A dramatic sky with a rainbow and a bird in flight. The background features a bright sun partially obscured by a large, multi-colored rainbow. A dark silhouette of a bird is in flight against the sun. The sky is filled with wispy white and blue clouds. The bottom of the image shows a dark, reflective surface, possibly water, mirroring the sky and rainbow above.

JOHN A. CAFIERO

BELIEVE IT
AND
RECEIVE IT

TURN YOUR DREAMS INTO REALITY

Believe It and Receive It

Believe It and Receive It

Turn Your Dreams into Reality

by
John A. Cafiero



Woodpecker Press, LLC
Bayville, New Jersey

Believe It and Receive It
Turn Your Dreams into Reality

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DEDICATION

To my dad (in heaven), thank you for teaching me so much about life, business, hard work, and success. You taught me to never say, “I can’t.” You stood behind me in all I ever did and was always so proud of me.

I wish you were here to read my book.

To my mom, thank you for giving me life.

To my two boys, Andrew and Brandon, you are my life.

To my Sunshine, you inspired me with the words to write.

ABOUT THE COVER

I took a picture recently while I was outside reflecting on my life and thinking of my dad. The sky was not that pretty. There were lots of clouds, and the sunshine was barely noticeable, hiding behind them. While I was thinking of past thoughts and where I am today, I hit the button on my phone to capture the shot. I don't know why or how, but I know it was a sign. Was it an angel? Was it my dad sending me a message? It really didn't matter. It's meaning was personal and important to me.

As time passed and I began organizing my thoughts for this book, the meaning became apparent to me. The clouds parted at that particular time and enlightened me on what I was meant to do and who I was to become. That photo will forever remind me of my angels and my dad. And, I hope its incorporation into the design of the cover of this book will take on the same or an even greater meaning for you, my readers, as you discover and work toward turning your dreams into reality. Believe It and Receive It!

Dreams can come true for you...

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INTRODUCTION

Is it too late to...

- find your true love?
- make more money?
- create a better career?
- have better quality of life?
- enjoy a healthier life?
- take a risk that could change your life forever?

You might say:

- What I'm looking for isn't out there.
- What's in it for me?
- How do I start living my dream lifestyle and not just dream about it?
- How can I do this?
- Can my dreams really become my reality?

Your questions are about to be answered in this book, *Believe It and Receive It: Turn Your Dreams into Reality*.

This is not just a spiritual myth or wishful thinking. This is a methodical, practical solution for success in life... to manifest whatever it is that you dream about. Unfortunately, most of us don't know this hidden success secret to a great life. Until now.

Believe It and Receive It: Turn Your Dreams into Reality will show you how you can do this. The key to unlocking this secret is human intention. This secret is within you already.

The law of attraction is not a secret anymore. The law of attraction works just like gravity works to keep you on earth. However, gravity only works if you use it properly. If you walk off the edge of a building, you'll fall to your death.

The law of attraction works the same way. Your body has an immense amount of energy that's constantly vibrating at different frequencies. The level of the vibrations will dictate what you attract into your life.

Like energy attracts like energy. It's constantly working. It's a matter of understanding it by bringing your mind and body—your whole being—into the right vibrations to be aligned with the intentions of your heart.

When you learn to do this, you'll attract what you want. Likewise, when the vibrations are not aligned with the intentions of your heart, then you'll attract more of what you don't want in your life.

Your thoughts through intention are the very essence of your life. And if you don't understand this, you shouldn't simply reject it. You must go beyond that and start to understand how your mind works, and learn how to change that to manifest what you want for your life—how to get what your heart desires. When you do this, you'll start to see why you don't get what you want and learn how to change so you *can* get what you want.

Thoughts become things when they are aligned with your feelings, beliefs, and actions.

Look at it this way. Turn that thought around. Everything was at one time just a thought. Everything that's not nature was created by the human mind. Everything you look at was created by a thought. A thought became an idea. When we believe something is possible, then we take action on that dream.

You'll learn about what I've discovered and labeled *dream control*—turning your dreams of thoughts and ideas into your reality.

By taking one action step, you start attracting what you've been dreaming about and your new reality begins to happen for you. It will grow and blossom for you, as a miracle. Just as if you took a seed and planted it into the soil, you take steps to nurture your dream and it will grow for you. Your dream will become your reality in exactly the same way.

Believe It and Receive It: Turn Your Dreams into Reality will be your guide to help you make all your dreams come true *for you*. This book is different because it will show you how to apply this concept to any aspect of your life, whether it be for better relationships, more money, or a new career or business.

Anything will be possible for you when you discover the hidden secrets of your dreams and how to turn those possibilities into your reality. You'll learn to live within the laws of the universe, where expectation is born with belief. And what once was just fantasy for you will become your new reality for your life.

It's your life... Become it... Love it... Live it...

John A. Cafiero

BELIEVE IT AND RECEIVE IT FIRST STEPS

Accept responsibility for your life. Know that it's you who will get you to where you want to go and no one else. Someone's opinion of you does not have to be your reality. You must believe in yourself. You must believe that your dream is possible for you. You have greatness in you. We all have a purpose in life. Discover your purpose and get started today toward making that your reality.

You don't have to be great to get started, but you do have to start to become great. You just need the courage to get going. You can do anything that you dream, but you must get past the fears that are holding you back. Just decide to do it. It's really that easy.

What makes you different from someone else who is living your dreams right now? It's simple. That person represents the thoughts that you are rejecting for yourself right now. Stop rejecting them.

You are telling yourself a lie. That you can't do it. But you can. In fact, if they can do it, you can do it too. It's only you that's stopping you. You simply need to start. Stop placing obstacles in front of you before they are really even obstacles.

You must learn to be uncomfortable and to get past the uncomfortable feelings that you're creating for yourself. There are characteristics and powers within you that you don't even know about yourself yet. Until you get started and out of your safe and comfortable zone, you'll never discover them. You're someone special. You have greatness within you. In order to manifest your greatness, you must first put yourself in a perpetual state of discomfort. You must get started today.

Get busy and work toward your dreams instead of finding everything possible to make sure it doesn't happen for you. Stop creating all of this negative energy by finding ways to sabotage yourself. Instead, apply this same energy toward going for your dreams. It doesn't matter how impossible your goals and dreams are. If you've dreamed about them and you think about them, then those dreams *must* become your reality. Stop waiting. Stop finding reasons they can't happen for you. Stop looking for problems in every situation. Instead, start finding the solutions.

Every problem is not really a problem. So stop calling it a problem. It's a situation. In fact, a better word to describe it is *opportunity*. Whatever you're

labeling as a problem, today, is really an opportunity for you. Instead of focusing on all of the negative energy in a situation, look for the positive energies that are right there before you. When you seek negative energies, you'll find them. When you seek out positive energies, you'll find them. So what will you look for?

Life is about choices, and our choices will determine who we are. We'll make some wrong choices, but they'll just create more opportunities for us. So make a choice today. Choose to begin. Choose to go for your dreams that are right there before you. It's time for *you*. Stop waiting. The time is now. Choose now. You've got this.

Success is something you do well. It's a quality in you that only you possess. Get past your fear. Get up and over your wall, which is holding you back. Just get busy going for it. You'll start to see things change for you. Again, you have something special in you that makes you unique and different from everyone else in the world. It's your dream that only you can manifest for yourself. It's time for you to show up to the game. Allow your life to really begin, starting today.

It's your dream. Don't let someone else live it instead of you.

Author's Note: As you go through this book, take some time to highlight phrases, statements, lines, or words that resonate with you so you can flip through it later and find them easily. You can use a red pencil or sticky note or highlighter or arrows in the margins, for example, and you might even vary your marking method based on the type of things you find, such as phrases you'll use as mantras, to-do items, points that you want to remember and may need to refer to again, or thoughts to reconsider. This will help you more easily revisit things I know you'll want to go back and read again.

DREAM



A lot of times you'll have pressure from family and friends who are telling you what to do. Sometimes they'll judge you. However, you must listen to your inner voice. You spent your whole life thinking there are rules. There aren't. Stand up for your life or you'll get washed away in all this "noise" that surrounds you.

Redesign your life. Rebuild your life. Life is all about change. Change is coming, whether you like it or not. Become your greatest version of you. Rebuild and redesign who you are. Don't rush toward the finish line. You need to be in it for the entire journey, living each day in today—*your now*.

Dream what you want. Picture what you need. But you must picture it in the present tense, in this present moment. Dreams will come true, but only when you consistently put that vision into the present—*your now*.

You were probably brought up and taught that you must be normal. But what's normal? Normal is *not* being like others. That's average. To be all you can be, you must break out of the lifelong programming that you may have heard throughout your life:

- to be something you're not
- to conform to be like others
- to be average

That's why there are so many unhappy people in the world today, so many on anti-depressant medication, so many who drink alcohol, or worse yet, so many who take some type of illegal drugs. All these so-called fixes do is hide or make numb what a person really requires for true happiness in their life.

To rebuild yourself and/or make who you are known, you must find out:

- who you are
- who you need to be
- what you require for yourself

You see, you must be happy for who you are first. Love yourself first before beginning to share happiness and love with others. This starts with discovery. Learning what you truly need to be—the complete version of yourself. Then you must program your mind to believe this will be your reality. This can only happen after you remove what's holding you back and what's stopping you from becoming you. Confront your fears. Fear prevents breakthrough. Remove the fear. Believe in who you are. Live in *your now*.

Life gives us only one ride—just one try. Enjoy the ride and become who you are to be.



If you had the chance to live your life over, what would you do differently and what would you leave the same? What you've done already is only a small portion of what you have or could have done.

Do you have any major dreams or goals that, if accomplished, would give your life a new meaning? Is there something that would give your life a sense of purpose and direction? A personal goal? A career or financial goal, a social goal, some type of contribution?

What would the world be like if everyone lived their dream? Life is about dreams and stories. Everything you see in front of you right now—from phones to a dishwasher, your clothes, your car—was someone's dream at one time.

What are your dreams? Did you act on your dream?

Your dreams come to *you*, and only *you* can bring your dreams to life.

Make Them Come Alive!!!



As humans we share a quality that no other species is believed to have—Imagination. We have the ability to actually picture ourselves in the future. We can see the person we want to be. We have the ability to look into the unknown, but we sometimes stay in the past. It's important to live in the present and look not the future with a reassurance that it will happen as if it already did.

Keep pressing and keep going. One day will be your day. Don't give up and quit, because if you do then no day will ever be your day. Perseverance will win.

We cannot wait for the perfect time or the perfect opportunity, because that will never happen. *You* must create the perfect time and perfect opportunity.

Who are we, really?

Either you believe that nothing matters, whatever happens will happen, or you believe that everything matters. Whatever you can change in your own small way, you will. So what is it for you? Does nothing matter or does everything matter?

What dreams do you have? Do you know? Do you know what your dreams are? Or, are you just living day by day knowing this is all there is to life? If you stay behind your walls, you'll never see the light of happiness that exists just on the other side.

Breaking down these walls will allow you to see. You'll see more without the fears of your own self-destructive behaviors.

There is one *secret* that you *must* understand. Once you crack your wall, you'll begin to see the light of a new day. You'll begin to feel what happiness is. The secret is that *happiness has a ripple effect*. Once it begins, it expands more and more easily.

Whatever you create from your place of happiness will manifest larger. But even better, it will attach and be passed onto others around you. The happier you are, the more happiness you'll attract to yourself. And the more happiness you attract to yourself, the more happiness you'll create for yourself and others.

Tap into your core inner energy and find your place of happiness. It's right there waiting for you.



Are you free? Do you have the freedom to do what it is that you desire?

Life is about choices. But are you free to choose whatever it is that you truly desire?

You have three possible outcomes for yourself in life: sink, swim, or fly. You have total freedom to do or be all you desire to be. The only person holding you back from your true potential is you.

Breaking out of your box beyond its walls—the walls that surround you—is where freedom lies. If you stay hidden in your box, you'll continue to sink or just get by and swim with your head barely above water.

It's when you leave your box and soar high above that you realize there are no limits to how high it is you can go. Push above and beyond. Once you discover your *why* in your life, then you must do what you need to do to get there and discover your happiness. When you fulfill your *why* in life, then you'll experience life the way it was designed to be for you. Don't sit and wait. Move and fly to where you need to be.

It's time to fly!



Saying, I love you.

When you're in a relationship, how do you know if you're in love? When should you say *I love you* for the first time? There's a lot going on when you're in love. It's both physiological as well as spiritual. You both feel it, physically, as well as inside you, spiritually.

Life is all about love. In life we have two choices: love or something else.

Whenever you choose love, you're right. We were put on this earth for love and nothing else.

Let's consider three items to help determine if you're in love. Close your eyes and think of the following:

The first item I'd like you to picture is the sun. Consider how it shows up every single day, sharing its light and energy. Even on a cold February day (in areas that have cold winters), the sun is there unconditionally sharing its warmth. Is there someone in your life that reminds you of the sun? Someone that loves you unconditionally? Picture that person now and feel their love.

Now I'd like you to picture a lighthouse. See the light coming from the top of the lighthouse, shining where the ocean meets the shore. Remember, a lighthouse's purpose is to help guide sailors and boaters home. Is there someone in your life that helps guide you home or helps you toward the path that you're meant to be traveling? Picture that person now and the direction they're helping you go. Consider the direction they're encouraging you to go.

The last item I'd like you to consider is a disco ball. See the light reflecting off of it. You see the fun-loving energy bouncing from it. This reflecting energy of light warms and energizes the room.

Is there someone in your life that reminds you of a disco ball, wherever they are and wherever they go? Consider how they encourage you to live in love.

Show someone the light within you and give your love to another today.



You'll know you've found love when you can truly be yourself and your partner loves every part of that person. When you're in a relationship that's led from the heart with love, doesn't mean you won't have disagreements. It simply means you'll understand their position, too. You'll begin to understand that your time together is a gift and that gift is too precious to live with hatred and resentment. You'll begin to understand you have to love them for who they are and what they believe. When you both lead with love from your heart, you'll both see each other differently.

Find your lighthouse in a partner. A lighthouse is a warm and inviting and guiding light that welcomes you home every single day. This person will bring you home with the light of love. You'll know when you find your true love, when you see the rays of the sun shining upon you and warming your heart—even on the coldest of days. The sun lights up the whole world. This person will light up your world and make you feel as if you own it.

Just like a disco ball, with its reflecting light of energy, this person's energy will combine and become one with yours. This energy becomes you and yours becomes theirs, reflecting constantly back and forth to one another. Light never ends and neither does true love.



There are millions of different objects in this world. Where did they all come from? They came from a dream that was transformed into reality by thought. All our possessions are a result of someone's creative thinking, which was derived from a dream. Most people dream of better things to come. Do you?

Some people realize their dreams, and others drift through life just waiting to see what happens to them. Some never believe their dream can be realized, and that dream unfortunately gets wasted.

