EPR works like a charm whether you're in a tough business meeting or a nerve-racking business presentation to a potential investor.

5. See it before you be it

Going to meet with a banker or potential investor? Pause for a moment. Clear your head. See the meeting concluding with everyone feeling good and shaking hands. See positive energy flowing around the room. Picture everyone satisfied and happy about the outcome of the meeting. That's all you need to see. Leave the rest of the details to be filled in by source energy.

Practice this technique before going grocery shopping, looking for a parking place, or going out to dinner. You'll be amazed at how powerful a tool this is. Gain your confidence by doing this exercise with little things (like finding a parking place). Then when you really need a meeting to go well, you'll be an expert at seeing it first.

6. Use your continuum

Become aware of what you're feeling and where you are on that energy continuum. If you want better circumstances or relationships in your life or business, focus on how to raise YOUR energy higher on your continuum. Your higher energy will transform every situation and relationship for the better.

What would make you feel better right now? What would make you feel better tomorrow? Dream it. Do it. Raise your energy, and you'll attract what you truly want.

7. Take action every day

Make at least three phone calls everyday to research your business idea. Investigate how others have succeeded and failed, talk to the experts, line up your giggle team, and research your competitors on the web.

Ask everyone to give you a name of someone who is doing a similar business. As you network this way, put out pure positive energy and intent. You'll quickly attract the solutions you need to be successful.

8. Shake it up baby!

Change is the only process in life we can absolutely count on. Change is as essential as the air we breathe. In the autumn, do the trees refuse to let their dying leaves go? They release their old life so that new life can begin. To thrive, we must embrace the future rather than the past.

Face forward and ask "what's next?" You'll never be successful or happy by focusing on the past.

As you move into the future, everything you need from the past will come with you. What you don't need won't follow you. Just let it go. Don't let the past sabotage your forward motion. Focus on where you want to go and who you want to be.

9. Bend time and space

"I don't have enough time to get everything done." How often have you said that? Quantum physicists tell us that time is not linear. It's not a cassette tape that you can fast forward to the future or rewind to the past. Instead, time is really happening all at once; it's similar to a CD with different tracks running parallel to each other. You can jump to a different track where you have always had enough time.

Try it now by saying, "I have always had abundant time to get everything done." As Einstein said, "Space and time are not conditions in which we live. They are modes in which we think."

Change your mind about what is possible, and you change the world – especially your world.

Chapter 7

But I don't feel so good.

“In nature there's no blemish but the mind.”

Twelfth Night

Are you fabulously successful and wealthy with abundant, loving relationships, passionate work, and perfect health? If so, hooray to you! You've got it going on...

Or do you have everything figured out but the health part? Do you catch lots of colds in the winter? Are you battling heart disease, chronic fatigue, cancer, MS, arthritis, or AIDS?

If so, your physical health is where you're still playing it pitiful. By that I mean, you're not fully recognizing your own power.

Remember, you're a divine being tapped into source energy in order to manifest divinity (not pitifulness). Don't insult your divinity by passively accepting whatever diagnosis conventional medicine sends your way.

I realize it's not your fault. You've believed what you were told, and thus became addicted to pitiful. Everybody has at least one primary area of weakness – whether it's money, health, relationships, or career.

You might have all the rest of your life working exactly as you

want it to. But you can hang your hat on the fact that most of us have at least one area of pitiful still left to be figured out.

Health and money are the two scariest areas for most of us. That's because the stories we've been told about money and health – are designed to emphasize our powerlessness.

Imagine saying to your banker: "Hey, don't worry about my over-drawn account. Take a chill pill. I'll do some dreaming this weekend and see what abundance I can pull my way."

Pretty ridiculous, huh? What about this one?

Imagine saying to your doctor, "Hey, I don't want to have an MRI or a mammogram today. I scan my body energetically each morning when I meditate. If I feel something wrong – I redirect my cells to heal it."

Or how about this one: "Doc, if you give me an MRI or mammogram when I'm having a bad day, it will probably show something wrong with me. If you take it when I'm feeling happy, it will show perfect health. But once it appears on your tests, and you give it a diagnosis – then I'm stuck with it. That's because when I hear about it from you, and see it on the big screen, it will become permanently 'real' in my body."

While I completely believe and adhere to those two statements above, you shouldn't try them at home. You're just not there yet. You've been going to doctors since you were born, and they've been telling you what was wrong with you and how to solve it - for as many years as you've been alive.

Our entire economy is based on this type of doctor/patient relationship. The pharmaceutical companies thrive on it, and our parents and grandparents sing the praises of this "modern" medicine.

Who are we to disagree?

I'm going to be bold here and tell you something outrageous: Every illness or injury you've had has been of your choosing. You've attracted it by the nature of your thoughts and innate beliefs about what you deserve and what you want. And sometimes, you've signed up for it before you were born.

And guess what - no matter how much you've suffered - it's your gift to yourself!

Why? Because illness and injury provide you an amazing opportunity to reconnect with your divinity - as long as you're not wallowing in your pitiful self. If you wallow in the self-pity - the lesson is lost and your pain is for nothing.

But I Don't Want To Be Sick!

Have you ever been exhausted at work and needed a break but knew that wasn't possible because of your deadlines? And then did you notice a little tickle at the back of your throat? And did you recognize that brief moment when you knew that you could fight it (with intention) and it would go away? Do you remember also knowing that you could let the virus get you, and then you'd get some bed rest that you truly needed (but aren't allowed to ask for)?

You give in - get sick with the virus, stay in bed for a day if you're lucky, get a small break from the pressure - but then life gets harder. Why? Because now your body is engaged in all-out war with the virus cells - so you truly are exhausted. Yet our culture demands that you get back to work ASAP. So you drag your bad self back to work feeling pitiful. What have you gained? Not very much... Just the right to spend a little time indulging in your pitiful self.

Even if you do get to stay in bed for a week and truly rest and nurture yourself, what have you gained? Not much. You'll feel run-down for weeks.

It's time to recognize that you're using illness as a way to escape the pressure of having to be "perfect" – and that you're getting sick in order to take a vacation.

There's a better way. Your life is off-balance and you need to find other ways to relax and enjoy yourself; maybe you need to reinvent your career or relationships. Ultimately, what you really need is a new pattern of thinking happier thoughts and feeling more joy everyday.

Is your eyesight going bad? Louise Hay, author of *You Can Heal Your Life*, would ask: "What it is that you don't want to see?"

Just been diagnosed with MS? What is it that you don't want to do? Where is it that you don't want to go anymore?

When you answer these questions honestly, you can begin to heal yourself, Hay teaches. In her workshops and sessions, she helps people find the core issue that their illness is trying to resolve for them. When that issue is resolved without the illness, the illness can go away.

What is your illness trying to tell you? To reinvent your career? Get out of a toxic relationship? Focus on your needs instead of others? What purpose is your diagnosis serving in your life? How is your life different now than it was before diagnosis?

Whatever comes to your mind when you ask those questions – write it here:

Everybody Gets Sick Sometimes

Yes, we've all bought in to the belief that human beings are designed to get sick. You've been hearing that since your mom first took you to the doctor.

"Everybody's getting it."

"There's not much you can do."

"One in three people is diagnosed with cancer."

"You've been exposed to a lot of toxins..."

"Your immune system isn't strong enough."

"You have the gene for breast cancer."

"Earaches are a normal part of childhood."

"You've been under a lot of stress."

"Acne is normal in teenagers."

"You're in your 50s now so you'll probably get heart disease, cancer, or diabetes."

These negative messages thrive in our culture. The largest sector of our money-making economy is the pharmaceutical industry – the folks who make the drugs that are the "only hope" for curing whatever ails us.

In effect, illness fuels our economy. If we stopped getting sick, the economy would take a dive. You see, there's a lot invested in our getting sick.

The natural health industry (based on herbs, homeopathy, vitamins and natural foods) is gaining momentum slowly. However, this industry is based on similar negative beliefs: Your immune system isn't strong enough. There are a lot of illnesses out to get you. Your body is filled with toxins... or parasites.

However, the darkest beliefs poisoning us are the ones we picked up in childhood. Those beliefs were delivered (with love) by our family members whenever we got sick. “Honey, you’re just not very strong at fighting off these viruses.” Or, “You catch everything that goes around.”

If your busy parents only took time to be with you when you got sick, you connected sickness with being loved. Whenever you needed love or attention, you suppressed your immune system (with your thoughts and emotions) so you could get in bed for lots of chicken soup and attention.

All of this would actually be okay if we only got little colds and could bounce right back to health the minute we wanted to. The problem is that once we give in to these negative beliefs, we become addicted to getting sick whenever we need love. Or we become addicted to getting sick in order to get out of doing things we don’t want to do. And eventually, we have no conscious control over this behavior. It controls us.

This might even be okay when we’re children. But the older we get, the more serious the illnesses are that we attract with these crazy beliefs. Eventually, we get a diagnosis of cancer, and we wonder how we got there. The path to that diagnosis began when we were little.

1. Write down all the messages you remember hearing from your family members about health:
2. Write down your beliefs about how strong or weak your immune system is to fight off illness:
3. Write a story from childhood about an illness you either avoided, overcame or succumbed to and the message you learned from that:
4. What do you believe about your health right now?

I Believe! I Believe!

Let’s look at what some revolutionary scientists are saying about sickness and health. In Chapter One, I mentioned cell biologist Bruce Lipton, Ph.D., author of *Biology of Belief*.

In his book, Lipton, former Stanford University Medical School professor, reminds us that we are not powerless biochemical machines who can cure ourselves by popping a pill every time we get out of tune. “Every time a drug is introduced into the body to correct function A, it inevitably throws off function B, C, or D. It is not gene-directed hormones and neurotransmitters that control our bodies and our minds; our beliefs control our bodies, our minds, and thus our lives.”

Lipton, with more than 30 years of studying how cells behave, and how we’re influenced by our genetic blueprint, comes to this conclusion: “When we truly understand the New Biology, we will realize that the fully conscious mind trumps both nature and nurture.”

Lipton urges us to suspend the archaic beliefs we’ve acquired from science and the media and begin exploring our own inner healing powers. What brings him to this bold conclusion in spite of his conventional medical training?

He tells a story of browsing in an airport bookstore while waiting to catch a flight to a new job as a medical school professor in 1982. He stumbled across two books on quantum physics – a subject he had avoided in college. (Medical students aren’t required to study quantum physics – a fact that Lipton says is a big reason for conventional medicine’s misunderstanding of the human bodies’ ability to heal itself.)

Recalls Lipton: “Before boarding that plane in Chicago, I had no idea that quantum physics was in any way relevant to biology. By the time the plane landed, I was in a state of intellectual shock. I realized that quantum physics is relevant to biology and that biologists are committing a glaring, scientific error by ignoring its laws... We stick to the physical world of Newtonian physics and ignore the invisible quantum world of Einstein, in which matter is actually made up of energy and there are no absolutes.”

If medical students were thoroughly schooled in quantum physics, he believes, conventional medicine would radically change its tactics – working with the energetic healing powers of the body rather than ignoring them.

What does this mean to you? Whenever you catch yourself worrying about a medical condition that you have or don't want to get, turn the worry into an intention.

For example, whenever I find myself worrying about getting cancer, I say:

“I'm washing my body with white cleansing light and all of my cells are moving into the divine order of perfect health.”

1. Write your intention for the medical condition that's worrying you:
2. My next step is visualizing white light washing through me and leaving my insides sparkling with health and divine order.

Take a moment to visualize your intention.

Holy Molecules Of Emotion!

If you're questioning your ability to control your immune system with your thoughts and beliefs, take a look at Candace Pert's work. In study after study, Pert, author of *Molecules of Emotion*, has shown how our immune cells respond to the emotions we feel (which come from the thoughts we think). Her findings: A happy, optimistic thought will boost immune-cell functions, while negative thoughts deplete our immune systems.

As professor of physiology and biophysics at the Georgetown University Medical School, Pert's research revealed the specific process by which our cells respond to our feelings – through peptides and their receptors. Dr. Pert, Ph.D., published over 250 scientific articles on the role of these neuropeptides in the immune system.

Pert has evaluated numerous bodymind healing approaches such as visualization: “Through visualization, for example, we can increase the blood flow into a body part and thereby increase the availability of oxygen and nutrients to carry away toxins and nourish the cells,” she explains.

In recent years, Pert has left the academic world to spread the word about this “new paradigm of healing” that her work has uncovered. She believes we all have the power to heal ourselves from within – once we break our emotional addictions to feeling bad, unworthy or not powerful enough. “Even when we are stuck emotionally, fixated on a version of reality that does not serve us well, there is always a biochemical potential for change and growth.”

Her new book, *Everything You Need to Know to Feel Go(o)d*, outlines these inner processes and offers simple exercises designed to boost immune system functioning and turn our thoughts, beliefs and emotions into powerful healing allies.

“We must take responsibility for the way we feel,” she concludes. “The notion that others can make us feel good or bad is untrue. Consciously or – more frequently – unconsciously, we are choosing how we

feel at every single moment. The external world is a mirror of our beliefs and expectations. Why we feel the way we feel is the result of the symphony and harmony of our own molecules of emotion that affect every aspect of our physiology, producing blissful good health or miserable disease.”

DreamHealer

By now, you understand that turning around your negative thoughts and beliefs is an essential component of healing. But there’s more... Adam, author of *DreamHealer*, takes inner healing to an even more powerful, intensely visual level.

Adam teaches his students to visualize their bodies healing. His DVDs illustrate how to use specific sensory images – such as waterfalls or lightening bolts – as powerful healing tools aimed at specific illnesses. For example, imagine lightening bolts striking and disintegrating tumors; or a waterfall washing over your entire body and rinsing away all impurities and disease.

Adam guides his workshop attendees through these visualizations as well as manipulating the group’s energies himself in order to facilitate healing. Hundreds of people claim to have been healed by his techniques.

1. Buy Adam’s books and DVDs and meditate at least 20 minutes a day using his visualization techniques.

When my husband was dying from colon cancer, I spent an hour a day meditating on his body healing – seeing white light cleansing away the cancer cells. When Paul died, an autopsy showed no cancer cells in his body. He died from scar tissue that caused his colon to

shut down (like weeds wrapped around a garden hose, his doctors told me). I believe he had a very deep, old belief that he wasn’t worthy of healing, and that suffering was good for his soul. These two buried beliefs sabotaged our healing efforts.

2. Design your favorite image of healing – whether it’s sitting under a waterfall, swimming in a pool of healing water or using lightning bolts to zap away your illness. Draw a picture of that image and use the picture as a starting point for your daily healing meditation.

Let’s Get Healthy!

When we put all of this revolutionary information together, it’s pretty clear what we have to do to heal:

1. Raise our energy on the continuum
2. Change our lives for the better
3. Marinate ourselves in happy emotions
4. Turn our health worries into affirmations
5. Reverse our negative beliefs about health
6. See our bodies healing with visualizations
7. Meditate everyday while doing the six steps listed above.

But let’s take this a bit further. Why wait until we get a diagnosis?

Practice true preventive medicine:

1. Spend ten minutes each day meditating to quiet your mind. When your mind has settled, imagine shining a white healing light through your entire body. When you see shady areas, shine the beam on them until they fade away. Call in divine light to heal you.
2. Throughout the day, whenever something in your body aches or bothers you, see a lightning bolt zapping it and disintegrating any diseased or injured parts. Follow this image with Adam's waterfall – cooling and cleansing you.
3. Whenever you're swimming in a pool or sitting in a tub, imagine the healing water rearranging your molecules into divine order – and cleansing away impurities.
4. Whenever you're outside, imagine the sun as a powerful life force of divine light cleansing and healing you (in spite of what you've been told). Send gratitude to it as you feel it on your skin (even while you're wearing sunscreen).

Chapter 8

What's my dream?

“Dream on, dream on.”

Richard III

“Ask your heart what it doth know.”

Measure for Measure

Why do you need a dream? Why should it make you giggle? Look around at our world. Couldn't we dream up something better than this?

The geniuses of our times (Newton, Einstein, DaVinci) challenged our dearly held beliefs about reality and advanced humanity's development considerably. They gave us gravity, relativity, flight, and a number of other ideas that defied the acceptable reality of the times. Be a genius; we need more geniuses – not more pitiful thinkers.

Genius begins with a dream... Do you have a career you love that makes the world a better place and provides abundantly for you? Do you have great health and awesome love?

If you've already got that, you DO understand the power of your dreams. If not, let's review how this works:

It Has To Make You Giggle

When you dream or imagine, you're sending out a strong vibration asking for what you want. A small dream has a fairly weak vibrational code pulsing from it. It doesn't have much power to rearrange sub-atomic particles in your favor. But a great dream that makes you giggle has a powerful pulse capable of moving mountains.

Have you ever gotten entangled in someone else's giggle dream? I have. My client, 35-year-old Dana Phillips, was born with a neurological disorder that caused problems with walking and speech. I had been helping Dana reinvent her career from massage therapist to something less physically demanding. Dana was frustrated that she couldn't get excited about a dream and didn't know what she wanted to do with her career. She was searching for more meaning in her life.