Taking control of the belief that your dreams can be realized and putting together a plan of action is all it takes. You can make your dreams come true. You must believe in them enough to take action. Take control of your dreams. Don't waste any more of them. Embrace them. It's all about *dream control*.



Dream possibilities. Before any dream can become reality, you must believe—a deep-seated belief. This is a conviction that comes from your heart and soul. It's a belief that creates a positive vibration in you—a force that's so deep that there's no way you cannot accomplish your dream. This belief in your dream sets the law of attraction into motion by enabling your state of conviction. Your thoughts will correlate with the objects and people around you. Like a huge magnet, your belief and conviction draw your inner subconscious forces to work for you by changing your whole aura, which affects everything about you. Your belief also changes people and objects from near and far. Layers of fears become removed with your increased belief in possibility. Your wall rapidly starts to come tumbling down. With amazing results that you probably never thought were possible, your dreams actually begin to become possible.

You don't get where you want to be or what you want to have for your life by using only your conscious mind. Your conscious mind can only think in black and white or right or wrong. Our subconscious thinks without restrictions, limits, or fear. You get what you want for your life when there is a close harmony between your conscious and subconscious. The subconscious plays an important part in the

magic of believing. Without belief, your dreams will not come true. Miracles will happen, but not until the belief is there first.



What if when you woke up, your reality was what you dreamed about? Your dreams show you how your reality should be. What you dream is what you were or are meant to be.

Have you ever gone to sleep and woken up after you've had a crazy dream? It might seem unexplainable sometimes, because you're stepping into an area of unknown or uncharted waters—a place that's sometimes hard to comprehend or believe. It's beyond your comprehension. Dreams always hold a hidden meaning that may not be immediately clear to you. But, have faith and embrace your dreams. Although you may not know what they mean, they may hold the key to your future.

Lucid dreaming is when it's so real, where you are able to not only visualize it, but you smell it, feel it, and hear it. In a lucid dream, you're aware that you're dreaming. You believe anything is possible, and what you imagine you can make happen. There are no boundaries. You control the dream—*dream control*.

Write down your dreams. It's your reality check. Dreams are electrical signals sent to your brain from the dream that's connected to your heart.

Everything you go through during the day will affect you at night. Open your heart and you'll be able to tap into this energy of resources that's within you. It's a multilevel process to look at your dreams and see what your heart is saying.

On a deeper level, you must ask yourself what you're tuning into. You'll turn into what you're tuned into. You're constantly absorbing energy and information. The dreams you have are a reflection of the life you live and the life you want.

Your fears make for a more confused dream state. Remove the fears and believe, and you'll see your dreams more clearly. You'll begin to understand where you really belong. You'll understand why you belong there, and getting there will be much easier than you could have ever imagined. You will be brought to happiness when you follow your dreams. When you part from your dreams, you move away from happiness. The further away from your dreams you wander, the more removed you are from your reality and the more removed you become from actually being happy.

When you can become who you are 100% and embrace this love energy within yourself, then the passion that's contained in you is sent from your heart. When you embrace it, you begin to actually live. You must live out all of your dreams to become complete with yourself. Your dreams can become your gateway to your infinite potential. It's the key to understanding your life's purpose.

You become awakened when you go to sleep and dream. Your dream state is where you'll connect to your real self. Closing the gap between your dream world and your current world will bring you from your current reality, which may be lacking, to a world of abundance—an abundance of love and happiness. *Things* do not really make people happy. *Love* equals true happiness. It's not the love of things and money that create one's happiness though. It's simply love that will bring you happiness.



Dreams will all come true for you. They make life worth living. Without dreams what are we? There will be no better feeling than when you follow your dreams and they become your reality. When you do, you're an inspiration to others to follow and go for theirs. It's your purpose in life. It's the answer for all your whys. No one is going to make your dreams come true but you.

Life is short. Our days are numbered, so why spend them doing something you don't love? It's time to make the decision to go for it.

If you're going to live life, then live it from your heart's intentions.



You have your dreams and passion for a reason. It's not by chance. You've been gifted with your own inner voice of energy, a talent and potential in you that's never-ending. It's limitless. Yet, most people never live up to it. Understand that this has been given to you, in particular, for a reason. You're one of a kind. You're unique and special, like no other. Don't cheat yourself out of that by not living out your dreams that are born inside of you.

Life is hard. You'll experience some struggles, pain, and hardships, but it's not about what happens to you. These things happen to everyone. It's the way you respond to them that makes the difference and makes you stand out. You can't ever control everything or everyone around you, but you can control how you react to each situation and person around you and what you're going to do about it.

Many people will instead make excuses. However, if you *want* something to go your way, then *make it* go your way. You and only you have the power to change it, and it's up to you to make the difference. The power is in your hands, and that's all the power you need.

Switch out of the pity party if you're in one and never look back.

What's your purpose? What drives you?

Don't let the voices in your head tell you that you're not good enough, you can't do this or that, or you're not worthy. Even worse, don't allow others to tell you any of this either.

Instead, tell yourself that's not good enough. You have a higher purpose and a reason for it. Find out your *why*. The *how* is the easiest part of this formula. Step up and make a statement to the universe. Say the following:

I am capable!

I am powerful!

I will make this happen!

You can create your own future. The design of your future comes from within your heart, and you have the tools to make this happen for yourself. You can become your reality. What you've experienced was made by you, good or bad.

Live each breath one by one, but do it like it's your last.



What heaviness do you carry with you? What pain? What fears? What do you hold inside? You don't have to hold onto any of them. You only have to take one step at a time.

There are some things in your life that are out of your control, you cannot change, and you must live with. The choice you have is how you want to deal with them. You can give up or keep going.

What do you believe? Do you believe in yourself or will you instead believe in everyone else's judgment of you? People judge. People will put you down. These are the same people that won't even look you in the eye.

Some people will ask you how you are, and you may say fine. But fine is not really fine. It's not even good.

What are you looking for? Would you be happy if someone gave you a million dollars today? But, then your mom dies. Would you be happy then? No.

All the money in the world won't make you happy. Money is not something that can heal your soul. Your heart can still be empty with millions of dollars.

Love is all that's really important in life, from those who can really look you in the eye. These are the people who genuinely care for you from their hearts, as you do for them...the people who would do anything and everything for you, as you would do for them. Make a choice, today, to start living from love, because it's all that really matters.

Stop living day to day in a progression without love. Stop wasting the time that was a precious gift given to you. If you feel trapped, it's because you are. If you feel stuck behind your wall, then go to the people who will help you get to the other side, where love is patiently waiting for you, and sometimes that's where love is. It's where love itself is in need of more love. Love gives and love needs more love always. There's never enough, and there's never too much.

Remember to always love from your heart with passion. Look into their eyes and always hold onto their heart with love.



Everything in our universe is energy. Anything we can see, hear, touch, smell, and taste is energy. They are made of different wavelengths and vibrate at different frequencies...just as a song does. It's the same with life.

Your thoughts affect your vibrations, but what you feel and believe can change how your energy moves. Everything in life works in the same way, much like different songs can set your mood or change your behavior.

The brain is a translator, interpreting all these frequencies at different levels all the time. Your brain tells you what it perceives to be your physical reality. However, each brain can perceive the same song to have different meanings or a different frequency of vibrations.

Over time, you have a thought and send out that thought's specific vibration. If a thought makes you feel good and is positive, then it's vibrating at a higher frequency. When a thought makes you feel bad, it's a negative thought vibrating at a lower frequency. So, saying "I hate you" has a much lower frequency than saying "I love you."

The most important part of this is that the more focus you put on a particular kind of thought (positive or negative), the more likely it will be to attract those same energy frequencies. This is the basic law of attraction in action. Like attracts like. The types of frequency vibrations you're sending out is what you will be attracting more of in your life. As the vibration grows it will become much stronger and more stable. This principle does not discriminate between good or bad vibrations. That doesn't matter. What you send out is what you'll attract back to yourself.

So be careful what you're constantly asking for. That's what you'll receive. The more attention you pay to a particular type of subject, the easier it is to attract more of that into your life.

If you think the world is a terrible place and you spend your time looking for horrible news to support what you think, then you'll attract more of that to yourself. Do you spend your time talking with others about how bad everything is in the world, how nothing is fair, and how you'll never have what they have? Well then, your negative mind-set is putting you in a negative-attraction mode. When you surround and immerse yourself into this negative type of behavior, more negativity will find you. You're sending out a message that this is what you desire. What you believe is what you'll receive. And if you were living in this type of space and you meet someone that says the world is a wonderful place filled with love, then he or she is probably going to annoy you.

The energy of their thought is completely opposite and foreign to yours. The thoughts you think form a collective vibration. Some are more negative, and others are more positive; however, the majority of your thoughts are going to be within the same frequency range.

Again, if you think predominately positive thoughts, your overall frequency will be higher than if you were to think predominately negative thoughts. This collection of vibrations will also affect the vibrations to which you'll have access.

If you're a predominately negative-thinking person, then you'll have a very hard time thinking cheery, happy thoughts filled with love. The crazy part of all this is that this may be exactly what you want and desire for yourself. However, instead of moving toward it by changing your beliefs, you discount the belief. You don't allow yourself to believe this is a possible reality for you. You wish it away. Instead, you tell yourself and believe the fears that stop you and keep you behind your wall and hidden from the world. You allow self-doubt, self-hatred, and self-denial to control your beliefs. This conflict within you is between your heart's desires and your brain's thoughts.

You're not simply a collection of your thoughts. Who you are is pure positive energy. Your natural state is one of high vibration. Humans are born with only high vibrations built with love and the desire for love.

So if you have no negative thoughts clouding your mind, then you'll naturally return to that high state of positive vibrational frequency. Any thoughts that deviate from this natural state of high-frequency vibration will bring your overall state much lower.

What you must remember is that you have the ability to deliberately choose which thoughts you think about. Most people allow themselves to be at the mercy of their thoughts, letting them determine their collective vibrations. You don't have to do this. You can change your energies at any time.

There are ways you can raise your vibrations. You can do this one issue at a time. The most important thing to remember is that you have the power to choose your thoughts, and therefore, you have the power to change your vibrations and how you feel. Make a commitment today that you'll no longer put up with not feeling good. Not being who you really are. Deliberately choose the way that you were meant to feel. It's your *natural* state. Anything other than your natural state takes you away from the natural happy being that you really are inside. All you have to do is *allow* yourself to return to it. You were born with that state and simply must get back to it.

Let go of your negative thoughts. When you do this, positive thoughts will fill in and take up the space you've created. Remember, we are all energy. Everything is energy. Positive thoughts and feelings create a very high-frequency vibration and negative thoughts, a very low-frequency vibration. This is not just wishful thinking.

Thoughts have energy, and that energy varies between negative and positive thoughts. Negative thoughts and feelings will shrink your energy field, whereas positive ones will expand it. Having a larger energy field will attract more positive energy to you like a magnet. On the flip side, the same will happen with negative energy and you'll attract more of it.



You'll find your purpose in your heart. That's where your dreams are born. Your brain is the processor of this information received from deep within your energy source. The key in all of this is that your brain can be taught to become as it once was when you were a child. You must go back to that child state, when all dreams were possible without any doubt.

This is your life. Take control of it. Dreams can come true—all of them, no matter how crazy they seem. Your dreams are most likely not crazy. Your dreams are who you are meant to be. With *dream control*, you take hold of your dreams and make them come true. A dream is not a dream once it comes to fruition. No dream is too big of a dream, because that dream is you. It's who you're supposed to be. It's where you're supposed to be.



In life, we're always waiting for something—waiting for a dream to come true. Waiting to meet the right person. Waiting for a problem to turn around. And when it doesn't happen as fast as we'd like it to, we become frustrated. The frustration

you feel will take control of you, and the discouragement can be enough for you to turn and walk away in disbelief. This usually occurs for people just moments before a particular dream would come to pass. If you allow your belief system to be crushed by your mind-set, your dreams will never be realized.

However, when you were a child, the distance between your dreams and the moment in which you were living was zero. You probably never questioned any of your dreams.

However, now that you're older, your dreams are filled with many clouds of doubt, hiding the sunshine behind the wall that keeps you hidden in the darkness. The distance between your dreams and your reality grows, and as time goes by that distance becomes much greater.

The key is to get back to that childlike state, where dreams are within reach. It's a place where your possibilities become your realities, and when you wish upon a secret star to come and shine down on you, it will.



Visualize what you want for your life. What you want is out there. You must bring it toward you. You're a creator and can create what you want. Put your desires out there. When you can believe what you want is already here, then you'll manifest it for yourself. Your intention is everything. Nothing can ever happen without your intention. This is common sense. Unfortunately for many people, common sense is not so common.

Like attracts like. You're a magnet. Who you are is what you'll attract. If you're a kind person, then you'll attract more kindness. If you're a positive person, then you'll attract more positives for yourself. If you're a negative person, then more negative will gravitate toward you, like a magnet.

Common sense tells us that, if you see it in your mind, then you'll be able to hold it in your hands. But you must first *ask*, then *believe*, and then you'll *receive*.

Stop trying to figure everything out. Trying to figure it out is what freezes you. It holds you behind your wall. It's time to come out and play. To live again—as a child.

Science and math says, "Show me and I will believe." However, life works differently. In life, you need to believe and this book will show you.

The only way you can get to the next level in your life is through gratitude. If you show gratitude in your life, then you will get to the next phase much more

easily. We must let go of negativity. Laughter releases negativity. Laugh and smile in all you do, and the negativity will have no choice but to leave you. Laughter causes miracles to happen. Miracles happen when you believe they will.



Have no limits. Have no container. Your body is not where *you* end. Everything outside of you is *you*, too. Separate *the stories in your head* from *who you really are within your heart*. Your heart is all that matters. Present the best version of yourself where ever you go. Free yourself to find your true identity. To find real peace, you must let go of your container. Come out of your box as a new you. Separate from the fear of where you're hiding. When there's no fear, anything can happen.

Be playful as a child—without any worry of falling down. That's how you should live your life. Yes, you might fall at times. So what? Don't worry about the *chance* that you might fall. This act of worrying could prevent great things from happening in your life that will allow you to enjoy your journey much more often. Life is meant to be lived from your heart. Don't get stuck in your mind or your box or behind your walls. Although you may think they're protecting you, in reality they're only preventing you from being yourself and living to your full potential. They're preventing you from being who you truly are. Become the best you that you can be. Let that person go and play freely without the restrictions of your mind. There are no rules in your heart, only un-lived or unfulfilled dreams. Stop merely dreaming and allow those dreams to become your reality.



A lucid dream is a dream where you're semi-conscious and self-aware while dreaming. Your reality and dream world become one.

The dreams you have are the reflections of the life you live. Dreams help you realize how you're feeling. Everything you manifest in reality, you manifested in your dreams first.