I hadn't seen Dana for several months when she called to update me. She had just recovered from open-heart surgery and a near-death experience in the operating room. It turns out she had a genetic heart defect that had grown worse over the years until emergency surgery was required. But she was beginning to feel better, and she scheduled an appointment.

When Dana walked in the door I could see her transformation. There was clarity in her eyes, and she was glowing with radiant, divine energy. She looked as if she had been out of her body during surgery - cavorting with the angels. It wasn't what I had expected to see.

During our session, Dana shared an unforgettable story of nearly dying during surgery and realizing, at the moment of awakening, what her dream was: She would find a way to go to Africa and volunteer with the orphans.

As I listened to her story and her fearless intention to fulfill her dream - in spite of the physical challenges she faced in her life - I knew I would help her... somehow.

Over the next few weeks I was haunted by Dana's story. There are no accidents, and I knew I was meant to get tangled up in her dream. But how could I help her, I wondered? I didn't have enough money to send her to Africa by myself. I thought about a fund raiser, but when I ran the numbers they didn't add up to the \$5,000+ that Dana would need.

Dreaming bigger is always the answer - I tell my clients. So I followed my own advice and dreamt bigger until I saw a non-profit foundation called the Giggle Dream Foundation that would fund dreams like Dana's. Now, I was getting excited. After many phone calls to folks involved in non-profits, I had a plan and had generated enough excitement to get things rolling.

Over the next few months, I wrote press releases, did media interviews, and met with potential investors. Four months after Dana told me her story, we launched our first Giggle Dream Foundation fund raiser and raised \$5,000+ to send Dana to Africa. The trip was a life-changing experience for Dana and has since launched her on a new and exciting career working for a non-profit agency.

Now we have a Board and a team of people supporting our Giggle Dream Foundation. We receive several "giggle dreams" through our website each day, do regular fund-raising, and fund one giggle dream every year. The Foundation has become one of my favorite and most meaningful activities. Dana's dream inspired me to think bigger about making the world a better place. That's the power of one person's Giggle Dream.

Don't we owe it to each other to dream bigger and inspire the world to do great things? I think so. Let's get dreaming!

Five Essential Principles For Dreaming Up a New and Improved “Reality:”

1. Remember Einstein’s big idea: $E=MC^2$

(Energy = mass times the speed of light squared)

Try this idea:

$G=E^2=M$

(Giggle = Energy Squared = Manifestation)

If you’re not giggling when you imagine your dream coming true, your dream is just not big enough to be successful. If you’re not excited about your dream, nobody else will be either.

Passion, fun and excitement are pure energy; the greater the excitement about a dream, the stronger the energy rallies behind it. To make a dream come true takes BIG energy. That energy push is up to you.

When you dream about something you want and send your giggle out into the universe, that giggle of excitement gives your dream energy to attract the necessary people and circumstances.

Nothing raises your energy like dreaming. When you’re having a difficult day, the quickest way to make it better is to ask, “What do I want to happen next?” Start with little things like, “to get a cup of coffee.” Build your way up to bigger dreams: to take a day off, go skiing or have lunch with a friend.

Then jump to the grand dreams: your new house, a happier career, writing your book, making your film – until finally you’re giggling. Now you’ve raised your energy to the high end of your energy continuum. Now you’re powerful enough to attract the energy to make it happen.

2. You’re here to live a BIG life – not a small, pitiful life.

For the most part, we’re pitiful dreamers. When people ask what we want to happen, our answer is usually less than inspiring: “Take a couple weeks off, visit a friend, retire with a good pension plan, etc.”

The purpose of life is much grander than that. You’re here to live up to your greatness – not your pitifulness. Stop playing life small. It’s not doing you (or the world) any good. The world needs greatness: great ideas, passion, brilliance, and courage.

Who makes the world a better place? Joe Schmo, who complains about his job and can hardly pay the bills, or Oprah, who has created enough abundance to open a school for girls in Africa?

3. You may have failed before...

You’re going to drag some old baggage into your new creation. You’ll hear the old fear voices say: “Well, it didn’t work out last time. Who do you think you are? Nothing ever works out the way you want it to.”

Your past disappointments will try to get in the way of your current dreaming. Only a new dream that makes you giggle will be strong enough to override those old voices and inspire you to say, “Who cares? I’m doing it anyway.”

When you were a child, you dreamt of magical circumstances and a great life. As you grew up, you were told to stop dreaming, get your head out of the clouds and face reality. You gave up your dreams in order to fit in.

But when you stopped dreaming, you gave up your power to create. You lost your way and forgot why you’re here. Now it’s time to remember. The world needs your dreams!

4. At the end of your life when you look back

You'll wish you had gone after your big dreams. You'll say, "Why didn't I go to medical school? Why didn't I take that trip to Europe? Why didn't I pursue my music?"

We get lost in the details of our lives. We become like ants focused on pushing a grain of dirt without awareness of the big picture. This behavior is a reflection of our "pitiful" selves.

At the end of your life, those small details will not matter at all. However, the big picture will be glaringly obvious to you. You'll see the grand road-map of your life. You'll ask "Why didn't I take that turn? Why didn't I explore the unknown?"

The best legacy you can leave your loved ones is showing them that you followed your dreams and lived a happy, fulfilled life. Your life will inspire others to go after their dreams. When one person lives up to their greatness, it inspires dozens, even hundreds, around them to do the same.

5. Life is fun!

We're all part of source energy – which means divinity. Don't insult the divine fabric you're made of by wallowing in your negativity. Sure there are circumstances you've signed up for that aren't pretty. But you signed up for those challenges exactly because you knew you could overcome them. You knew you were capable of rising above the obstacles and moving forward with greatness. You intended to be a hero!

Don't disappoint yourself. Tackle your challenges head-on as if you're the star in your own movie. You are!

Enjoy the heck out of life. Throw your head back and laugh-out-loud. Embrace your humanity with giggles, courage and determination.

Then you absolutely WILL succeed at whatever you put your mind to. And YOUR dreams will make other people start giggling.

1. Take a piece of blank paper and draw a picture of your perfect life. Fill it with images of you and your loved ones doing things you enjoy such as traveling or living in a new home.

Or cut out pictures from a magazine that represent circumstances and relationships you want in your life. Look at those images everyday.

Get a Daydream!

"Nothing happens unless first a dream." – Carl Sandburg

When we dream and imagine what we want to happen, we tap into source energy. We tap into the boundless realm of ever-changing possibilities – rather than our limited view of fixed outcomes which is all we can see from the bottom end of our continuum.

By changing beliefs and seeing positive outcomes to our challenges, we set the energy in place to make what we want happen. This is called scripting.

Before going to that dreaded staff meeting or family gathering where you always end up arguing with so and so, take a moment and see the meeting or social event going beautifully with everyone operating from their high-end (especially you). See the person you usually disagree with telling you that they loved talking to you. See lots of laughter and good feeling in the room.

Right now, see the picture of your perfect day. Hold this vision in your heart as a sure thing – not as a longing. It's simply going to happen.

Imagine your perfect life five years from now or even just five minutes from now.

Where will you be?

Who will you be with?

What will you be doing?

What wonderful miracles will you have in your life?

1. Write down the details of your perfect day (for today or tomorrow):
2. Write what you want to happen in your next difficult meeting or social event:
3. Now let's go for the big dream. Write down what you want your perfect life to look like in five years.

Where will you be living?

What will your career be?

How much money will be in your bank account?

4. If you're in a relationship, ask your partner (or family) to share their five-year-dream. Use the joy and excitement from those shared dreams to support each other on your journeys.
5. Create a common vision of what a perfect life would look like for your relationship or family.

Get excited about it. Write the dream here. Add to it each week.

Chapter 9

My Reinvention Plan

“All's well that ends well.”

Shakespeare

10 Commitments To Reinvent Yourself

Is it time for a new, improved you? Follow these ten steps and at the end of one month, you will be somebody better than you are today. It's just a matter of stepping into your buried potential.

Each morning, remind yourself that your inner world of thoughts and beliefs is creating your external world – every minute of every day. Here's your painless guide to reinvention:

1. Play with Your Energy

Every morning and evening, evaluate where you are on your energy continuum, and take note of what circumstances happen to you when you're at the top of your continuum vs. the bottom.

Simply check in with yourself and ask, “Where am I on my continuum right now?” After you're clear on that, observe how your day goes. Notice how raising your energy improves your day.

Why? Because you'll realize how powerful you are; that you're not a victim to your circumstances.

Raise your energy and feel good even when you open impossible bills. Imagine playing your favorite sport and feeling energized – whenever a virus tickles your throat. Dream of your perfect loving relationship as if you already have it. See yourself already doing the work you love.

All of those energy tricks will jumpstart you into a higher energy level – no matter your circumstances.

2. Kick It Up a Notch

Take three actions each day that make you happy and improve your energy. These can be simple things like exercise, meditation or laughter.

Why? Because when your energy is at the top of your continuum, you manifest dreams, attract new opportunities, tap into your inspiration, and find new solutions to problems. It's really pretty simple – get happy and your life improves.

Quit worrying about why things are the way they are, or why YOU are the way you are. Stop worrying about money, love, health, the world economy, war and pollution. Your worries only produce negative energy which makes life worse for everyone – especially you!

3. Dream from Morning till Night

Spend 10 minutes each day dreaming of the life (and career) you truly want by asking the question “What is my ridiculously wonderful dream life?” (When the dream makes you giggle, you've got it right.)

Why? Dreaming raises our energy and shifts our focus to the big picture of life. Only from that enlarged view can we begin to create the vortex of energy that attracts new opportunities and circumstances into our lives – whether it's a powerful promotion, a fabulous career, or a loving relationship.

Magic happens all the time; people launching businesses find perfect investors or partners. People who want to work for more enlightened, lucrative corporations – get offered jobs at those companies. People fall in love. And many people have miraculous healings. If this magic is not happening in your life, it's because of your thoughts and beliefs about what is possible.

Remember, nothing happens unless first a dream. The bigger the dream, the more excited you'll be about it, and the more energy it will attract to help it come true.

4. Drop Something Old

Improve one important relationship each month using gratitude, sweetness and humor. These three emotions are your **Energetic Personal Resuscitation (EPR)** tools. Pick a relationship that needs improving and decide to use abundant **gratitude, sweetness and humor** to make it better – no matter how you feel about this person.

Why do this with difficult relationships? Because this positive energy shift makes your life better. Don't weigh yourself down with negative energy towards other people. When you're feeling angry or blameful, you're at the low end of your energy continuum, and nothing good will come to you there. Clean out the negative emotions in your life, and rise up your continuum to be your most powerful self – which is who you need to be to manifest a better life and career. (For more info about using EPR, read Chapter Two.)

5. Be a Practitioner Instead of Victim

Use EPR everyday to improve one challenging situation you find yourself in. For example, say you have a dreaded weekly staff meeting or social obligation. Go into the meeting or social gathering with the intention to improve its direction using humor, gratitude and sweetness with everyone in the room – in spite of how you feel about them or their ideas.

Why? Your strong, positive energy will attract the circumstances you desire – whether it’s a promotion, a productive staff, or a “yes” to your new ideas.

It works the same way when you’re stuck in a long line at the post office, or feeling uncomfortable at a dinner party. Show up to the most intimidating situations intent upon using your gratitude, sweetness and humor to make everyone feel happier. They will. And so will you.

6. Get a Best Buddy (who loves to laugh):

It’s time to clear out old friends who make you feel bad about yourself. It’s essential to make strong connections with a friend or partner who believes in your best self. This will be your new Best Buddy. This is the person you can count on to say, “I know you can do this. I see your talents. You can do whatever you put your mind to!”

If there isn’t anyone in your life like that, find, or hire, somebody to do this with you. Send a request to the universe to surround you with people who see the best in you and help you bring your gifts to the world. Ask for this to happen, and it will.

Tell your new best buddy to help you redirect your thoughts in a more positive way by pointing out your negative beliefs. This is why your best buddy has to love to laugh. Without a sense of humor, this won’t be any fun. It has to be fun, or you’ll soon stop doing it.

Humor is magical, and you want more laughter in your life from now on. You especially want more laughter in your relationships. Start with this best buddy relationship and move on from there – creating many healthy, supportive friendships in your new life.

7. It’s Not About You!

Each month, turn around one aspect of your negativity – such as getting your feelings hurt. For one month, you will not be offended ever – no matter what happens at work or home. You’ll take in all negative feedback as information to be processed in order to become your best, most powerful self. When you feel yourself becoming offended, laugh instead. See the humor in your shortcomings.

Why? Because being offended is negative energy and it puts you way down on the bottom of your continuum. You need to be at the top of your game (er...continuum) in order to create a new life or happier career.

8. Focus on Your Future

Drop your old story. Remember, nobody has abandoned, hurt, rejected, or betrayed you. You called up all the players in your drama and perfectly arranged all your challenges – to get you to this point of reinvention. Don’t disappoint yourself now. Focus on your future – not your past.

And always focus on solutions to your problems rather than the problems. When you find yourself worrying about money, your job or your loved ones, shift your mind to what you want to happen – rather than what is happening. This step alone can transform your life.

Remember, we are the observers to our world – affecting it with our observations. When you focus on a problem, you’re sending it energy with your thoughts. Energy makes possibility take form. Stop focusing on what you don’t want to happen! See only what you want to happen, and that possibility begins to take form.

9. Drop It

Identify and turn around one negative belief each day. What's a negative belief? Here are a few very popular ones:

Nobody makes good money doing that for a living. I'll never get a promotion at my job.

My husband isn't capable of loving me.

I'll never find love like that again.

My disease isn't curable.

If you believe even one of those statements, you're sabotaging your life. Your beliefs are creating that reality for you. Other people make good money doing their dream work. Other people have loving, happy marriages in spite of dire situations. Other people have miraculous healings. And other lonely people find magnificent loving partners. If these good things aren't happening to you, your negative beliefs are preventing it.

How do we turn these beliefs around? One thought at a time. Repeat these affirmations:

I've always been attracting great wealth.

I'm getting healthier everyday.

I've always been abundantly loved.

I've always had a talent for ...

I'm attracting opportunities that bring my talents to the world.

10. Stop the Pitiful Thinking

Every time you say, "I can't, I'm not, I won't" – you put yourself in a limited, pitiful box. Break out of the box and expand your limits. Say, "I will, I can, I am!"

Stop complaining about life; instead be your most powerful self and change things for the better – one day at a time, one thought at a time.

Why? This is what you're here to accomplish in this lifetime. Just do it! You can begin by following these five reinvention plans listed below:

Reinvention 101

STEP ONE: Getting Love

1. Who do you love and how's that going?
2. What do you believe about relationships? For example, do you think it's likely you'll find a perfect partner? Are you capable of a loving, happy relationship?
3. What did you learn about relationships from your parents? How did they treat each other?
4. Describe the happiest, most loving relationship you've ever been in.
5. What were the elements of that experience that made it so wonderful?
6. How were you different then?
7. What do you want your relationship today to look like?
8. Who do you want to BE in this perfect relationship?
9. What thoughts and beliefs inside of yourself do you need to change before this relationship can happen?
10. What's the first step to that change?
11. What action step will you take this week to make it happen?

Write your answers to the above questions and discuss them with your coach (or partner).

Remember: When we raise our energy (in spite of our partner or lack of a partner) we connect with our divinity and become filled with abundant love.

When we send that love out to EVERYONE in our lives exactly as we'd like to receive it, we no longer feel empty, lonely or unloved.

That unrestrained love that flows from us eventually flows right back to us - with abundance.

This is the most powerful secret to having loving relationships: Be the love you want to get!

See It to Be It!

Draw a picture of you and your partner doing something happy together.

Draw a picture of you in love. What do you look like? How are you acting?

Draw a picture of you receiving abundant love. What does your face look like?

List the qualities you love in your partner (or, if you're single, would love to find in a partner) and explain why you love them:

- 1.
- 2.
- 3.
- 4.
- 5.

Plan 3 silly things to do together to rekindle playfulness in your relationship. (If you're single describe three silly things you would love to do with your dream partner).

Examples: Watch your favorite comedy movie or TV show together. Do something silly like miniature golf. Go out for ice cream cones.

Write yours:

- 1.
 - 2.
 - 3.
1. Write your thoughts on what it would be like to trade costumes/personalities with your partner:
 2. List the qualities that you and your partner share (such as a sense of humor, intelligence, compassion, love of nature, etc.):
 3. Write to your partner: "I forgive you for And I recognize that I have been part of this dance."
 4. Let this be your new affirmation:
"From this moment on, past mistakes and painful moments are forgiven and forgotten, and we begin to create the relationship we want."
 5. Think of three things about your partner that you're extremely grateful for.