With dreams you become the architect of your own reality. To dream lucidly, you must surrender the world in which you currently live. You must allow your mind and heart to become one. Let go of the stress. Let go of your current reality and begin to allow your new reality (in your dreams) to manifest before you. Allow

yourself to get into the Alpha state of mind, where your mind and heart come together. In between sleep and awake is where you'll find your true purpose, where your mind understands what your heart is telling you.

Let love (not fear) guide you, and you'll become the greatest version of yourself.



BELIEVE



How do you impact others around you? What cause do you stand for? What do you believe in? What are your goals and dreams? Do you let your past determine your future? What are you doing today to work toward living out your dreams?

Do you let someone's opinion of you become your reality? Do you allow yourself to be humiliated or are you liberated?

When you look at yourself as all that you *could* be, then you can become what you *should* be.

I'm going to repeat that. When you look at yourself as all that you *could* be, then you can become what you *should* be. *You must believe.*

If you could do your life over, could you have done so much more?

When your desires are different from your beliefs, you'll always manifest what you believe. It only takes one time for someone to tell you "you can't do something" for you to believe that *you can't do it.*

However, to help change your belief to the more positive *you can do this*, it will take hearing that *you can do this* 20 times to undo that *you can't* belief. You must tell yourself *you can do it* to neutralize these negative suggestions every time someone tells you *you can't.*

You must believe. You must believe in yourself. You must *know you can.* You must know how to get the help that you need to get where you need to be.

Things don't just happen. Things happen because you choose them to happen. Most people don't believe because they've been told not to and that we live in a world of limitations.

But we don't. There are no limits. The only limits are yours and what you choose to believe.

Believe in yourself! Your dreams can come true!



Trust is like invisible hands that we stretch out into the world for someone to hold onto as we walk into the unknown future. This seems like such a simple thing. However, when you try to pin it down, trust can be elusive. For many of us, that initial tension exists so much of the time. We expend so much energy watching, calculating, trying to predict, wondering, and reading signals in people in our lives—ready for anything to change suddenly and preparing to be disappointed. We shouldn't spend so much energy on this.

Of course, it's such a tragedy when trust is broken. A betrayal can make you

think of all the other potential betrayals that are waiting for you because of things you haven't thought of yet. You can feel yourself tightening up, bracing. The worst cases might force you to resolve to trust no one. However, that doesn't really work because trust is your relationship to the unknown. When you can't control things—and you *can't* control everything—then it's all or nothing. It's a slow and steady practice of learning about the capacity of the world. It's worth it to keep trying; but it's not easy.

We usually talk about trust as something we build, as if it's a thing. But in building it, there must be an understanding of the benefits of letting go when it becomes necessary. Letting go will allow you to:

1. Stop thinking and stop worrying whether or not someone will catch you if you fall
2. Stop constantly scanning for inconsistencies
3. Stop wondering how other people act when they're not in your presence
4. Relax of your mind from all this
5. Put your focus on what's ahead of you

When trust lets you down, you must refocus on what's most important to you.



Emotion is the force of life. What is it that drives you? Why do you do what you do? What is your motive for action? The motive for internal drive activation is the most important thing in your life. Again, emotion is the force of your life. It drives you. We all know how to think, yet it's emotion that can change rational thinking for both the better or worse. Our minds have the ability to work rationally. Most of us think we rationalize in our own self-interest, but that's so not true. It's our emotions that make most of our final decisions. The stronger the emotions are, usually the further from rational the decision is. Again, not all irrational thinking is inherently bad. This emotionally driven decision-making makes for decisions that, at times, go beyond your comfort zone and can spark great creativity or allow you to take chances that you normally wouldn't.

Positive outcomes that mirror your heart's intentions can come out of you when you can consistently move yourself and others into action, because *you* understand the invisible forces of your emotions, which shape you.

So how do you take the invisible and make it visible? How do you take your dreams and emotions and make them your reality?

Dream control is when you can go from your dream to reality, with you steering the direction of your life to head on that path. We dream of all sorts of different things, such as a better career, more money, a loving relationship, a happy family, and good health. Once you learn what it is you want for your life, it becomes much easier to get more of it for yourself.

However, fulfillment is a bit different. True fulfillment can only come from appreciation of what you have, as well as your contribution to helping others. You can have all the money and cars you want, and even the perfect relationship, but it's not good enough if you're not totally fulfilled. Some people could have everything they'd ever need in their life, yet they might still not be happy.

Then there's the extreme opposite example of a person who has always had misfortune, is not well off financially, and is often challenged with problems, yet they still give the most back to society. They don't allow their misfortunes to control their happiness. They still find fulfillment.

The problem occurs when people believe that the past will equal their future, and this will be true for you if this is what you believe.

Decision-making is the ultimate power. If you make a decision and fail, it's so much better than not making a decision at all. Indecision will cause more pain in your life than making a wrong decision.

Most people will tell you they didn't achieve a goal of theirs because they lack the time, money, or intelligence to get there. And all of those may be true. However, if you have emotion at the proper level, you'll have the power you need to achieve anything your heart desires.

You have three decisions to make at any one moment in your life. You can consciously and unconsciously ask yourself the following questions over and over throughout the day, everyday:

1. What am I focusing on? Feeling is focus. You can choose the past, present, or future—yours or others.
2. What does all of this mean? How you process this is the key to understanding your life. It will define and shape you as you go forward.
3. What action are you going to take? Do nothing? Just wait and see what happens next? Or, will you take steps to get to the next stage of your life? You can move backward, sideways, or up and forward. This is your choice.

Changing your answers through belief is the key to changing your reality.

All of this happens consciously and unconsciously. Think about your decisions in the past to determine whether or not you need to change now. Are you where

you wanted to be at this point in your life? What you are emotional about will determine what happens next.

What are you passionate about?



Power of silence. Just as sound is powerful, silence is also powerful. When you can find true silence within yourself, then you'll only hear the subtle voice of your heart speaking to you. To find this silence, you must be in an alpha state of mind. This is the place between just being asleep and awake, where your conscious mind is connected to your unconscious self. True silence is not only when you're not surrounded by noise, but also when you've gotten to this place of in-between. To get to this place of silence, you must be able to do so without using the word *silence*. If you *tell* yourself to be silent, then you'll have a hard time getting there. You must drift into this silence naturally.

When you do get to this place, you'll feel this power that you possess. You'll be able to find out things about you that you didn't know. You'll be able to discover yourself. You'll see what the right and wrong paths are for you.

Achieving whatever it is in life that you desire is the easy part. Discovering who you are and what your purpose is, is where most people struggle. They don't know their *why* in life. The *how* becomes so much easier when you have pure clarity on your *why*. Your *why* is your purpose. With purpose in your life, it becomes so much easier to find happiness in your journey.

Find your silence. You must discover this silence within you. You'll learn things about yourself that you never knew existed ever before. You'll become awakened to your purpose in life, and you'll learn your *why*.

Clarity of purpose is required prior to any journey if you don't want to get lost. If you don't know where you want to go, then most likely you'll never be headed in that direction. With clarity in your direction, your road map becomes so much clearer and finding happiness will be so much easier.

Just knowing your purpose creates happiness in the understanding of your *whys*. Understanding your *whys* will define your purpose.

What is your purpose? Do you know it yet?



Beauty and protection are nature's way of survival, because we protect what we fall in love with. It opens our hearts and makes us realize we are a part of nature and not separate from it. When we realize we are part of nature, we'll realize we are part of something so much larger than ourselves. We'll realize we are all one. We are all connected as one—one life in one universe with one love.

We can only realize this when we become present in this moment of right now. We connect deep inside of ourselves, where we find our inner voice. These inner voices are what connect us together in one universe. It's an energy that we all have, and we're all connected to a universe that celebrates life.

Eighty percent of the information we receive comes through our eyes. But this light energy usually blinds us from seeing the reality that's before us—our reality. And, it's our brains that process this illuminated energy to see pictures that we use to determine their degree of beauty or their level of darkness and danger.

If we seek the beauty in everything, we'll find it when we focus on looking for it. Beauty and love are always there.

When we're grateful for all that is before us, then we'll discover this energy that connects us all and is in everyone and everything around us. When you start to open yourself up to the universe, you'll discover more and become more than you've ever imagined before. It opens a path to explore more. The beauty is in the journey and not its final destination.

Look for the beautiful in all you do. Look for the beautiful everywhere you go.

Each day that you wake is not just a day. Each new day is an opportunity to begin once again—a renewal. Each new day is a precious gift, and this gift is given to you. For that you must be grateful.

Focus on gratefulness. Live each day as if it was not only your last day, but as if it was your first day. Open your eyes and do it with an opened heart, seeking out the love and goodness that's always before you. Find and hold onto the energy that holds love in it. When you find love, hold onto it and don't ever let go. If you don't take care of love, then it will leave you. Look for it and you'll find it. Make sure you care for it and are grateful for it.

Life flows with amazing energy held together with love. It's energized with love and the gratitude of that love. There's a gift before you that's the best present you could ever receive. A gift that cannot be seen until you open up your heart and feel it first.

Then you will see it, touch it, and live it. You'll feel it just by your presence of living in this moment of now.

When you allow gratefulness to take over, you'll then experience the greatest gift you ever experienced in your life—and that's life itself.



Overcome the feeling of hopelessness. Change your obstacles into opportunities. You're looking for hope. Hope is something you can acquire over time. You have a choice either to be angry for what you don't have or thankful for what you do have. This is a powerful choice. It's a choice that has the power to change how you live your life.

When you feel like you don't have enough love or hope, you'll start losing your strength to live. You'll live in a box and surround yourself by walls. These walls are your fears, and they'll hold you back from the opportunity that's waiting for you.

The world holds a lot of anger and is lacking love and hope. Without hope and love, we ask ourselves why we're even here.

People will try to discourage you from time to time and tell you that you should have no hope. These people can bring you down when you're feeling good and bring you even lower when you're already feeling badly. They'll fill you with discouragement. But these naysayers are not your biggest discourager in your life. You are.

Someone can say something to you in few seconds to discourage you, but it's you that may never forget their words. Words are powerful, and these negative words grow with these lies. They will force you to give up if you believe them.

Believe in something you cannot see. Having faith is what will get you out from behind your walls.

Every single human being has value and a purpose. Every single person deserves to feel loved and to grow beyond the walls of their box. It doesn't matter what you have, what you look like, or where you live. The world is in need of more love. The world must give more love to others, every day. Each of us has this power to give more than we do now. Love is an unlimited asset that's available to all of us.

But if we have this unlimited asset within us, we have to question why we kill each other with our words? Why do we see bad instead of good? Why do we see ugly instead of beautiful? Why do we see worthless instead of valuable? What is it that you're looking for? Are you looking for beautiful or ugly each day?

What you seek is what you'll find for yourself. What you believe, you'll receive. Love heals your soul. Love will give you the power to come outside of your box.

You must realize that every day your choices will affect your life, other people's lives, and your eternal life.

You must discover the truth of who you are and why you're here. The greatest day of your life is when you discover why you're here and you take that *why* and turn it into your reality. We all have a purpose. We all have a soul mate out there. We all have love to give. We can all give more love than we do each day.

We all have hope. Yours may just be locked up tight inside of you. Find it in yourself. Release your walls of fear and let out the love that you hold onto so tightly.

Love attracts more love. Give it and you'll receive it.

Most women—and even some men—will stay with their abusive spouses, because they will actually believe no one else will want them? They believe they're not beautiful. They believe they're not good enough and forced to settle for less than they deserve. We settle because we do not believe. We settle because we feel safe behind the walls of our box. We settle because we lack faith and hope.

We all want love. So stop. Just stop living inside of your box. It's time to come alive again. We only get one life, and each choice we make has eternal consequences. Each breath should be filled with passion, and each exhale should share our passion with those around us.

Believe in miracles. Your miracle may not happen for you today, but it will come. Miracles will attract other miracles. Dream big and never give up. And, consider being someone else's miracle. Imagine the happiness that you can spread. The happiness you create for someone else by your generous actions will bring you happiness, too.

Although dreams of money, fame, cars, jewelry, and fortune may seem very appealing, they are never enough. None of those things will ever satisfy you completely.

You must take one day at a time and live that day the best way you can. If your miracle is not meant for today, then try to be someone else's miracle. Bringing them happiness will bring you joy, and that joy will allow you to see things differently and bring you closer to your own miracle.

Live without walls. Live your life without limits.



It's obvious that we were born to be nurtured, but we grow to become independent and self-sufficient. We tend to forget that we're born a social species. For our species to survive, we must instantly have the nurturing from our parents and they must have the ability and desire to do this for us.

As we grow, this nurturing never really goes away. Yes, we become independent, but the need for affection is still within us and never goes away. Too many people believe that they can go it alone; they don't need the touch and emotional support of another human being. But this is a false belief and they are only lying to themselves. They are denying themselves one of the most important core needs in their lives. The feeling of love. To be nurtured is a feeling of deep and unconditional love.



There are so many animals that have much more developed abilities than we do. They can hunt better, run faster, see and smell better, are stronger, and can survive on their own much more easily. We as humans were not truly designed to be alone. We are not as efficient without the love of another. Our ability as a human to survive is based on our collective—not our individual—talents. Our evolutionary advantage is our brain and our ability to communicate, plan, work together, and reason with one another. We are connected through invisible forces that attract us to one another. We were designed to be together, to all live as one, and to grow as humans. We were not made to become independent and live in solitude. We were put here for a purpose on which others can depend. We are here to help each other, to live together as one, and not live alone without a loving partner to be there in good and bad times with us. I believe we are meant to share with one another and not live a desolate life alone.



Let's analyze the traits of a good person versus the traits of an evil person. A good person cares about themselves and others. They are kind, generous, compassionate, and empathic. An evil person is selfish at the expense of others and usually cruel, greedy, and exploitative.

We have a built-in biological warning system to warn us of different issues within our bodies. When we are hungry, we feel the pain of our need for food. When we're thirsty, our biological warning system triggers our need to drink to prevent dehydration. When we feel pain from an injury, we're warned that our flesh has been damaged and we must protect it.

But it shouldn't stop there. The pain and adversity of loneliness is pain we feel internally, and must recognize and deal with. It's a pain from a lack of social interaction and love of another. Human interaction is a need we were born with and carry with us throughout our adult lives. We sometimes try to deny ourselves that this is a basic human need, just as food and water are, but it's a requirement. And for those who would argue this point, you're lying to yourselves.

Having another person care for you and you for them is a natural human need that began in the womb. Believe in it and strive for it.



We all have dreams and goals in life, but very few of us achieve all of them because obstacles get in the way. The frustration of unrealized dreams can be overwhelming. The fear that you won't get what you want will prevent you from getting there. Disappointment can be turned into drive, or you can let it destroy you. It's your choice.

Everyone feels afraid at some point in their life, but sometimes they don't become scared enough. They start to believe that their current situation is where they need to be instead of living out their dream.

Don't become content with defeat and just settle. You must look at the problem, and consider what it would take for you to make a change for the better. Determine what area in your life you would like to improve right now and go for it.

Who you spend time with is who you become. These people begin to rub off on you, sometimes for the better and other times not. Think about your friends, colleagues, and family members who have traits that you would like to have and spend more quality time with them. You'll see that you'll begin to think like they do. You'll also begin to see opportunities arise in situations that you never noticed before.

Understand that you won't become what *all* your desires are, for example, to be physically fit, have more energy, have a healthy relationship, or have more money. You must focus on what's most important to you. You will become only what your "musts" are.

You must evaluate where you are. Take an assessment of what you do and don't have. Then decide where you'd like to be. Simply put, all you really need to do is to close the gap between the two. Make what you desire for yourself a *must have* for your life. When you *must* have something, you create the vehicle to bring your dream to reality. When you simplify these to basic steps, you'll start to realize this

is possible. You can find the road to success and accomplish what it is in your life that will fulfill your purpose. You must know your *why*. This is the easiest part; yet, most people get stuck here.

You have to change things up a bit. Break out of your routine. Figure out what you really want out of life and make that happen for yourself.

You'll get different results by improving on what you've tried before. Take parts of what has worked before and try modifying them slightly or attempt something completely different to create that change for yourself.

Don't allow yourself to get stuck here merely because you may have failed before. Failure is *not* the only result. You *can* make a positive change for yourself.

When you believe that failure is not an option, then opportunity becomes your new reality. When you believe that this new desire is a *must have* for you and that absolutely anything is possible for you, then it will be. You'll see a shift in the results when a desire becomes your *must have*. You obtain your *must have* only when you believe that you can.

It's not what you get that will make you happy. It will be what you've become and what you're then able to give because of who you are.

It doesn't matter what happens to you in life. What matters is what you're going to do about it. Move forward so you can grow and get on with your life. Take charge of your dreams so you can fulfill them.

The only way to create a change in your life that will make a difference is to take massive action. Change will only come when you change what you're doing—when you change your focus from a simple desire (which we all have) to a must-have attitude. Stop simply dreaming and wishing. It's time to start taking massive actions to fulfill your desires and bring your dream to fruition. This is dream control.



Family and friends are usually the biggest vision, dream, and passion killers. They're also usually the first to try and talk you out of something you're passionate and excited about, and for which you have a vision.

Those with no dreams, goals, or ambitions will be the ones who try to talk you out of your dreams. However, you have the ability to choose your own future. It's not only possible; it's absolutely necessary.

It's very important that you get the negative energy drainers out of your life. The best motivational speeches I have ever heard have come from people that have

no dreams or goals. Why? Because when I hear someone tell me that *I can't* do something, it makes me determined to show them that *I can*. Tell me I can't, and I will.

My dad taught me one lesson over and over and over. He always told me to never tell yourself that you can't do something. It doesn't matter what it is or if it seems to be impossible. "I can't" can slow you down, stop you, and even turn you around to go backward, but only if you let it.

Who has the right to stop you? This is your life. Nobody has the right to tell you *no* or that you can't do something. It's nobody's right but yours. It's your right to be who you want to be and do what you want to do.

People will try to discourage you, but only if you let them. No matter how good of a day you're having, they're the ones who will bring you down. And, if you're having a bad day they'll bring you even lower. If you take a look at the three biggest discouragers in your life, you must realize that they really aren't. Only you are. Don't let anyone discourage you.

Never quit. If it's in you, then you must bring it out and let it shine. Just because you failed, doesn't make you a failure. Just keep going. Never say, I can't. Instead say, I can, because there's no better feeling then when you get to the point where you can say, I did it!

Failure only exists within your head. If it's in your heart, then it's possible for you. In fact, it's not simply possible, it's mandatory for you to find your true happiness. Obsession is not a bad word when it applies to your passion and pursuit of your dreams. Obsession is mandatory. You must be obsessed to get to the point of completion. An obsessed determination is the single-most critical ingredient to your achievement of your life's desires and dreams.



Everything you think, believe, say, and do goes out into the universe as an energy frequency. These same frequencies attract like frequencies and come back to you multiplied. The universe is listening to everything you say and believe, and gives you all that you want. But, most people talk very negatively. They will hold onto negative beliefs about themselves—about how they are not good enough, not good looking enough, not in good physical shape, not making enough money, not happy with their job, or not in a healthy, loving relationship.

How can the universe bring you anything good if that's the way you're programmed to believe and speak?

You need to learn how to love yourself, to love and adore who you are. Look into the mirror and say, “I love you. I love life, and life loves me.” Move away from the poor-me-that’s-never-going-to-be-enough me, and remind yourself of all that you’re grateful for each and every moment you can.

You may—in disbelief right now—be saying to yourself that you can’t do it because you don’t believe it to be true. Maybe you don’t have a job or a good job or you’re not in a healthy, loving relationship. Maybe you’re thinking, how you can get yourself to believe this. Well, it all starts with just focusing on what you *do* have. As small as it may be, you probably have much to be grateful for. Think about it and be grateful for the smallest of those things and focus there.

When you take this step, it’s like planting a seed that grows. When you plant a tiny seed, sometimes it will sprout and grow into a beautiful flower. The seedling will only grow, especially in its infancy, when it’s cared for and nurtured. It needs constant attention with fertilizer and water and sunshine. But what happens as this small plant really starts getting its roots into the ground? Once grounded, it takes over and grows exponentially. It multiplies in size and strength. It eventually bears a beautiful flower, sometimes with seeds of its own. It drops its seeds, and they spread to grow more. With your attention, eventually you could have a whole field of flowers from just one seed.

The law of attraction works in similar ways. Focus on the tiny things with positive frequencies in your life, and they will attract more for you. They will grow and multiply rapidly. Just as the negative thoughts and behaviors only attract more negative, positive thoughts and behaviors will grow in the same fashion.

Make a conscious choice to exert your energy on the positive vibrations in and around you, and more of those will naturally come to you.

Remember, what you believe, think, say, and do is always being listened to by the universe. Focus on the frequencies of energy that you want more of.



If you look at all successful relationships, they all have one thing in common—emotional satisfaction. If you satisfy your partner emotionally, then the rest will naturally fall into place. When we feel good in a relationship, it’s because our emotional needs are being met.

Think about all of your past relationships. Think about the reason why you’re not with these people today. Most likely those relationships were not emotionally satisfying to you. You may find yourself in the same type of relationship over

and over again, even with very different people, and for the same reason it didn't work in the past. So now it's time for you to be in a relationship that meets *your* emotional needs as well as your partner's.

So, what emotional needs are we talking about? Emotional needs vary from person to person, but the most common emotional needs are appreciation, understanding, being heard, acknowledgment, and respect.

All of these needs represent a particular manner in which we show and express love to one another. Paying attention to and understanding the emotional needs of your partner and them doing the same for you will allow for a dynamic relationship that will evolve in time with intimacy, trust, friendship, and a feeling of completeness and satisfaction.

Too many couples are too quick to move onto someone new, because they didn't realize they were just not in tune with the emotional needs of their partner.



How can we *stop* absorbing the negative energy of other people?

We can all feel each other's energy. Our energies—both positive and negative—get absorbed from one another and combined with ours. Some people have the ability to tune into others energies to actually realize what they're feeling by picking up the different frequencies they're sending out.

Sympathy is showing compassion for another's sorrow. Empathy is actually tuning into and *feeling* someone else's feelings. You can actually feel what they are feeling. Your mind and body aligns with theirs. This happens naturally between people, but it can be controlled.

So if we want to stop absorbing the energy of other people, we must try the following:

- Remember that not everyone will like you.
- Accept the fact that you cannot help everyone or change anyone.
- Move away from the negative energies when you notice them, or their energy will consume and combine with yours.

Everyone is here for a different reason. Your reason is different. Nice people finish last because they're not true to themselves. Nice people usually just try to please everyone else and forget who they are. There is nothing wrong with being nice, but understand that you cannot please everyone. You must first think and remember who you are and what you need.

Another great way to stop accepting someone else's energy is to not invite it. We attract what we invite. So, stop inviting what you really don't want for your life. Don't invite every single person into your life. Be conscious about which people you let into your life. It's your choice.

Don't pay attention to everyone. Other people can live on your energy. They will suck you dry of your energy like a vampire. Whatever you focus on grows. These people make you think of them, and in so doing, they steal your energy. However, if you *don't* pay attention to them, these energy stealers will not have the ability to tap into your energy and steal it from you.

The key here is to *not* pay attention to the energy stealers. Instead, be careful where you focus your attention. Focus on what you want and not on what you fear.

Let the energy stealers go and don't let them give you their energy either if it's not what you want for your life.



A combination of meditation and breathing is a way to get back to your true self so you can realize what energies you're currently absorbing. By slowing down, you'll realize where you are and what energies you're attracting. How you carry yourself will invite others to steal your energy. Keep your head up. Energy stealers look for those who keep their heads down. Keep projecting your positive energy. You must change your internal condition before you can change your external condition. This takes focus to stay at a level where you can defend yourself from the energy stealers.

Take responsibility for your internal condition. How you feel inside is what you'll project externally. To stop absorbing the energy of others, you must take responsibility for how you feel. You have this power within you. The universe sends people to you purposely. They are sent to you to teach you and them a lesson at the same time. You attract what you need every moment. When you change your frequency, you'll attract a new energy. You need to change your perception. How you see yourself is the only thing that matters, not what others think of you. Let go of your fear. Move past that by embracing who you are. Mind control is driven from within your heart. Be yourself and love yourself. The more you can be yourself, the more you can have empathy for others. However, you need to understand how to control what you attract to you. We live in a universe of unlimited powers and possibilities.

Your heart knows what you need. You attract what you are. You need to raise your vibrational energies. Like attracts like. You attract what you give permission to

attract. Everything in the universe is based on a relationship. It's based on a sharing of energies.

So you must make a determination whether someone is taking more energy than they give or deserve. It must be an equal exchange of energy. Does this person make you feel good or not? That's the question you must ask yourself.

We all must change what we're tapped into. Change your vision. Be careful what you're attracting to yourself. Be conscious as to what you're tuning into when absorbing others energies. Protect yourself from negative damaging energies.

Change what you're attracting by becoming more aware of who you are. This can be done by tapping into your heart's desires.

Simply being polite to others is not enough to get through life. You need to be direct and true to yourself. Be yourself. Set energy boundaries and learn to say no. You can control what energies you attract to yourself. You must learn to say no to energies that don't align with your heart's desires. You don't want to hurt others, but you say no to others so you can stop hurting yourself. The more you connect with yourself, the more you'll be in tune with what you want and need for your life.



What do you do to minimize or stop the hurt of missing someone? You can miss someone because they have passed on, after breaking up with them, or when they've moved away. You'll be left with negative feelings of loneliness and may want to be left alone for a while, which is typical behavior. This is the worst way to handle this type of separation. Having the desire to hide in a box and stay there until the end of your life will not help you move past this.

You need to control your feelings so you can get back to normalcy. This is a difficult task when you lose someone in your life, because there's always something around to remind you of them. When you're constantly reminded of them, the feeling of absence of your loved one can be unbearable at times.

Instead of denying this feeling, cry and talk to people you trust instead of running away, drinking, eating, or suffering in self-pity. Expressing this sadness eliminates the tension you feel. Don't withdraw from life. Instead be in touch with people and yourself.

I write song lyrics to express my feelings and help let go of them in a positive way. You can also try writing in a journal about all the positive things that came to be because of your relationship with this person. If it's a relationship that didn't work out, maybe the only positive you might discover is that now you're free to

move forward with your life. If it wasn't meant to be, then maybe it just wasn't meant to be.

In sad times, find some activities that will occupy your mind and your attention. The goal isn't to forget; it's to remind yourself that you can move forward without this person in your everyday life. Design your days so that every day is filled with content. Don't allow this circumstance to indulge you in negative, pessimistic thoughts and self-doubting or even feelings of self-hatred, which will cause you to deny yourself of finding happiness again.

Try something you've never tried before. A new activity will bring new light to a situation of sadness. New interests will bring about new changes. Try a new hobby or activity, and it will give you a new place to go and new people to meet.

Try some meditation to calm your mind and get in touch with your heart. Remember that the goal of meditation isn't to control your thoughts; it's to stop letting them control you. Meditation is a great way to get back to focusing on your core being. It will bring new light to a sad loss in your life and will help you remember who you are, instead of trying to find yourself outside of the person you think you are. Get in touch with yourself again.

When you miss someone, it's an abrupt change in your normal habit or routine. It's not the habit or routine that you miss. What you're actually missing is the emotional states, sensual feelings, situations, and everything that you experienced with that person. Understand that next time all of this, even in identical situations, will be completely different.

Life brings us changes on our journey everyday. Some are subtle, and others can be life changing. Some emotions are not meant to be compared or shared with anyone else again. They will be there for us as beautiful memories.

The journey of life must continue to new and higher grounds. All of it is part of learning, growing, and living from the love within our hearts.



Amplify your internal presence of sunlight and expand its great radiance outward to touch other people's hearts today. Your inner heart's love flame must touch others each and every day. You must always give this to others. Don't hold it within yourself, captured behind your wall.

You'll see physical and spiritual changes in yourself when you begin to understand the importance of giving all the love you can to others. This positive energy will attract those that need it and want to give theirs as well. Practice giving love.

Love has a power that's much stronger than any trouble that could possibly come to you. It will always prevail. When you focus on the power of love, you'll become stronger and more love will naturally come to you. Consciously release yourself to others. Your love will become stronger and thereby make you stronger. Release yourself. Let go of all that's in the way of this process.



So much of the fear in life usually stems from something we think we can't control. Whether it's caused by other people or by nature, we try to avoid the things we can't control. However, that limits us from becoming more empowered and stronger than we were before. When we're tested, we grow the most. It's in the tough times that we discover ourselves and are then able to shape our character into a stronger and better version of ourselves. When we hide behind our wall, we waste our time and avoid our true purpose and meaning in life.

When we get lost in fear instead of dealing with it head on, we can't fulfill our true purpose. We cannot discover that true purpose without learning from our mistakes and getting past these bumps and detours in the road. We learn who we are by learning who we no longer want to be. Our dreams become stronger and with more clarity than ever before when we can get through our tough times.

Not accomplishing what you set out to accomplish on the first few tries is okay. It helps you to dig deep to really define yourself and highlight your positives. The traits you have will expand once challenged. It's a test designed to help you become better.

Your delays in life are not your denials. Don't let them be. You can only become your true self by living through your troubled times. Don't compare your design to others around you. You are you.

Your plan is not the same for anyone else in the universe. Your plan is just for you. Stop limiting yourself from where you really want to be by allowing a wall of fears to prevent you from becoming who you were destined to become. If you sit just on the other side of your wall, then you'll never be able to become who you want to be or who your dreams say you are to be.

You see, you may think that you've been placed behind these walls because of fate and that all your pains and troubles were brought to you...that they just happened to you. But in reality, it was because of your perceptions of and beliefs in yourself. Again, your realities are created by you and the beliefs you have.