Examples: I'm grateful that you're a good father/mother to our child. I'm grateful that you support me in my work. I'm grateful for your honesty. I'm grateful that I can talk to you. I'm grateful that I can laugh with you. I'm grateful for your wisdom. I'm grateful for our passionate sexual connection.

Write yours:

- 1.
- 2.
- 3.

See your partner as a baby smiling at you. Imagine cradling them in your arms. Write your thoughts about this image:

Speak Your Truth:

There's a truth I need to speak in order to be connected to you.

1. **Here's what I love about us....**
2. **Here's what's not working for me...**
3. **Here's a possible solution ...**

(Be sure to include a possible solution.)

Example:

1. I love our playfulness together and I cherish our loving family ...
2. Yet I need more time alone with you in order to connect deeply...
3. Maybe we could leave the kids with my sister for the weekend and ...

Your intention must be to empower your partner to solve the problem.

In this way, you both ultimately get what you want.

Write your three points of truth here:

- 1.
- 2.
- 3.

Dreamy Love

1. What would your relationship look and feel like if you were crazy in love right now? Write your image of this:
2. Imagine being divinely happy in this (or any) relationship **one year from now**. What would it look like? Imagine a future together that makes you giggle. Write down your one-year giggle dream:
3. Imagine your perfect shared life **five years from now**. Dream it until it makes you giggle. Write down your five-year giggle dream:
4. Hold these dreams in your heart as sure things – not as longings. They're simply going to happen.
5. Imagine teaching others how to have loving, joyful relationships. What would you tell your students to do?
6. Write the action plan of your inner reinvention that needs to take place before you can attract this great love. For example:

Inner beliefs to turn around:

New ideas to explore:

People to talk to:

Places to go:

New actions to take:

Action Steps for this week:

STEP TWO: Getting Work You Love

1. What's up with work and how's that working for you?
2. What do you like about your present or most recent job?
3. What are you really good at in your job?
4. What are your talents?
5. What do you value in a job?
6. What do you do poorly at work?
7. What are the key requirements for work you would love?
8. What has been the favorite job of your life and why did you love it?
9. What elements of that happy work experience can you bring into your life today?
10. What did you learn about work from your parents?
11. Did they love their work?
12. What would you change in your present career to make it enjoyable for you?
13. What will you have in your next job?
14. What do you believe about work? For example, do most people love their jobs? Why do you work?
15. If you had \$5 million in your bank account, perfect health and abundant love in your life, but had to have a career, what career would you choose?
16. If you had all the knowledge and skill to write a book about a subject you love, what book would you write?
17. If you were forced to go back to college, what degree would you get?
18. How does your deepest pain guide you to meaningful work?

Write your answers to the above questions and discuss them with your coach.

See It to Be It!

Draw a picture of you doing work you love that brings abundance into your life:

Draw a picture of you teaching others to find work they love.
What are you telling them?

Draw a picture of you receiving abundant praise for your work.
What does your face look like?

List the qualities you love in your current career (or in the career you're dreaming of) and explain why you love them:

- 1.
- 2.
- 3.
- 4.
- 5.

Plan 3 inspired actions you can take to begin reinventing your career this week:

- 1.
- 2.
- 3.

Dreamy Work

1. What would your life look and feel like if you were passionate about your work? Write your image of this:
2. Imagine being divinely happy in your career **one year from now**. What would it look like? Imagine a future career that makes you giggle. Write down your one-year giggle dream:
3. Imagine your perfect career **five years from now**. Dream it until it makes you giggle. Write down your five-year giggle dream:
4. Hold these dreams in your heart as sure things – not as longings. They're simply going to happen.
5. Write the action plan of your inner reinvention that needs to take place before you can attract this great career. For example:

Inner beliefs to turn around:

New ideas to explore:

People to talk to:

Places to go:

New actions to take:

Action Steps for this week:

STEP THREE: Getting Healthy

1. How are you feeling today?
2. What diagnoses have you had?
3. What do you believe about your health? For example, are you strong? Can you fight off most illnesses? Do you recover quickly?
4. What did your parents tell you about your health when you were growing up?
5. What do you believe about aging and being your age?
6. What bothers you in your body most often?
7. When was the last time you felt terrific?
8. What were the elements of your life then?
9. What could you do now to bring some of those elements back into your life?
10. What new elements could you bring to creating health for yourself now?
11. What do you want your body to feel and look like?
12. What can you do this week to begin to make that happen?

Write your answers to the above questions and discuss them with your coach.

See It to Be It!

Draw a picture of you (in the present) enjoying perfect health.
What do you look like?

Draw a picture of you inspiring others to overcome their diseases.
What are you saying to them?

Draw a picture of you receiving abundant energy and health.
What does your face look like?

List the qualities you love about your body and explain why you love them:

- 1.
- 2.
- 3.
- 4.
- 5.

Plan 3 things to do to rekindle health and energy in your body. For example, join a gym; walk everyday; eat natural foods; get a new doctor, quit your job, etc.

Write yours:

- 1.
- 2.
- 3.

1. Write your thoughts on what it would be like to feel completely in control of your health by using your mind to heal yourself:
2. Write a letter to your body saying: "I forgive you for having this illness. Please forgive me for ... I recognize that you are trying to tell me something. I hear you and I'm changing for the better today."

Describe the change you're making:

3. Think of three things about your life that you're extremely grateful for.

Write yours:

- 1.
- 2.
- 3.

See yourself as a newborn baby. Imagine giving yourself helpful guidance for the lifetime to come. What would you say to yourself as a baby so that you could live a healthy life?

Speak Your Truth:

There's a truth I need to speak in order to heal myself:

1. Here's what I love about my life....
2. Here's what's not working for me...
3. Here's a possible solution ...

(Be sure to include a possible solution.)

Write your three points of truth here:

- 1.
- 2.
- 3.

Dreamy Health

1. What would your body look and feel like if you were abundantly healthy right now? Write your image of this:

2. Imagine being divinely healthy **one year from now**. What would it look like? Imagine a future in your body that makes you giggle. Write down your one-year giggle dream:

3. Imagine your perfectly healthy body **five years from now**. Dream it until it makes you giggle. Write down your five-year healthy giggle dream:

4. Hold these dreams in your heart as sure things – not as longings. They're simply going to happen.

5. Write the action plan of your inner reinvention that needs to take place before you can attract this great health. For example:

Inner beliefs to turn around:

New ideas to explore:

People to talk to:

Places to go:

New actions to take:

(Essential action: Meditate for 20 minutes a day while picturing my body healing itself).

Action Steps for this week:

STEP FOUR: Getting Abundant

1. What's your bank account balance and how's that working for you?
2. What did your parents tell you about money?
3. How did they treat money?
4. Describe the most abundant time of your life:
5. What were the elements of that time you could bring into your life now?
6. Do you deserve to be wealthy?
7. Is being wealthy a good thing for you?
8. Are you brilliant enough to get and stay wealthy?
9. What do you want your abundant future to look like?
10. Who would you give money away to?
11. What price do you believe you have to pay to be wealthy?
12. How can you attract wealth without paying that price?
13. What can you do this week to head in that direction?

Write your answers to the above questions and discuss them with your coach (or partner).

Remember: When we raise our energy (in spite of our debts or diminishing bank balance) we connect with our divinity and only then can we attract abundance.

When we send that feeling of abundance and generosity out to EVERYONE in our lives, exactly as we'd like to receive it, we no longer feel lack or fear around money.

The abundance that flows from us unrestrained flows right back to us in even greater amounts. This is the most powerful secret to attracting abundance!

See It to Be It!

Draw a picture of you as a fabulously wealthy individual. What does your life look like? What do you look like? What are you doing? How are you acting?

Draw a picture of you receiving a check for millions of dollars. What does your face look like? How does it compare to your face today?

List the things you love about having money (abundance) and explain why you love them:

- 1.
- 2.
- 3.
- 4.
- 5.

Plan 3 silly and generous things to do with your money to rekindle playfulness around abundance. Examples: Take a vacation; donate to a non-profit organization; give money anonymously to a needy friend; buy a fabulous gift for someone you love.

Write yours:

- 1.
 - 2.
 - 3.
-
1. Write your thoughts on what it would be like to trade lives with an abundantly wealthy trust-fund recipient.
 2. Imagine you're teaching a workshop about how to get wealthy (and you are now very wealthy). What would you say to your students?
 3. Write a letter to your money: "I forgive you for And please forgive me for I recognize that I have been part of this dance, and I invite you fully back into my life."
 4. Let this be your new affirmation:
"From this moment on, past mistakes and painful moments around money are forgiven and forgotten. I now welcome effortless abundance into my life."