What you believe you will receive, and the more you believe, the more you'll receive. This works both with positive things becoming attracted to you, as well as negative. So be very careful what you allow yourself to believe. Anything is possible for you.

Your beliefs determine the outcome of your reality.



So how do you ever get a sense of certainty in a world that keeps changing and throwing stuff at you that's beyond your control? How do you live in a world where something can suddenly happen and be life changing? You could lose your job or business in an instant. You could lose your home in a storm or fire. A divorce or death could turn your world upside down, or you could get some disease that will change your life. Anything could happen that's beyond your control. How do you deal with this?

You must understand that the one thing you *can* control is what things mean to you. And, that's the secret to life. Because no matter what happens in your life, the *meaning* is yours. You get to determine it, as long as you don't let the people in your life allow you to change your beliefs and don't just go on autopilot—living life day by day by day by day and allowing things to simply happen to you while you're sitting behind your wall and enduring your wall of fears.

Stop avoiding pain, because you won't discover pleasure until you do. You won't truly discover yourself until you've first lived through who you *don't* want to be. You don't get to where you want to be first. It's the journey there that you must be sure you understand, because this life's journey really is your life—not the final destination. When you can realize this, then you can change. Something in you changes. You become stronger than ever before. But more important, you become more clear on what it is that you've been seeking all along.

When your clarity is so crystal clear, you might discover what you've been looking for has been waiting right there before your eyes all this time. It's right there. You didn't quite realize that because your wall had been blocking your vision. It's like clouds blocking the sunshine.

Remember one thing, if you remember nothing else ever. Sunshine always shines, even on the stormiest of days, but sometimes we can't see it because it's shining behind the clouds.



Everyone has an untold story. Your story is what you should believe. We become exactly what we believe. So if you believe that you can do absolutely anything, then you'll realize whatever problems you may encounter and you'll find the solutions to them.

As you get older, you grow inside. You expand and contract as your beliefs change and grow. You begin to understand what it's like to be part of the greater energy field of the universe.

You're part of something that's so much greater than yourself. When you begin to realize this, you can take on a much larger purpose in life. Dreams don't simply become a fantasy, but there is a shift toward the possibility of actual completion and realization of your dreams. You'll have dream control when you can harness this power and source of energy to become a greater version of yourself.

Not only are you part of this greater universe, but it's part of you, too. You become one with the universe you live in, and the power within you intensifies. You're co-creating your life with the life of the universe. You cannot survive in this world by yourself. Your very being came from something that's much greater than you. It's much greater than even your parents just wanting to have a child. You cannot do this alone. You must tap into this ultimate source of energy that is the universe. Your creation is a miracle in itself. You're a miracle, and the fact that you're here now matters.

There is a reason for all of this. Nothing is simply due to luck or lack of it. Luck is simply the preparation, as it combines with the moment of opportunity, so you can be prepared in ways you don't even know are happening. Every single moment in your life is preparing you for what is to come.



So many people don't know their purpose. If you don't know your purpose, then you must discover it now. Otherwise, you're just wandering around and wasting precious time.

To discover the purpose of your life, you must pay attention to the small, almost hidden, but noticeable moments in your life. These quiet moments will come and go. You'll often wonder about them and may let them go as fantasy or discount your belief in them. You instead must harness the message in the

moments. The universe will speak to you softly at first and then get louder and louder to get your attention. It will keep teaching you lessons to guide you. If you do not learn, you will be taught again. So be observant. Listen to the little hidden messages being sent to you. Take them in and allow yourself to understand that your purpose may be being presented to you. Life is about growth and change. You cannot expand if you hide behind your wall.

If you're pretending to be someone other than who you truly are, you'll never ever reach your true potential. Your intention rules your life and determines its outcome. You only have control over yourself. You cannot control others. It's all about what you can do. You must give it all you've got, because that's all you have to offer. For every action you take, there is a reaction. Every thought that moves into action will come back as a reaction. This energy flow surrounds you.

Get in sync with this energy field. Become one with the universe. Stop fighting it. This energy flow is within you. You must connect this outward energy to your inner energy. When you can align with this, then there is nothing you cannot do.

Money and things never matter and will become nothing in the end. They are not real. What is real and lasting is who you are and your special gift, which you're meant to give to others.



For a miracle to occur, we must raise our level of consciousness to become aware. To become aware, we must evolve as a spiritual being. Don't just be consumed by what you get. Focus on what you give instead.

The magic of believing will create miracles for you. There is a force in the universe that's very powerful, yet misunderstood by so many. When you become aware of these energies, you can make miracles happen for yourself. You'll begin to learn how to control your future in a way that will let you turn your dreams into your reality. You begin to understand this power and how to tap into the positive tones and remove the negative-attracting frequencies of vibrations. When you're aware, you can become what you see in your dreams. This awareness allows you to select where you want to go and what you want for your life. What once was only perceived as an impossibility, is now possible. When you can direct yourself to the right energies for you, then what was fantasy becomes reality for you.

A miracle is considered to be an effect or extraordinary event in the physical world that surpasses all known human or natural powers and is ascribed to a supernatural divine cause (*Dictionary.com*, 2016). A miracle for most, however,

is considered unobtainable. Like winning the lottery, many believe a miracle can only be realized by random luck. This is the misunderstood perception of miracles. Instead of random luck, all miracles can be created for yourself by tapping into the power of the universe.

By becoming aware of this natural force of vibrating energies, you can change your dreams into your realities and allow your miracles to happen. The term for this is what I call *Dream Control*—creating your own miracles that were first born within you as a dream and turning them into your reality.



If you know what you want, then you can have it. You can master your circumstances. People are not born lucky. Some people may appear to have it all, but it was not luck that got them there. So then what caused their circumstances to change and how can you master and change yours, too?

It's really quite simple and often over looked because of its simplicity. You must take your dreams, once recognized, and write them down. Commit them to paper. Change them if your dreams change and look at this list daily (three times a day—morning, noon, and night).

Anyone that doesn't have what they desire, must not have such a list of their dreams committed to paper and in a place where they look at it daily. Keep in mind, there is no dream that's too large or has a limit. Each of the desires on your list must be extremely descriptive. The dream list cannot be generalized. It must be detailed, including the times when you expect these items to be accomplished. Don't use generalizations. Be specific in describing the dreams you want to turn into your reality.

Think of the items on your list often throughout the day. Don't tell anyone your dreams, even the closest to you, because they will try to tell you it's not possible.

Talk to your inner self and remind yourself that nothing can stop you from having anything you desire. Remember, if others can have this for their lives, then so can you.

You must believe. You must always have gratitude for all you currently have. Don't try to understand the power you have. It's this power that's in you that can get you what you desire. With gratitude, give others what they need.

Everything you desire for your life is a gift, and you get by giving; but, never give to get.



Are you scared? Do you feel inferior to some people? Many of us don't accept ourselves, because we're trying too hard. Having other people accept us is not prerequisite for inner wellness. You'll have complete inner wellness when and only when you accept yourself 100%.

It all starts with you. If you know what you want, then you can have it. You can master your own circumstances.

There are three areas on which you must focus:

1. **Body**—When you don't like your body, it will affect every single action you take and every single interaction you make as well. You must embrace yourself 100%. Many people try to fit into a norm or look like a super model or have six-pack abs. The perception you have of yourself is most likely greater than the perception others have of you. You must let go of structure and not follow the same patterns. It's scary to take risks, but it's important to accept yourself. That's when you'll be able to tap into the secret.
2. **Mind**—Have the right attitude. It's your belief system. It's your beliefs that set your story. You're an infinite being. Use the words "I am." Changing the words you use will change you. Your greatest enemy is within you. "I am" are two words that must be used for you. Stop rushing. Start being. Accept yourself now. Go deeper. Set daring challenges. Realizing that is not an external power. It's a power that's within you. Stop thinking, what if it goes wrong, and start thinking, what if it goes right. There are no mistakes. It's all part of the artwork of you. It's the truth of who you are.
3. **Heart**—This is where your dreams are. They are formed from within. They change as you change. They are realized when you first recognize them as who you truly expect to become. You must believe in your dreams. It's a necessity for your total completion and happiness. What's in your heart is infinite. It's surrounded by love, and there's no doubt within your heart. Your doubt is formed within your mind. Therefore, it's important that the heart's desires are transferred to the mind with nothing getting lost in translation or, especially, in belief.

Love yourself 100% and focus on the things for which you're grateful. When you do this, you start to love yourself. You begin to become yourself.



You must take total responsibility for the direction your life takes you. You create your own reality driven from your dream state and, unfortunately, your fears. The more you externalize the power, the more you lose the ability to control your mind space, and fear takes over.

Instead, by allowing your internal space (heart space) to take over instead and be one with the universe around you, you can then open up to this and your realities will begin to transform. You will become what you dream. Everything you've ever dreamed of will start to happen for you.

In your internal heart space, you have a power you must learn to tap into. Once you can, you can become your reality and what you see will change. How you see will change. How you are will change. When your heart space is in alignment with your external reality, then you'll discover pure happiness for yourself.

Make your way—your own way. Be free with your heart and let it guide you to become you—you, the way only you can become. This power already exists within you. A new world is before you, forever free, forever alive. Love is infinite.



What can you do to overcome tough times, when things are not seemingly going your way? First and foremost is to acknowledge and feel your feelings. Understand that this is the most important step.

Avoiding your negative emotion may feel like an effective measure, but in fact, it simply postpones or perhaps escalates and exacerbates a flood of negative emotions that may come to the surface sometime in the future. Ignoring your emotions is like trying to run away from something that's right on your shoulder. The only way to truly be free is to stop and face your emotions.

Once you have this feeling and emotion and you agree to deal with it head on, take ownership of it. Now you can begin to *look* past it before you actually *are* past it. This will allow you to see it in a different light.

Self-care is absolutely necessary to survive during tough times. Like many, you may tend to ignore the importance of self-care, thus making the situation worse by causing physical limits to your ability to think and act clearly. So, getting enough sleep, eating healthy, and exercising are most crucial in difficult times.

In tough times, ask yourself if the situation is really a catastrophe or just an inconvenience. All tough times eventually come to closure. It's how you process them that will make the biggest impact on how severe or how long they will last.

Learn to let go of what you cannot control. Practice acceptance. Focus on what you can control, and what you can't will take care of itself. Limit or avoid time with negative people. They can be a toxic poison for you.

Individuals who are not supportive or reliable don't have your best interest at heart. They don't listen to you and might even be critical, judgmental, or demanding. After being with them, you feel drained and depleted. In other words, they make you feel worse.

Stay in the present. This is so important. Looking back to yesterday will just punish you further. Worrying about the future will only stop and cripple you. Live in the moment. Observe a difficult situation as an outsider. When you can remove yourself completely from within the situation, you can get a bird's-eye view and be able to handle it with a much greater vision to get where you need to be.

Then take action. Remember, you're not your difficult time. You're not the problem. *You're the problem solver.* Stop punishing yourself. Start healing and rebuilding from this point forward. Live from your heart with passion and love. Tap into this, as it will be your greatest asset.



How can you handle situations that are seemingly beyond your control? Do you try to control every single detail in your life each day? Do you try to make things happen on your own time or in a way that you think they should be? If so, stop. These habits only create more anxiety and pressure for you, and more importantly, they interfere with the natural progression of your life. They slow you down instead of helping the process along.

In these situations, you must believe in a *greater good* for yourself. Know that all things do happen for a reason and, in due time, all things will work out for the best. Even though they may not be aligned with what you "think" is the right path for you at the time, you must allow your beliefs in what will become. They will be better for you than you could have realized in the moment. Accepting this is the first step in this process that allows you to let go. Remember, a new you cannot become fully new until you let go of past hurt.

You cannot control absolutely every situation in your life. Some things are way beyond your control. This may make you feel powerless, but accepting the fact that

you can't control everything will allow the power to come back to you. By letting go, you begin to renew, thus giving power right back to you. If you allow situations to crush you, you won't be able to move forward and past these situations. You'll instead be held in a holding pattern without the possibility of new opportunities becoming your new realities.

You need to recognize that your state of powerlessness is not under your control. Instead, you must believe in the higher powers of the universe. Then and only then can you move beyond this powerless state, which can seem like paralysis of analysis. Paralysis causes an inability to move and function and even illness. It's a poison that may cause you to get stuck. The feeling that things are meant to be a certain way for you is most likely not in alignment with your passions and dreams. The recognition that not all things are in your control will actually move you past this point and get you back on track to where you should be heading.

Your journey *can* be steered in the direction you want it to go. You just need to get past some potholes, a few bumps in the road, and even some detours along the way. Staying focused on only one direction, even if you get slightly diverted in your travels, will still get you to where your heart wants you to be.

Guide your heart toward the light of the sunshine, don't lose focus on your passion, and all of your dreams will come true for you.



What you focus on, you will magnify. You make it bigger in your own mind. It will change your perception of it.

For example, if you take a penny and move it close enough to your eye while looking at the sun, even though it's billions of times smaller, it will eventually block out all the light. Because you have it so close, it's distorting your perception of it.

The same thing applies to you. If you stay so closely focused on something negative, it will change your perception of yourself. If you stay focused on that, then you will not see all the other amazing things that surround you. Stop focusing on what you don't like and start focusing on all the good that's in and surrounds you.

If you stare up close at the wall that surrounds you, you'll be stuck feeling helpless and trapped in one spot. Instead, focus on the promise and believe you can overcome and breakthrough to the other side, where you belong.

Love is waiting there.



The key is to wake up a better person than you went to bed as. Don't ever let someone tell you that you can't do something. Not even you. Protect your dreams. If someone doesn't believe they can do something, they will try to stop you from doing it, too. They will tell you it has already been tried and cannot be done.

Anything in this world that has been done or accomplished has, at one point, not been done yet and may have even been thought to be an impossible thing to accomplish.

When you want something, go get it. It doesn't matter if it's a business, a career, investment, pursuing a new hobby or sport goal, or even finding love in your life. No one is you. No one can do it as you can.

You must manifest your greatness that's already within you. When you find out your true purpose, you can capture that purpose and make it the best you possibly can. You'll make it the best version that you can.

Not only is it possible to have your dream; it's mandatory. Your dreams are your purpose. These must be accomplished, or you waste the only precious thing you've ever been given, and that's time. Stop settling and start going for your dream. Stop saying *this is it for my life* and start saying *I deserve more than this. I am better than this. I am what my dreams say I am to be. Say, I am my dreams!*

Life is hard. No one said this was going to be easy. It's time to test your limits, your abilities, and your endurance. When you do, you'll learn you have no limits. There are no limits. Life has been nothing but a test to make you stronger so you can realize your dreams. When you think you've come to your last step, take another and another and another. Make no more excuses. Stop living in the world you think has been given to you and start living in the world where your dreams can come true.



We are all given a certain amount of time. Time is the only thing in this world that's finite. Everything else is infinite. So stop wasting time. Live out your dreams, which are your destiny. Every minute you have left in your life is ticking away.

You can't buy time. You can't grow time. You can't ask for more time. You can only lose time. And after you lose that time, you still have no idea how much time you have left.

Life spans are a mystery. Humans have so much more time than most species and, unfortunately, waste a lot of it. We abuse time. This prevents us from taking action because we get too comfortable, feeling like tomorrow's another day.

We all aim to succeed and become a diamond in the rough. Diamonds are created with pressure. With respect to time, we must place a bit of pressure on ourselves. This pressure is our motivation do something. Take action. Create a version of yourself that you dream about and want within your heart. Put pressure on yourself to create your diamond. To do this, you must understand the value of time.

Stop killing time because, eventually, time will kill you. You have the power to prevent lost and wasted time. But you also have the power to kill time. To prevent wasting time, you need to figure out what makes your heart burn with passion.

It's time to figure out what your *why* is in life and start taking action to making this your new reality. Everything is there for you. It all starts within your heart. Your dreams are just your dream until you take action to head toward those dreams. Go for it without any hesitation or doubt. Your dreams are possible.

Start living the life of your dreams. Pressure builds diamonds. So come out with power. Don't give into fear or anxiety. Keep fighting. Keep moving forward. Your dreams are yours. Don't let anyone stop you.



How do we remove bad thoughts? We cannot stop negative comments. We cannot prevent negative behaviors brought to us by others. But you can remove them.

For example, I've heard that Walt Disney was told as a child by his art instructor that he wasn't creative and had no imagination. He went on to remove that label and did fairly well for himself. Likewise, I heard that Lucile Ball was told she had zero acting skills, but obviously, she didn't let that stop her.

My father didn't make it past 7th grade and was told he wouldn't become anything. He went on to become the greatest man that ever lived. A very successful businessman, a great father, and a devoted and loving husband.

Instead of believing the negative labels that are put on you by others, or worse yet, accepting negative labels as your own, remove all of them from your mind.

Here are some examples of negative labels you may have heard:

- You're not good enough.
- You don't have what it takes.
- You'll never amount to anything.

- You'll never find the right person for you.
- You're fat.
- You're ugly.
- You're insignificant.
- You're a bad person.

And, the list could go on and on.

Words are like seeds. If you take them on long enough, then they will take root and grow within you and you'll start to believe in them. So, starting today, remove all of your negative labels. Peel them off of you like a sticker and throw them away. Then give yourself new, positive labels. Stick them on permanently.

What you believe is what you'll become. Therefore, instead of believing in any negative labels, believe in your new positive labels from now on.

You *are* and *can become* the dreams of your heart. Removing the negative labels will allow your dreams to come alive in your heart and become what you believe in your mind. Your heart is who you are. It's who you must be. It's you.



We typically cannot see the angels that surround us, but that doesn't mean they're not there protecting us. Some believe that finding a feather is a reminder that an angel is always near you. When you believe in angels, you'll be more open to noticing their presence.

So, today look for your angels. They are always with you. Sometimes it's just a feeling or vision that comes to you, and other times it's a physical event that happens. Either way, it's a miracle, the meaning and value of which should not be overlooked or underestimated. It's a reminder that everything is possible. Don't let your mind tell you anything different.

Live each breath with passion.



Live for today. Live in this moment, now. Live each breath, one breath at a time. To live is all about enjoying and experiencing the journey you take; it's not so much about the final destination. When you realize this, things will start to change for you. You won't necessarily find your sense of completion when you achieve all

of your dreams and goals in life. It's only when you can let go and just live and just be that you'll experience your sense of completion and heartfelt satisfaction. Understand that, everything you ever gain in life will eventually rot and fall apart. The only thing that will truly be left will be what remains in your heart.

Inside of everyone remains a force of energy—the energy of love. It remains silent. You can truly discover yourself when you experience this silence within yourself. It's when, in this silence, you'll be able to hear your true self. When you can just let go and be, you'll see that your only true reality is what's contained within your heart. It's when we can tap into this light force that we begin to understand. We begin to allow what *will* happen *to* happen, and we remove the outside world of influences and the intentions of our mind. We let go and become free to live from within our heart.

Your eyes are not simply to view. They are projectors. They can tell your story. Your eyes project from deep within your heart. Your mind is a wall that's built of preprogrammed fears that can sometimes hold you back with self-doubt. Fear becomes a factor in your life, but you're the one who can decide how big of a factor it will be. You can spend your whole life worrying about future moments. But the only moment that matters is the one that you're living right now.

Decisions can be made from one of two things: love or fear. Sometimes fear disguises itself as being the practical answer. When, in reality, that's not what your heart wants. Fear actually leads you down the wrong path. Your heart never gets lost if you follow where it wants you to go.

Life doesn't happen to you. It happens for you. Instead of listening to your mind, listen to your heart. Take a chance on faith, from your heart. Believe in your heart. You have two choices: love or fear. Choose love. Choose to listen to your heart.



To regret is to feel sad, repentant, or disappointed over something that's happened or was done by mistake. Regret doesn't help. It reminds you of your past failures. It will only hold you back.

Making mistakes doesn't mean you're a bad person. You're human. And, did you really make a mistake in the first place? What makes it a mistake? Is it how others would judge you or how you're judging yourself? Do you judge yourself based on how others would or on how you feel based on your inner perception of yourself? Perhaps you need to delve a bit deeper to see if what you've been

programmed to *make* you think is a mistake, is actually right for you. Could what you did be right? Stop and think. Don't jump to conclusions too quickly.

When your thoughts don't align with how you feel in your heart, it could *seem* wrong but not necessarily *be* wrong. If your actions were brought about by your heart, then it wasn't wrong in the first place and this feeling of regret is unjustified self-punishment. Everything is not always black and white, even though the mind tries to process it and make you believe it is.

Regret is the mind sometimes telling you not to forget. It's that whisper inside that will drag you down and away from your heart's beliefs. Set yourself free from this voice inside that tries to define you, which is based on either other people's perceptions or those you've been programmed to believe.

The emotions of your heart are what defines what is right and what is wrong for you, not your mind and certainly not the minds of others judging you. So the next time you feel regret, try to reevaluate from within the space of your heart for a different perspective.

What your heart feels is never a lie. It's never wrong. It's something you should never regret. When you think you must go and hide, go to the place within your heart instead. The only time you should feel regret is when you don't live in the moments of each of your heartbeats.

Live with the love of each beat of your heart and not in the fears created in your mind, which only makes you fall and holds you behind your wall. Come to the other side with the love of your heart as your guide.



How do you control negative thinking from destroying you?

When we talk about negative thinking, we know we also have positive thoughts. But here's the secret. How you perceive yourself is everything. There should be no positive or negative thoughts. There should only be thoughts. Don't classify them. The meaning you assign to your thoughts is what shapes what they become and how they'll affect you on all levels.

Many encourage positive thinking—simply think about good things and they will happen. Well, it's not really that simple. I believe whatever you focus on grows, but whatever you don't focus on grows even larger. For example, let's take a negative thought you might have. What if you don't like to look into the mirror. You'll probably handle this with avoidance, which might cause you to hope and pray that there is no mirror wherever we go, because if you see one, you'll panic.

All anxiety is born from the desire to escape from the present moment. Therefore, in making yourself neutral (having a no-positive/no-negative-thought mind-set) is all about moving yourself closer to what you're afraid of. Everyday take a step closer—buy a mirror. Get over your fear. Guess what? When you have the courage and bravery to look into a mirror, you'll develop more love for yourself and may even take steps to change the things you don't love about yourself. Therefore, looking in a mirror becomes a more and more positive experience every time you do it. On the other hand, if you continue to avoid mirrors, your fear of looking in one will grow worse as time goes by.

You must let go of negative thinking by embracing it. Whatever you don't like, you must accept. Once you accept and recognize it, you'll be able to embrace it or change it. Hiding from it will only continue to cause you anxiety and stress, which are counterproductive to realizing your dreams.

How you perceive yourself is everything. Negative thinking is always based around resistance. Whatever you resist becomes stronger. Stop resisting. Start recognizing.

Your mind is a filter but creates a false story. It analyzes. It gets you from A to B. If you don't care for yourself, your mind might have you questioning how can you expect the world to care. The reason why so many people feel negative thoughts is because they become addicted to the story their mind is telling them. The mind creates your wall. It creates separation. It creates a false sense of self and a false sense of reality. The mind is all about controlling. It's about getting everything perfect.

But your heart is unlimited. It's open. Your heart has the power to remove the wall of separation. Your heart is perfect. So how can you be more perfect than your heart?

As a child, you were probably told that you need to become something. However, in essence, you already are. You're already perfect in your heart.

In getting back to who you are and where you are, you must get in touch with your heart and back to your reality.



Become a magnet for what you want to come into your life. The power of attraction is ignited by what you think about, but more importantly, by what you feel in your heart. This must be your belief, because what you believe will become attracted to you. This works for anything you desire—wealth, health, and even a

loving relationship. When you learn this, you'll be able to manifest an abundance of what you want and need in your life.

You must learn to become one with yourself, all who surround you, your soul, and the universe in which you live. Your vibrations live with you as one. What you feel will become attracted to you. Your intentions set who you are and determines what comes into your life.

Becoming an abundance magnet doesn't mean you don't need to take action. It does however start with the unconditional truth from within you.



We often don't realize the power behind a simple act of kindness. The power of a kind word, a slight touch of care, an ear that's there just to listen, an honest compliment, or even the smallest act of caring all have such great potential to completely turn a life around. These acts of kindness can actually spread throughout the world without you even realizing it.

Instead of listening with the intent to respond, listen to understand. You'll hear and see things quite differently when you do. An act of kindness, no matter how small, is never wasted time. Not only will you make someone's day brighter, but it will change yours as well.



TAKE ACTION



If you want change for your life, then you must think at a different level. But thinking differently is not enough. The most important thing you need to do in making a change is taking action. Without action, there will be no change.

And when you think differently, you must multiply your actions at a higher rate than whatever you're thinking. Your thinking must not simply be bigger. It must be *ten times* bigger.

If you're thinking about making \$50,000 per year, then you must think about making \$500,000 per year. If you want to lose ten pounds, then you must shoot for losing 100. Multiply your thoughts and focus on your ultimate target or goal. You'll sometimes miss your targets; therefore, you must aim higher. In that way, if you miss your higher goal you'll still be at a higher level than you initially dreamed was possible.

When you multiply your thoughts, you must multiply your steps and actions to get to your goal. Focus and concentrate on your highest imaginable goals or targets. You must believe it to receive it!

The next thing you must do is to create an action plan to get to this point. It takes more than just excitement to accomplish something. Take your excitement and turn that into action. Everything you do in life should be done to create a positive effect in your life. It takes action to create results. Look at your dreams. Where do you want to go?

Even if something bad happens, write down the dreams of where you're going. You must also remember that you become who you hang around with most. Choose your circle of influence well. Your dreams must align with who you surround yourself with most. If you're around people that have the opposite dreams and goals, then it will be virtually impossible to get where you dream of going. Choose your friends well.



Most people don't do what they want to do. They tend to stay miserable instead of going where they want to go. They prefer to stay in the pain instead of fighting the pain of the unknown. It's easier to stay where you are than to go where you want to go and be who you want to be. But that's all in your mind. Is your life making you sick or making you happy?

Sometimes enough is not enough. More energy and more effort is what's needed. *Easy* is not an option—not if you want to change your life.

No time? “You’ll start when you have more time. You’ll begin when you have a little more money. You’ll start at the first of the year. You’ll start next week.” Really?

Stop with the BS. Stop lying to yourself. Start right NOW! Make a decision to act now. There’s no tomorrow. You can do this. All you’ve got is your A-game. Bring it. Take it head on. Just start doing it. Decide to begin now.

The opportunity of a lifetime is right now, today, in this moment of now. Today’s opportunity may not be here tomorrow or next week or next year. The only moment you have is the moment you have right now.

Use it or lose it.



Time is our only gift. We only have the time we’re given. We all have the same amount of time in each day. Yet, some of us will say we don’t have enough time and others will say I can’t wait until tomorrow.

If the average person lives to age 79 (28,835 days) and each day is 24 hours long, then a person has about 692,040 hours in their life. There are 6,570 days in the first 18 years of life—childhood and the beginnings of adulthood. Were yours spent wisely?

The majority of your time has probably been and will continue to be spent on your daily routine, such as sleeping, eating, working, chores, etc. How will you spend the rest of your days to make your dreams happen? What will you do with all this time? What would you do differently? What do you want to change in your life?

There’s no better time than now to set resolutions and goals for the rest of the year and the rest of your life. Make new choices for yourself. How much time do you have left and how do you want to spend it? How much time have you already spent worrying instead of doing something productive and positive in your life? What if you only have one more day? What are you going to do today?



Rejection is a part of life. Rejection is what makes you much stronger. You’ll be rejected and fail many times along your way. It’s how you handle your rejections that will make you successful or a failure with your efforts.

Fear of rejection is what prevents great success in your financial goals, rela-

tionships, and career. It deters you from becoming and getting what you want from your life. We go through life creating fear and having it paralyze us.

Fear isn't something that just happens to us. Fear is created by us. We can fear many things, but the fear of rejection or the approval of others is the worst. This fear will sometimes prevent you from trying again or even trying at all if you allow it to.

The saying, "There is nothing to fear, but fear itself" (Franklin D. Roosevelt, Inaugural Address, March 4, 1933), is so true. Because fear will create a feeling of anxiousness, defensive behaviors, and even anger and frustration. These feelings will start to shut you down from you believing that whatever you were attempting will ever come true for you.

Therefore, you must overcome this fear and understand that failure is part of the process of growing and moving on. Each failure is getting you one step closer to becoming who you want to be and achieving what you want in life. Once you can let go of the fear of rejection, you'll begin to move with a forward progression. Stop allowing fear to have a power over you; instead, demonstrate power over your fears.



To build your self-confidence, it takes repetition, repetition, and repetition. You must practice it over and over and over again. You'll feel pressured, but pressure creates diamonds. Practice makes perfect. It's been said that it took Thomas Edison 1,000 tries (some say more, some say less) to make the first light bulb. Don't accept failure. Persistence is repetition, and persistence in knowing you can do this is what makes it work. It's what takes you to the place of satisfaction. You must do what you want to do and not stop until you get to do it the way you want to do it.

There are enough people telling you that you can't do it. Don't join them. Thoughts influence your actions. Stop your own negative self-talk. Tell yourself that you can do this. Believe it and you can do it. You're the master of your own fate. Get away from the negative breakers that surround you. Stop your own negative self-talk.

Mistakes are ok if you realize that making mistakes is part of success. Fix mistakes instead of getting stuck in the mistake. Get past the mistake and adjust accordingly. Then move past the mistake. Mistakes are all part of how we learn and grow. Look for the positive in every negative. There's always a positive in every negative situation. You cannot have a negative without a positive. Focus on that and make that situation a stepping stone.