Speak Your Truth:

There's a truth I need to speak in order to attract greater wealth into my life.

- 1. Here's what I love about having money....**
- 2. Here's what's not working for me...**
- 3. Here's a possible solution ...**

(Be sure to include a possible solution.)

Write your three points of truth here:

- 1.
- 2.
- 3.

Abundance Meditation

Sit still and quiet your mind through meditation -using either mantra, prayer or breathwork.

When you feel your mind settle down, flash a happy image of your abundant new giggle life (driving a fabulous car, traveling, buying gifts, etc).

Look at that image until it fades. Then go back to quieting your mind.

Once again flash an image of your giggle life. Repeat this process for 20 minutes a day.

Dreamy Wealth

1. What would your life look and feel like if you were crazy wealthy right now? Write your image of this:

2. Imagine being divinely and fearlessly wealthy **one year from now**. What would it look like? Imagine a future that makes you giggle. Write down your one-year giggle dream:

3. Imagine your fearlessly wealthy life **five years from now**. Dream it until it makes you giggle. Write down your five-year giggle dream:

4. Host a cocktail party for your friends. Announce that they must come as “who they want to be.”

During the party, people introduce themselves as their future successful, wealthy, happy self. They mingle with each other sharing stories of great abundance and success.

For example, “Hi, my name is Mary and I’m a best-selling author.”

Encourage everyone to really dream it up. If anyone doesn’t tell a big enough story, confront them. Say, “Well, that’s not what I heard. I heard that you were on Oprah last month...”

5. Write the action plan of your inner reinvention that needs to take place before you can attract this great wealth. For example:

Inner beliefs to turn around:

New ideas to explore:

People to talk to:

Places to go:

New actions to take:

Action Steps for this week:

STEP FIVE: Getting Divine

1. Do you believe the unseen world is as real as this world?
2. What's your connection to that unseen world and how's that working for you?
3. What did your parents tell you about God or divinity?
4. Did they or anyone ever tell you that you were part of divinity or God?
5. Describe a time in your life when you felt most connected to the divine?
6. Who were you then?
7. What can you bring into your life now from that time?
8. What do you believe about your divinity?
9. What kind of relationship would you like to have with your divinity?
10. What would you like your relationship with God to be like?
11. What can you do this week to begin to make this happen?

Write your answers to the above questions and discuss them with your coach.

Remember: When we raise our energy, we connect with our divinity – in spite of our painful circumstances. Only then can we attract happier relationships and experiences.

See It to Be It!

Draw a picture of you connected to and inspired by your divinity. What do you look like? How are you acting?

Draw a picture of you receiving abundant grace. What does your face look like?

List the qualities you love in your spiritual self and explain why you love them:

- 1.
- 2.
- 3.
- 4.
- 5.

Plan 3 things to do to rekindle your relationship with the divine.

Examples: Pray or meditate daily. Spend time in nature, etc.

Write yours:

- 1.
- 2.
- 3.

1. Write a letter to God (or to your divinity) saying: "I forgive you for Please forgive me for I recognize that I have been part of this dance. I welcome you back into my life fully."
2. Let this be your new affirmation:
"From this moment on, past mistakes and painful moments are forgiven and forgotten, and I welcome divinity back into my life."
3. See yourself as a baby full of divine sweetness. What would you tell yourself to guide you through this lifetime without losing your divinity. Write your thoughts:

Speak Your Truth:

There's a truth I need to speak in order to be connected to my divinity.

1. **Here's what I love about my connection to the divine realms**
2. **Here's what's not working for me...**
3. **Here's a possible solution ...**

(Be sure to include a possible solution.)

Write your three points of truth here:

- 1.
- 2.
- 3.

Dreamy Divinity

1. What would you look and feel like if you were divinely connected to God (or the other realms) right now? Write your image of this:
2. Imagine being divinely connected to your spiritual self one year from now. What would it look like? Imagine a future that makes you giggle. Write down your one-year giggle dream:
3. Imagine your perfect divine life five years from now. Write down your five-year giggle dream:

4. Write the action plan of your inner reinvention that needs to take place before you can attract this great relationship with the divine. For example:

Inner beliefs to turn around:

New ideas to explore:

People to talk to:

Places to go:

New actions to take:

Action Steps for this week:

Part of your reinvention plan includes thinking differently about the events in your life. For example, the holiday season. Here's a guide to:

Reinventing the Holiday Season

If you're like most of us, you've had some great holiday seasons and some "pitiful" ones too. These five easy steps will guarantee happy holidays this year for you and your loved ones:

1. See a New Possibility

Starting today, spend five minutes everyday picturing exactly how you want your holiday season to go. Here are some ideas: Abundant money in your checking account; stress-free shopping trips; easy home-cooked meals that delight your guests; laughter and warm feelings between family members; a sense of peace and well-being.

When you find yourself picturing a stressful or lonely holiday season, instead dream of what you want to happen.

If you spend only 5 minutes a day seeing happiness, love and ease throughout the holiday season, you've just re-patterned your thinking and reprogrammed your future. You have nothing to lose but the holiday blues.

2. Do Three Happy Things:

Do three things every day that make you happy and improve your energy. These can be big things like swimming laps. Or they can be little moments like laughing with a friend or having a cup of your favorite tea. During the holidays, we get caught up in other people's expectations.

Bring your focus back to you and what you need to do to be happy.

Having positive (even joyful) energy during the holidays is the best gift you can give your family and friends. Happy memories are made from the emotional fabric of our time together – not the physical details like the clean house, perfect meal or expensive gift.

When we focus on the details of life, we lose our perspective on what's truly important, and we get "pitiful." We feel angry, stressed, afraid, depressed, overwhelmed or disappointed. All of these emotions are at the low end of our energy continuum; they are our "pitiful" selves.

Nothing good happens when we're being pitiful. If we're reacting to a situation or person that we don't like, we're letting our circumstances dictate who we are. When we're focused on what we want to happen instead, we're gaining control of our lives and no longer being victims. As soon as we make this emotional shift, better circumstances are on their way.

Start each day of this holiday season with these two questions:

What do I want to happen today? What can I do today to get my energy higher on my continuum?

3. Drop the History! (No more ghosts of Christmas past!)

Imagine you're from another planet, and you've just landed here. You're looking around at holiday celebrations in awe – like a child seeing them for the first time. You're excited and curious with no past reference point as to whether you like these strange celebrations or not.

Without past disappointments or "greatest moments" to reflect back on, you no longer have a "story" about the holidays. That old pitiful story has been a heavy weight dragging you down. Let it go. You're starting from scratch now.

Finally, you're back to the only question that matters:

"What do I want to happen?" Keep focusing on your future, and not your past, by asking that question.

4. Laugh Outrageously:

We all know, but often forget, that humor is one of our greatest gifts. Genuine laughter is probably the most powerful tool we have to instantly feel better. When facing a challenging moment, we can focus on the problem and sink to the lower end of our continuum. Or we can see what's funny about the situation and feel our energy instantly improve.

When we make other people laugh, the world gets significantly better for everyone – including us!

When your family or friends are annoying you, take a moment to see what's ridiculous about the situation. There's a lot of wonderful comedy taking place right in front of your eyes – even in the worst of circumstances. Appreciate it!

Our humor reveals the absurdity of life. It reminds us of the bigger picture – which is truly a hoot! This is quite a ridiculous drama we're all participating in, and laughter makes it more fun for everyone. At least once an hour, use your divine talent for laughter to make difficult moments easier.

5. Be Relentlessly Grateful:

So you didn't get the silk robe you really wanted. Or your mother-in-law is talking non-stop and driving you crazy. Take a moment to find something about the moment that you can be grateful for.

For example, if you have a loving relationship with your partner, focus on that instead of the gifts. Or perhaps your mother-in-law was the most helpful person in your life after your children were born. Focus on that.

In spite of what we may have been taught, focusing on what's wrong with our loved ones, or with our circumstances, only makes things worse.

One of the quickest ways to shift your perspective for the better is by feeling gratitude. When you focus on what you're grateful for in a person, relationship or situation, things shift for the better. Suddenly you feel happier and your energy moves higher on your energy continuum. Shifting your perspective this way immediately attracts better relationships and circumstances into your life.

For five minutes each day, focus on what you're grateful for - until that's all you can see. Try this on your birthday, anniversary and Valentine's Day as well. Pretty soon, you'll have a new program in place that serves you and your loved ones much better than the old program ever did.

Chapter 10

How do I fix the world?

"There is nothing either good or bad, but thinking makes it so."

Hamlet

When we forget who we are (divine beings turning dreams into physical reality), we feel powerless and angry. We look at our world and focus on the things we don't like: poverty, global warming, wars, etc.