No one will believe in you unless you do. You're supposed to be different. Believe in yourself.



There is so much you can do in life. You just need to do it. If you can't do something now, you must find a way to do it soon.

Surround yourself with only genuine people in your life. Those are the ones who will love you no matter what. They'll be there to help guide you through the rough days and will share in your triumph of the good ones.

Never look back in life. Keep moving forward. There is so much ahead of you. All that's left behind should be left there, because it cannot be changed. What was behind you got you to where you are today, and when you start looking for the positives those things have created, then you'll be able to enjoy today much more.

The earth doesn't spin backward. It spins on its axis about 24,901 miles each day at a speed of 1,040 miles per hour. So, stop trying to live your life by running in the opposite way of the earth's rotation.

Stop. Open your eyes with an open heart and look around at what you have right in front of you. Enjoy the moment, because it will be gone and you'll miss out on it if you don't.



Happiness is all in your mind.

Are you having a good day? If you're having a good day, then why are you having a good day? And if you're having a bad day, then why are you having a bad day?

Tomorrow, would you prefer to have a good day or a bad day? What about the next day? And the day after that?

We all want to have a good day, everyday. We all wish for happiness. We want to be happy everyday. Whether we have a good day or not, depends on our answers as to *why* we're having a good or bad day. When we let our mind blow like a balloon in the wind and it's controlled by forces beyond our control, we can most often be brought into situations or circumstances that we sometimes don't like.

This lack of control will give you unpredictable outcomes and circumstances and, more than likely, will bring you where you don't want to be. If you want to be

happy more often than not, it is best to control the direction of where you go. You should be guiding yourself toward having days like those you felt were the good days. When you're guiding your life toward what your heart desires, then all days will be good.

On the other hand, if you were to let your days run out of your control, your happiness will be dependent on merely the whim of your circumstances. This is not good.

You need to control your happiness. So if you want a good day, everyday, then stop allowing your happiness to be dependent on others dictating what your outcomes will be. You need to stop attributing your happiness to what is happening externally.

We must all stop blaming others for our unhappiness. Others cannot make us happy, and we cannot make it their fault when we're unhappy. If we continue on this path, our state of being happy will be very unstable and unpredictable.

So, find your own source of peace from within yourself. Listen to what your heart's desire is and guide your mind to get from there to where you want to be, because you will only find your true happiness there.

Happiness and unhappiness are states of mind. Therefore, their real causes cannot be found outside the mind. If you have a peaceful mind, you'll be happy. If you have chaos in your mind, it will cause you unhappiness.

It's not your external forces or circumstances that cause your happiness or unhappiness. Instead, it's how you handle it or your mind processes it. So how do you control your state of mind to process your external circumstances?

Meditation is a great way of focusing on a positive state of mind. You must learn how to meditate so you can get to a place (state of mind) where you're not disturbed or unhappy. Once there, you can tap into your own potential for peace. You'll come from a place within your heart to find out what your true desires are.

In meditation, you breathe out any agitation from the mind. This will create a space within your mind for the peace you find in your heart and allow that peace to enter into the space you've just created in your mind. Fill that space with peace, love, and the desires of your heart.

Imagine and believe this is where you are. Bring your inner peace with you through your day and not just for your benefit, but for others as well.

Your true happiness comes from where your dreams are born, and that's from within your heart.



Who do you think you are? The person you think you are is who you are. The patterns you find yourself in everyday is who you are now. It may not be who you want to be or who you'd hoped to be, but it's where you are now. When you can change your patterns is when you can change the reality of your life.

It's not what you get that makes you happy. It's who you become. Anyone can take away all you have, except for one thing: who you are. No one can take away who you are. They will try, but they can't. Only you can *allow* a change to happen to you.

Knowing who you want to be is important. The problem with most of us is that we try to be someone we're not. We must first *know* ourselves and then *be* ourselves.

Success without fulfillment is failure. To be wealthy doing something you don't feel good about is not going to fulfill or complete you as a person. You may think you know who you are because you've been there for a long time. However, if you really want to be *truly* happy, then you must be honest with yourself.

When the *real* you is driving where you want you to be, you'll feel *truly* alive, satisfied, invigorated, and fulfilled.



You become a leader when you can take charge of the direction you want to head in your life. A leader doesn't always need to have followers, but he or she must take charge of their life. They set their direction. They don't let life just happen to them. Instead, they do what is necessary to move forward in change to advance to where they want to be, who they want to be, what they want to do, and what they give to others.

The three basic principles of a leader are:

1. **You must see things as they are, but not worse than they are.** Tell yourself the truth about yourself. Disappointment is a great emotion to have if you know what to do with it. Every disappointment has some value. There is positive with every negative. Make this work.
2. **Be honest.** Again, see things as they are. The whole secret to your life is to admit when something is inaccurate. Give yourself a reality check. Then set this as your standard and work toward making things better in your life.
3. **Take action.** Make what you see your reality. Do not settle for less. Progress will make you happy. It doesn't matter how great your life is compared to others. If you're not still growing, then you won't be happy.

Be who you want to be, because you are who you think you are. Therefore, you may want to change who you see in the mirror.



Become more self-confident by changing your state of mind.

Whatever you focus on, you will find. If you'd like to change your life, you must change your focus. In order to change your focus, you must first change your conditioning.

Fill yourself with gratitude. If you wanted to feel excited right now, think about what would excite you.

How do you feel when you're excited?

Your excitement will affect the state of those around you. We can change our mental state of mind by changing our beliefs. We can change our beliefs by changing the questions we ask ourselves.

Do you ask yourself, "Why can't I lose any weight?" or "Why can't this happen for me?" or "Why can't I be in a loving relationship?"

To change your state of mind, you must change how you ask yourself questions. Instead ask, "What can I do today, right now, to be proactive to get the results I desire?" Ask positive questions.

When you change your state of mind to a positive one, then your self-confidence will become stronger. Your self-confidence can only change when your beliefs change.

Lousy questions will create lousy answers. Learn to change the way you condition yourself. This is no different from going into the gym for a workout. Consistent conditioning will improve your confidence. There's a domino effect. The more you condition yourself, the more improvements you will see. The more improvements you see, the easier and faster this will work for you in a positive way.

Ask better questions and you'll get better answers. The best way to control your focus is through the use of questions. You can start seeing immediate results if you change your questions. When you get in the habit of doing this, then you *will* have a different life.



What do you do when you have too many thoughts in your head and can't go to bed?

Anxiety is a killer. How can you stop worrying? How can you think less and feel more? Stress is simply what you think you should be. Panic and anxiety will ruin you. How do you clear your mind when you're in bed and cannot fall asleep?

You may say your fine. When you hear someone say they're fine, it's usually a sign that they're not fine at all. They're probably just trying to avoid dealing with a situation that has come about in their life. Think of FINE as standing for fearful, insecure, neurotic, and emotional.

We need to think less and live more. Think of FEAR as standing for false evidence appearing real, and rid yourself of it. Fear will prevent you from living well. We must bring our emotions into the present to begin to remove fear. Fear causes panic and worrying about something that you cannot change, either from your past or something that might occur in the future. We must tap into the energy of now. Live in the present. You cannot change your past or predict the future. Go to the place of being in the present tense and living with love. Connect back to your heart.

Get back to living in the eyes of a child. A child only lives in the present—the now. You're naturally born with this ability. It's as you grow older that you start moving away from this space of *now*.



The world is a reflection of everyone's thoughts. People can think or say whatever they want. But we must be satisfied with, proud of, and have confidence in ourselves. You cannot control how others think of you, but you can control how you feel about yourself.

Start by putting your problems into perspective. How bad is it really? How big is your problem? Look at the big picture and don't micro-focus on the small situation that you're facing. Open your mind and see that your problems are not really as big as you think. Remove anxiety from your life.

You need to honor your experiences. You can't judge your experiences when you honor them. When presented with a challenging situation, ask yourself how your thoughts are serving you. Are they energy-generating or energy-depleting?

You'll manifest more of what you think about and believe. So the faster you deal with a negative situation, the less of that negativity will be attracted to you.

When you think less and live more, you'll find love, be happier, and have less anxiety, and eventually, have none at all. So, you must ask yourself if it's really

worth stressing about all these situations that pop up. Are they really significant in the grand scheme of things? Thinking about them does not change anything. Only action can change these situations.

Live in nature. Get outdoors to get in touch with yourself. Meditate outdoors to step into your being. You can raise your vibrations by tuning into them first. Your body, mind, and spirit are all interconnected. You must love what you're doing and who you are. If you don't, then you must realize you have the power to change what you're doing and who you are, and make a change now. Stop comparing yourself to those around you. You're unique. Embrace your uniqueness and stop trying to be someone else. Stop following the leader and become your own leader. Create your own path. Stop worrying and start having more fun. You don't need to be afraid of not fitting in when you're in tune with yourself and raising your vibrations to new heights each day. Bring yourself into harmony with what you're tuned into. Be careful where you place your focus. It's all about your perception of the world or worrying about how the world is perceiving you. Because, remember, you will manifest more of that on which you focus.

Think less and live more in the present moment. There is peace in the moment of *now*, always. There is no worry in the present time. So only live there.

The worry you experience can be caused by anticipating your unknown future (what has not happened to you yet) or in the judgment of your past. There is no need to live in misery. We're all here for a purpose. Start living for that purpose in your *now* moment, and your worrying and anxiety will go away.



You must recreate yourself every day. Stop living in yesterday. Instead use yesterday as a stimulant to get you to move forward.

Most of us live in the past with fear, the present with love, and our future contains only doubt. Instead, view the past as knowledge, see the present with love, and anticipate the future with confidence and full of possibilities.

Stop living with expectations. Embrace your moment of *now* with total body awareness and become aware of what you're holding onto.

Your stress, worry, and fear are all stored in your body as negative energy. You release the built-up energy you create with your fear and doubt. This is physically self-destructive and will cause you to block anything good from coming into your life. In fact, as your negative energy of fear and doubt is emitted outward, you'll attract more of the same. This will actually become counterproductive, creating more fear and doubt.

You must detach your past. Accept everything. Stop labeling how you see yourself. Understand that the kinder you are to yourself, the easier it will be to move forward. The harder you are on yourself, the more likely it is that you'll make no progress or even take a turn backward.

You must forgive yourself for what you've done in your past. Release and accept it, but move forward. Stop blaming others for your past. Your past is a memory of experiences. It literally shapes who you are. If you're living in the past, then your past is your present. In fact your past, present, and future are all happening simultaneously. When you do this, you will not see the bigger picture. It becomes scary, and scary prevents you from moving forward.

Our brains change with experiences. We're all energy, and we absorb all other types of energy like a sponge. Be careful who you're near, because you don't want to absorb the wrong energies. But also be careful in analysis of situations, because you may perceive someone as wrong for you when, in fact, they may not be. Be careful not to hold a grudge or to hold onto anger.

To redesign yourself and grow, you must learn to let love guide you, *not* fear or doubt. If you run behind your wall the moment you sense fear or something is wrong, you may miss out on one of the best friendships you could have in your life. People all go through a lot of different situations at different times. Timing is everything.

Don't allow holding onto past bad experiences prevent you from learning and getting to know someone new or trying new experiences. Remember that everything happens for a reason. But don't turn and run too soon, because you might be denying yourself of something you've been wanting for your life for a long time. You sometimes may think you're protecting yourself from hurt, when in actuality you're still stuck in the past. If you don't let go of this fear, you'll miss out on the new and different.

Try to connect with those who understand your essence. If you surround yourself with negative people who live in the past, then your own frequencies will start to change and become similar to theirs. Negative people only talk of the past. They keep reliving it. They become a victim of the past and always want to go back.

Instead, try to encourage new people into your life with no intentions other than to be surrounded by this same *oneness with now*, in which you're trying to live. This will attract more positive energy to you and turn your frequencies to a new, higher level of consciousness.

The story you tell yourself influences how you live your life. If you say you're a victim of your past, then you're justifying your past. Instead, tell yourself you're a warrior of your past. Every day is a new start. Every day becomes a new beginning.

Everyday you can become who you want to become.



You need to let go of the past so you can allow in a lot more new experiences and memories. How do you do that? You can sometimes find it hard to let go of past negatives in your life, because a lot of times it wasn't all negative. If you keep holding onto the positives, the negatives will stay with you as well. So, it's easier said than done to do let go of the past.

Letting go involves attachment and detachment. If you had a very positive past, then you'll want to remain attached to it. If it was a negative experience, you should detach yourself from it. Try the following:

- Try to not look back, except for looking back to see how far you've come thus far.
- Don't run away and ignore the past. You cannot let go of the past by trying to forget it.
- Acknowledge the past, but stop telling yourself stories about your past and embellishing what really happened.
- Now, let go of that past so you can get back to focusing on your essence. Your essence never changes.

Embrace change. Understand change. See the change before you make the change. And, remember, you can't ever change your internal essence; so don't worry about losing yourself with the "letting go and embracing change" process.

Every situation you're challenged with has a positive energy in it. When you can attach your internal essence to that positive energy and see it, then you'll understand that what happened was necessary for you to be here in the *now*. To remove the negatives of the situation is like peeling a banana to find the wonderful fruit inside. Letting go is the same. Remove the layer that must be removed, and you'll realize that removing the negatives is merely a stepping stone on the path of your journey in life. Moving on takes a little bit of work. It may take some time, but you cannot ignore it. You must acknowledge it, accept it, and extract the positives from it, and then remove the rest and leave it in the past. Only bring forward what is needed for you. Let the rest go.



How do you attract your soul mate into your life? A soul mate is described as someone that has a deep connection to your inner energy (your soul). When this connection is very deep, your outer physical being becomes open to a new awareness and importance of your inner self.

Most people who haven't found their soul mate yet may often feel depressed, alone, and maybe even a bit hopeless. They might say to themselves: "This will never happen for me. I will never find my soul mate. There is no one for me. I am not good enough."

Well, guess what? If you keep sending out those negative energy messages, then that's exactly what you'll receive.

Remember what it is that you want? You want to find your soul mate. Again, finding a soul mate is when like energies attract and form an inseparable bond together. If you're constantly sending out a negative energy, then you may be staring your soul mate in the face. However, neither of you would know because the frequencies of energy will not be in alignment at that time.

Rule 1: Do an inner energy alignment and search your heart for what it is that you're seeking for yourself—your ideal match—with incredible detail in every way. Once you have a very vivid image of this person in mind, then you must believe he or she exists. You must believe without a doubt that you'll find this person. No one is perfect, but there is a perfect match for everyone. However, you must always have your frequencies set to the same channel of beliefs as theirs. You must always carry this higher vibration with you wherever you go. Like a magnet, when you come close to this person you will know. You'll be drawn to them, as they'll be drawn right toward you, and you don't need to be in the same vicinity for this to start happening. With your vibrations sent out into the universe, your energies will be pulling each of you closer and closer each day, and a series of events will occur naturally to bring you finally together.