We march against war, argue about corrupt politicians, and rage against our economically unjust world. Yet, all of our good intentions are wasted. Why? Because our blameful, angry or despairing energy only lowers the vibration of this planet, and makes it harder for a better world to manifest.

The law of attraction that governs how our world behaves is as unyielding as the law of gravity. Angry energy attracts angry circumstances.

If you jump out of a tall building, you'll hit the ground in spite of how good a person you are. If you spend your time feeling angry about the war, the president, global poverty or environmental destruction – your good intentions don't matter a hoot. What you're creating is more war, bad presidents, greater poverty and a dying planet.

In his enlightening book, *Power vs. Force*, David Hawkins, M.D., Ph.D., points out that the only path to healing ourselves or our planet is

to take personal responsibility for the frequency of energy we're sending out into the world. "Everything in the universe constantly gives off an energy pattern of a specific frequency that remains for all time and can be read by those who know how."

Raise our energy to a higher frequency, says Hawkins, and we raise the energy frequency of those around us – potentially affecting thousands of other people.

"In this interconnected universe, every improvement we make in our private world improves the world at large for everyone," explains Hawkins. "We all float on the collective level of consciousness of mankind so that any increment we add comes back to us... What we do to serve life automatically benefits all of us because we're all included in that which is life... It's a scientific fact that what is good for you is good for me."

If we're angry and full of blame at the powers that be, our energy creates more war-like behavior on the planet. If we're stuck in the mentality of lack – feeling like there's never enough money or success to go around – our energy creates more poverty and famine.

Our negative energy destroys pristine forests as much as global warming. It's the quality of our personal day-to-day energy that either makes us part of the problem or part of the solution.

"Every thought is known and recorded forever. There are no secrets; nothing is hidden, nor can it be," says Hawkins.

Action is helpful, but true action begins inside of you. It begins with the dream you carry in your heart for a better world. As you imagine this planet full of peace, health, abundance, prosperity, and comfort for all – you rearrange the sub-atomic particles to make that become a reality.

Our dreams are entangled. We must teach each other what to focus on and what to ignore, and remind each other how to dream. When we feel peaceful even towards the most aggravating driver on the highway, we create a world where it's possible for our global nations to feel peaceful towards each other.

When we live our lives from a sense of abundance and prosperity – not lack – we create the prosperity needed to feed the world. If we all shifted our energy a few notches higher today, the planet would change for the better – because its vibration level would be raised.

"The difference in power between a loving thought and a fearful thought is so enormous as to be beyond the capacity of the human imagination to easily comprehend," says Hawkins. "Even a few loving thoughts during the course of the day more than counterbalance all of our negative thoughts."

Yes, you need to DO something. But start by FEELING something better than what you've been feeling. Break your addictions to fear, blame, lack and pitifulness. Those are the addictions of our entire planet – and that's why we're where we are.

It's up to you and your dreams to change the "reality" we're stuck in. The actions we take are not nearly as important as the feelings we feel and the dreams we dream. If you can't control your own negative thoughts, you're making our planetary troubles worse with each thought you think. Control your mind and heart, and you will make the world a better place for everyone.

Stop wasting time being unhappy, limited, small or pitiful because you're "accepting reality." Create a new "reality" that follows YOUR bliss. The entire world will benefit from your new and improved "reality."

"To become more conscious is the greatest gift anyone can give to the world;" explains Hawkins. "And the gift comes back to its source."

Stop the Pitiful Thinking!

Let's make this year a "revolutionary" year in your life and for our entire world. Here's how it begins: **Ask yourself, "What do I really want in my life - and for our planet?"**

That slight shift in your perspective – into your imagination – puts you back into the driver's seat. It shifts your energy to the high end of your continuum – to your love, divinity, inspiration and power. This is where you need to be – for everyone's sake.

Albert Einstein once said – you can't solve a problem with the same mind that created the problem. He was talking about shifting your perspective to the high-end of your energy continuum – to your inspiration. Dreaming gets us there.

Your dreams are the key to your happiness and to solving global problems. You may have buried your dreams long ago. We want to fit in to society, so we bury our dreams and travel down the path of limited thinking and limited possibilities.

When we bury our dreams, we bury our power. We lose our way in the world. When we let ourselves dream of what we truly want, we experience a shift of energy. We begin to feel happy.

Our energy raises higher up on our energy continuum until we are connected to our divinity, our inspiration, our source energy, and our brilliance. From this perspective, we attract better opportunities, people and circumstances into our lives – people who will help us and the entire planet move towards the life we all truly want.

Magic happens – but only when we're at the high-end of our continuum. And dreaming gets us there. Without dreaming of a better world, we won't create one. Without dreaming of a magnificent relationship, you won't find one.

Quit facing reality! Face your dreams! The dreams change everyone's reality!

The biggest obstacle to a magnificent life and a healthy, thriving planet is our limited thinking about what is possible. We live in a negative-based culture. We tell ourselves, "The world is full of 'bad guys' who need to be punished." Or, "The 'bad guys' are controlling the money and there's nothing I can do about it. Or, there's not enough abundance to go around – someone has to suffer."

This is "pitiful thinking."

When we're in that state, we're being pitiful – which is the opposite of powerful. Do you really believe we're here to live pitiful lives? Do you really believe we're here to act small – or just get by? Do you really believe our planet is doomed?

What if we're here to be our greatest selves rather than our smallest selves? What if your energy can make the world a better place? Do you think we can change the world when we're in our "pitiful place" of limited thinking and fear-based choices? Or, can we make a difference by living with power, courage and grand thinking?

When you're faced with a challenge, do you think small? Do you diminish your power and extinguish your dreams? If so, you're hurting yourself and the people you love. You're sabotaging your life as well as our planet's future.

When you face a dilemma, it's more important than ever to think **BIGGER** – to be powerful rather than pitiful.

When we're being our most magnificent, successful selves, we truly have something to offer the world. We can change the world and help others only from the high-end of our continuum.

Get over your pitiful thinking now! At the end of your life, you won't be wishing you had just "gotten by." You'll be wishing you had lived large and gone after your dreams. You'll wish you had been magnificent.

I challenge you today to start dreaming of a bigger life and a healthy, thriving planet. Dream it until it makes you giggle. Once you're giggling, you're onto something. Once you're laughing out loud at the thought of it, you've got the right energy moving.

Pump your energy to the high-end of your continuum, and you'll be able to attract the people, circumstances and opportunities to make your global dreams come true. Focus only on what you want to happen.

Nothing good happens when we're pitiful. Magnificent things happen when we're powerful. Ask yourself right now, "What do I really want? Am I being pitiful or powerful?" Keep asking until you hear your truth.

Now you've joined the revolution. We're transforming our world from pitiful, unhappy victims to powerful, magnificent beings – one thought at a time – one day at a time.

My Talents And The World

1. In previous chapters you outlined your unique gifts and talents. Look at that list again and brainstorm ways that you can use those gracious gifts to help the world at large. Write your ideas here:
2. Have a dinner party and ask everyone to write their individual list of talents. Pool them together into one group list.

Present a global problem to your group. Say: "Tonight we're discussing world poverty, disease, war, or environment (choose one)."

Ask each guest to write three ways that this group can use their talents to help solve this problem. Spend the rest of the evening brainstorming plans and solutions.

What Does a Thriving Planet Look Like?

1. Sit with paper and crayons and draw your images of what global health, prosperity and peace would look like on our planet. Put your finished artwork on the kitchen table and look at it each day while you eat. Imagine what it would feel like to live on this planet.
2. Make a collage of photos, clippings and headlines that represent this new world view. Hang it in a prominent place in your home.
3. Sit for ten minutes each day quieting your mind through prayer or meditation. When your mind has quieted, picture your life on Earth without disease, famine, poverty, pollution, or war. Feel what that life would feel like for you. See it until it makes you giggle.
4. Whenever you feel anger about war or pollution, instantly replace that feeling with an image of our planet without war or pollution. See the world as you want it to look. Switch from anger and blame to new ideas and dreams of how to make life better. Now you're part of the solution – rather than the problem.

Take Action Without Fear or Blame

1. Join any and all organizations that solve world problems without using blameful, attacking energy. For example, Save the Children uses donated money to support millions of children around the world who live in poverty.
2. Start a positively-focused group to work within your community solving the global problem you feel most passionate about.
3. Start an environmentally focused brainstorming group in your community. Meet monthly to come up with brilliant solutions – never tried before – to reduce pollution in your area. It's essential to explore new ideas – even outrageous ones – rather than the tried and true ideas that don't generate passion anymore.

Practice Random Acts of Inspiration

1. When a friend is facing a challenge, draw a picture of them as their best, strongest, healthiest and most beautiful self – overcoming that challenge. Present the sketch to them with a letter describing all the strengths and talents you see in them.
2. Whenever you're out and about, tell random salespeople, clerks, and waiters all the good things you see in them. Focus on their strength, courage, beauty, humor or whatever you can see. Remind them of how powerful they are.
3. Call someone who you've been unhappy with. Tell them everything about themselves that you're grateful for.
4. Pick one day of the week to always be your Gratitude Day. On that day, no matter what happens, focus on what you're grateful for about it. Tell everyone you interact with how grateful you are for the good things you see in them.

Request A Brave New World

Write a letter to the “*CEO of The Great Human Experiment.*” Write it as if you were requesting a new job description or a raise.

Clearly describe a new improved world without disease, war, poverty, famine or environmental destruction that you would like to see and become a part of.

Explain how you will personally work towards this goal using your unique talents. Ask for a response.

Tape the letter to your bathroom mirror. Mail it to your friends in place of a Happy Holidays letter. Send it to a magazine for publication.

You've now officially put in your request – and your dream is already on its way to coming true.

Dream on!

Dream bigger!

Dream until it makes you giggle!



About Sue Frederick

Author Sue Frederick's work, described as "a breath of fresh air" and "an enlightened new perspective," has been featured in *Yoga Journal*, *Natural Health* and *Nexus Magazines*.

She's a frequent guest on radio and TV shows and has presented workshops at venues such as *The Crossings Retreat Center*, *New Hope Natural Products Expo*, *World Wellness Weekend*, *National Hospice Association*, and the *National Career Development Association*. Her books include *Dancing at Your Desk: A Metaphysical Guide to Job Happiness* and *BrilliantDay: 7 Solutions to Turn Your Life Around*. She's also the founder of BrilliantWork, BrilliantDay Revolution Network, and The Giggle Dream Foundation.

The Continuum Series by Sue Frederick

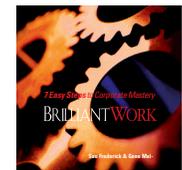
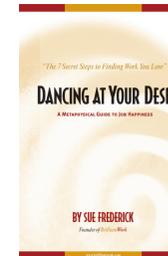
BrilliantDay
7 Quick Solutions to Turn Your Day Around

BrilliantWork
7 Steps to Corporate Mastery

BrilliantLove
10 Steps to Awesome Love

Dancing At Your Desk
A Metaphysical Guide to Job Happiness

All books are also available through BrilliantWork™
at www.brilliantwork.com
or by phone: 303-939-8574
or Sue@BrilliantWork.com



BRILLIANTWORK

Putting personal and business power to work...brilliantly.

Sue's Background

As a rock climbing and mountaineering instructor, Sue Frederick honed her teaching, mentoring and coaching skills while **LEADING EXTREME SURVIVAL COURSES** through the Colorado Rocky Mountains **FOR OUTWARD BOUND**.

As a former Vice President of Content for Healthshop.com (*the leading natural health website*) and *Delicious Magazine*, **SHE MASTERED THE INTRICACIES OF CORPORATE SURVIVAL** by helping employees increase their productivity by teaching them to work to their fullest potential.

Today, as the founder of BrilliantWork, **SUE IS PASSIONATE ABOUT HELPING PEOPLE BE BRILLIANT** at work – everyday.

Her background includes:

Author of many books including *Dancing At Your Desk* and *BrilliantWork: 7 Easy Steps to Corporate Mastery*

Faculty member at the University of Colorado and Naropa University

Corporate Vice President

Leader of extreme survival courses for Colorado Outward Bound

Accomplished rock climber

Certified Creative Arts Therapist

Top-rated Keynote Speaker

Energy / Passion / Wisdom / Fun

Sue Frederick's **inspiring keynotes, workshops and seminars** have delighted and inspired corporate, regional and local clients for years.

Her topics include:

Top Ten Reasons to Stop Facing Reality

Extreme Energy Makeover

Dancing at Your Desk

7 Steps to Corporate Mastery

7 Steps to a Stress-free Workplace

Loving the Work You Have

Finding Work You Love

Creating Your Dream Team



Sue also offers **corporate consultations, executive coaching** and individual career counseling sessions (by phone or in person).

Her work with corporations /executives has been described as “*A breath of fresh air*” and “*An enlightened new perspective on old topics.*”

What People Say About Sue

“Sue Frederick was recently the Plenary Speaker for a 2-day Business Development Training for Hospice Professionals. Sue is dazzling AND down-to-earth, and people engage with her and her material immediately.

She gives permission for the audience to have fun with the learning, and she offers immediate, tangible solutions so the audience can begin to feel “their brilliant selves” minutes into the presentation. Employees left the one-hour talk resourced with simple, effective tools to build on awarenesses gained during the talk.

You could literally feel the audience start pulsing with greater energy and brilliance emerging before our very eyes! This positive tone and energy that Sue initiated continued throughout the entire 2-day conference. The ensuing conference material demanded that participants’ shift to hours of high-level business concepts, cognition, and didactic in-services; the vibrancy, motivation, and learning from Sue were an absolutely marvelous combination for the conference’s lofty right-brain learning goals! I highly recommend Sue’s teaching for any and all Business Leaders who want to find effective, interesting, and enlightened ways to reach their staff.

One of the ways I judge the success of a presenter is how long the information “lingers.” Here, at Hospice of Metro Denver, the wisdom of Sue is still flowing in our conversations. On a regular basis, I hear, “I am at or not at the high end of my continuum,” or “I tried hard not to go to my pitiful self; I used EPR to help stay productive.”

Sue’s work is dynamic, it reaches out and grabs you, and her teachings should be part of every busy business professional’s day!”

BETH DAVIS, CEO, Hospice of Metro Denver

“Sue’s workshop (Dancing at Your Desk) is excellent. She trains your mind to focus on the inspirational and joyful aspects of your personal and professional life, and then teaches you how to project it outward. It’s amazingly uplifting.”

SUSAN EASLEY, Research Director, Hain-Celestial

“Sue Frederick exudes energy, passion and wisdom in her presentations. She is so engaged – and engaging – that she brings others to a point of taking action for positive change.”

LYNNE BRENNER, HR Director, New Hope Natural Media

“Sue teaches people to solve problems in innovative, more effective ways. And she teaches them to work more honestly – using their inspiration to increase productivity.”

AMY MARANOWICZ, HR Assistant Director, First National Bank

“Isn’t that something! That our members purchased property as a direct result of your Keynote! Outstanding and kudos to you! From what I’ve heard, you struck a cord with many attendees, particularly in two areas. By directing the audience to give names to those two alternating sides of our personalities (one with grace and the other without), you identified a reality that besets everyone. In doing so, the chasm that separates individuals shrunk a bit and became smaller. Additionally, your use of the term “giggle” to specify an almost absurd appearing accomplishment/goal and/or dream freed attendees from inherent restraints in a way that transformed seriousness into joy. Congratulations!”

STEVE BERGSTROM, CEO, eRealEstate.com

“Wow! We’re functioning from the high-end of our continuums now, and it’s amazing how productive and inspired we feel. Now I personally understand how to help my teammates function from their high-end as well.”

KATHRYN WILSON, TRS Division, American Express

Top Ten Reasons to **Stop Facing Reality**



Sue Frederick, author of *Dancing at Your Desk: A Metaphysical Guide to Job Happiness*, and *BrilliantDay: 7 Solutions to Turn Your Life Around*, has been called the “*Emeril of Enlightenment*.”

Born in New Orleans to a long line of Cajun intuitives, Sue's story of confusion, struggle, loss, and exploring the path of enlightenment is an inspiring tale you don't want to miss.

This laugh-out-loud, mind-changing, high-energy book will make you “walk away from pitiful” forever.

If you've ever told yourself you can't **HAVE** or **BE** something wonderful – because you “have to face reality” – you **NEED** this book.

Sue Frederick's down-to-earth style makes quantum physics' mind-bending discoveries easily apply to your everyday life. You'll laugh, cry, say “ahaaa” and . . . never be pitiful again.

Sue's work covers all areas – from job happiness to the intangible attitude we bring to every experience.

You'll learn to:

- Stop accepting other people's ideas of reality
- Get bigger than your circumstances
- Understand that your thoughts are written across the sky for everyone to see
- Stop talking yourself out of what you want
- Attract solutions you never thought possible
- Give up pitiful thinking forever
- Have fun – in spite of circumstances!