So set your vibrations very high. Always send out your frequencies. Ways to do this include the following:

- spending more time in nature
- learning to be grateful for all you have
- doing daily meditation work
- eating a healthy well-balanced diet
- exercising regularly

Practicing yoga will make you feel better by improving your strength and flexibility, and it also taps into your spiritual side, which is important when trying to find

your soul mate by sending out your vibrational force of energy.

Other ways include:

- playing and doing fun things
- avoiding negative words

Negativity will repel your energy away from your matching partner. Just getting into a state of oneness with yourself and nature, and you'll start to understand the abilities of the energy forces within you.

You must ask the universe for what it is you want. Ask daily. Ask often throughout the day. Believe that this person is on their way to you, and you're heading toward them as well. You could say something like: "Dear universe (or God or mom/dad), please help me find my soul mate. I know there's someone out there just for me." This calling-out action is important, because it's the only way your wish will be heard. If you don't ask, you will not receive. But, you must also believe to receive. This will not work without true conviction in your beliefs, because you'll be sending out negative energy instead. When you emit negative energy, you could actually be repelling your true life partner instead of attracting them to you. That would be unfortunate because, not only would you be shortchanging yourself from this amazing feeling when you find this type of connection, but you'll also be denying that feeling for them as well.

Rule 2: Let go of any past resentment and angers you've been holding onto from previous relationships that were made in bad judgment. Just view those as stepping stones on your journey to finding your true soul mate. We learn what we want for our life by first learning what we don't want in our life. All of your life lessons to this point were necessary in getting you to where you are now. Without them, your path would be different. You must let go of this to accept and allow space for what it is that you *do* want for your life.

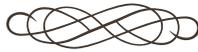
Visualize yourself now, as you would see yourself in the future with this special person. Picture these mental images as if it's happening now and you're living in this dream today, right here, and right now.

When you can truly do this, as described above, the rest will fall into place, naturally, and love will find you.



Have you found your soul mate yet? Your soul mate is sent to challenge you in many ways to show your soul how to transcend to a higher level of consciousness and to become more aware of what love truly is. Once this lesson is discovered, a physical separation occurs and the attraction is so much deeper—beyond what the physical world can ever know. A soul mate is more than just someone you get along with well and enjoy doing fun things together. It's on such a higher and deeper level than one can describe in words alone. You must experience it to feel it, and then you'll know it.

We all have a soul mate who is our equally matched partner. Sending out your inner energy into the universe will draw this person to you, naturally. Once they have arrived. You'll just know it.



Love will arrive exactly when it's supposed to. Unfortunately, sometimes love will leave when it needs to as well. Some people are brought into our lives just so we—and even they—can learn a lesson.

Welcome love in and, when necessary, show your love to the door. Staying in a damaging relationship is not healthy for either of you. Love is a precious gift. When love doesn't work out, you've got to let it go. Love should always feel like a gift for you as well as the person you love. Understanding what is not right for you helps determine what *is* right for you.

We must sometimes be willing to let go of what we thought was so perfect to allow for what is waiting for us. You must realize this and let go of the hate, frustration, and any anger before a new love can be manifested for you. Always be in a space of giving, and as a natural occurrence, you'll begin to receive. But, this will only happen after you let go of all the frustrations and doubts that you've had. In every crisis, there is usually something beautiful and true that comes from it. Each situation that may seem damaging to you is bringing you closer to your true soul mate.

Time doesn't heal you. You must heal yourself, and sometimes that may take some time to do.

Love will come to you.



Words can change your attitude. The way you change your use of words can change your attitude or approach to a situation. As a pilot guides a plane to a runway, he can pitch the nose up or down as he is coming into a runway. The same can be done with your attitude or approach to a problem.

In fact, consider changing the word from “problem” to “situation.” It’s a better choice. Both mean the same thing, but *situation* is less negative and more neutral. Or, you could use a word with a positive connotation, such as *challenge*, which may be even better. *Challenge* is a positive word. “Rising to the challenge” brings out the best in you when you’re able to take on this challenge. Challenges make life worthwhile and worth living.

Opportunity is another positive word. Every problem or situation offers an opportunity. Most of us dwell on the negative of a problem or situation. Yet, the most successful people will always look for the opportunity in every situation. To have negative, there must be positive. Every problem offers a positive opportunity depending on how you approach your situation.

Take control of your thinking and your behavior in the situations that come up in your life. Problems and difficulties are a natural part of life. How you handle them is what will determine your outcome and whether or not you’ll be able to have a positive outcome.

To improve your success rate in finding solutions to situations, you must understand that you must increase your failure rate. That probably makes no sense at first, but to be successful in the game of life, you must understand that failures are a part of it.

By increasing your failure rate, it means you’re trying to handle more situations. It means you’re also increasing your rate of trying new opportunities or going after your dreams with a positive force of energy.

Dreams don’t just happen all by themselves. Remember, your dreams take action by you to help bring them to fruition. To do this you may fail multiple times on the way to getting your dream life. Each failure or bump in the road leads you closer and closer to where you want to be.

It’s when you stop heading in the right direction that your dreams can get lost along the way. Learning from every situation is how you’ll grow toward achieving the desires of your heart. Change your approach from a negative to a neutral to a positive one for the best results of all your opportunities.



How do you program or reprogram your mind, take hold of your life, master your psychology, and direct your mind in a way to get the life you'd like?

If you've spent your life co-existing in circumstances or patterns of instances and had reflex reactions to these negative situations when they occur, then you must reprogram your mind.

So how can you do that?

If you're having frequent recurring negative thoughts, feelings, and instances coming up all the time, it's because your brain is kind of lazy in a way. Your subconscious mind will take recurring situations and look for the easiest way to deal with them based on how you handled these situations in the past. Your brain will most likely take the easiest route it knows.

Therefore, you must work your brain a little harder to work through and control the situation. Instead, by instilling confidence from the belief of your heart into the situation, you'll remove the fears and make it easier to think through a situation. When you can make yourself believe that the situation will work out, then it always will.

You must generate and create your thoughts for the moment and not rely too much on the things that just simply come up. Those who have achieved the highest level of success in their personal and professional lives have learned to discipline their minds to support themselves, even when automatic and immediate thoughts are negative. They have learned how to turn their situations into positive ones. Remember, every problem is really a situation or, better yet, an opportunity for something positive.

If you're the type of person that just allows things to happen, then you're actually giving negative thoughts more attention and actually attracting more negativity into your life.

If you continue to give a lot of importance to those negative thoughts, they may become repetitive. Then, next time a similar situation occurs, your brain will handle it rapidly because it automatically knows how to deal with it. However, if you instill fear into the situation and the ability to make decisions with that fear instilled in you, then your mind becomes conditioned to bring it up more and more, over and over again.



You can choose to bring positives into your life just as easily as you can bring negativity into your life. You should give positive thoughts, positive questions, and positive beliefs a lot of importance in your life. By doing this repetitively,

you'll condition your brain's instinctive response to future situations and it will actually start to look at all problems as opportunities. Once this shift takes place, it becomes easy for the brain because it's conditioned to do so.

The first thing you must do is to take total control of your thoughts by noticing where you are right now. Pay attention to where your mind brings you by focusing on how you currently process a situation. Do this continually. See if negative thought patterns are coming up. Pay attention to your thoughts. The more you notice what you think about, the more you can interrupt these patterns.

You can redirect your thoughts and thought patterns by first noticing your thought behavior and then changing it to the opposite. You may have to close your eyes and do a visualization of how a particular situation could turn out better for you. Following these steps will provide you with what the right approach should be. As you keep focusing on this process until it becomes repetitive, it will give you the power to overcome the negative patterns of behavior you may be stuck in now.

When a negative thought process is realized, stop it and creatively focus on the positive alternatives to the situation before you. A very simple way to learn to do this conditioning is to create a sheet of two very simple things.

The first is to create a list of five questions that are positive reminders to reprogram your mind, such as:

- How can I be happy today?
- How can I put a smile on someone's face?
- What am I grateful for right now?
- How can I show love right now?
- How can I turn a negative situation to a positive one?

Do this every day, three times a day. By doing this over and over, the repetitiveness will start to condition your mind to think differently when presented with something to process. This will naturally trigger a different shift in the processes of your mind. When you're constantly conditioning with positivity, you'll create a positive change in your thinking patterns. This will create a natural transition from negative to positive thought patterns. It will allow automatic ease for your mind.

The second is to create a list of three words that best describe your ideal self. Visualize yourself in an ideal state and come up with the three best words to describe this new and improved version of yourself. You must find your own words, for example, energetic, passionate, and present.

You can set up your phone to have these words come up as reminders three times a day. Do the same with your five questions. Use your phone to remind you that it's time for a little mind-conditioning workout. This will be a consistent

reminder to naturally condition your mind to shift its perspective on how it processes everything as you live through each minute of the day. It will constantly remind you. You'll be surprised by how this simple exercise will come at the right moments in your day to stop your negative habits and bring your mind into a moment of right now. It will allow your mind to become healthier in its thought patterns, and it will also train your mind to start thinking positively, all by itself, naturally.

Taking positive actions in all you do each day will condition your mind to handle situations more positively, as will your consistently positive thought patterns. Taking action is an important step. The more often you take action and get past a few mistakes, the more often you'll make the right choices. And if you're living from within your heart, then you'll find that no action could really ever be a wrong choice to make. Living with more passion from the heart will bring you all you need and want for your life. Living for today will allow a whole shift in how your life will be.

Live for today and your future will be a happier journey, because any path you take will be the one meant for you.



Are you all over the place? Spread to thin? Do you need more balance in your life? Are you always giving and never receiving or doing anything for yourself? Maybe your priorities are out of balance. So how do you change this and live a more balanced life?

Balance is when you have an even distribution of items or activities that enables you to remain upright and steady. With balance, you'll experience a calmness that will actually allow you to take on more than you could if you were out of balance.

Don't be the person that says balance in life is just not possible. Don't allow yourself to be jaded. Have you ever watched a small child first learn to walk? They have minimal to no balance at first. But as they keep trying, they improve their skills to learn balance and their efficiency in walking improves rapidly as time progresses. They don't quit. They fall down many times, but by falling down they're learning what works and what doesn't work. They learn how to counterbalance their weight and distribute it equally. They learn how to maneuver their legs, feet, and arms to offset the changes as the weight of their body is transported across the floor.

Balancing your life is no different. You cannot give up if you fall down. The first step to achieving balance in your life is to understand why you need it. You must understand why this is important to you and what is most important for your life. It will allow you more time to enjoy your life, more time for love, and more time for your family. You must define it in absolute detail. What does balance mean for you? You must make this happen by taking action. We all have the same amount of time in a day. However, how we spend our time or, more importantly, waste our time is what makes a difference in our lives.

Get more of your life back. Remove all distractions in your life. Does what you do each day add value to your life? Do you watch too much television? Remove the things that are not adding value to life. When you do, you'll have a lot more valuable time to find the time for joy, peace, love, and doing more productive things with your time.

Another way to improve your balance is to learn how to say, no. Again if it's not adding value for you or your family and friends, then learn to say no. Prioritize what you're doing each day and take care of the most important things in your life first.

Set boundaries and stop saying yes to everything. Protect your time. Your time is precious. Treat it as precious. The more you give out, the less balance you'll have. So be careful where you give and to whom you give your time.

Life sometimes takes away your balance. You must have the desire to get that balance back for yourself. This is your life. Take charge. Stop going over on your times. Set time limits for things that you commit to do. Don't allow your day to control you. Control your day. Plan your day. Prioritize your day.

Finally, you must take care of yourself. You must eat right, exercise, and sleep properly. By taking care of yourself, you'll be more productive in all you do. Becoming fit is important to achieving balance. So make sure you make this a priority for your life. When you feel better, you'll be able to perform much better.



If you're having a bad day, you can restart it anytime during the day. It's *your* day. Learn to start it over again. Reset and begin again from whatever point in the day it is. Better yet, be proactive.

First, you should always start your day by knowing what you must do for the day. Stop simply reacting during the day instead of planning ahead. You'll get overwhelmed if you continue to simply react to situations throughout the day.

The best way to not get lost during your day is to know your priorities right from the start. Not knowing your direction for the day will allow your distractions to sidetrack you throughout the day.

Therefore, if you find yourself lost on a particular day and are not focused on your goals, then stop and take a break to truly allow yourself to reset the rest of the day. Just stop. Think of nothing while you take a walk or listen to music to reset your thoughts.

Meditation is another good way to clear your mind and reset yourself for the day. After you clear your mind in your reset mode, write down the things you're grateful for in life. Then, list the top three things you really must get done for the day and prioritize them. Write down what it will feel like if you accomplish these three things. What reward will you allow yourself after you complete these three things?

Get outside yourself to calm your insides. Let go of the stress for the day. Be patient with faith and let go, and then you can begin again.

Life is a challenge. Whatever you're going through on any day will pass and the next day will be a new beginning. Or if you learn to reset yourself, then you can create your new day, during any day, so no day is a wasted day.



Change your life. Determine where you are. Determine where you want to be. Determine how you got to where you are today and how you will get to where you want to be.

If you want to change things in your life, then you must be willing to change yourself. Only you can change yourself.

You must do more. Do more of the things that are working for you, because you'll get the best results from them.

Do less of certain things. Do less of the things that are not producing for you or not heading you in the direction you want your life to go.

Do completely different things from what you've ever tried before. Do things that you normally do, but do them differently. Stop certain activities all together. Ask yourself if there's anything you're doing today that you wouldn't be doing if you knew now what you didn't know when you started doing it.

On average, most decisions made by humans are incorrect. However, most people continue to live with their bad decision instead of letting go and moving forward. Reconsider and change things to move past the mistakes you make.

Let go of your ego, and your life will start changing.



Your mind can stop you from taking a chance on something good. Your mind is the place you hold all of your fears.

Always trust your heart in all that you do, and you'll always make the right decisions. Your mind won't allow you to make a bad decision. It will stop you. So, make sure your mind is in sync with your heart.

Your heart only gets hurt by what your mind tells you. When you listen to your heart, you're never wrong and will always be happy, because your heart is you and knows what you want and need to be happy. Always trust your heart. It's always right for you because it's yours.



The conscious mind is the mind of thought, and it gives you a sense of awareness. It allows you to see that you're here living now and gives you the rational understanding of the people and objects that surround you.

The subconscious mind is the source of power. It's always aware of your presence and what your desires are. The powers of your intuition are emotion, inspiration, suggestion, and imagination. It has a dynamic energy that's often ignored by many, as impractical. It's the greatest resource within you that has the ability to solve any problem that should occur, but only if you place complete trust and belief in its solutions. In fact, you must possess the belief that this action has already occurred and you picture with clarity the problem as already gone.

Trust and believe in the little voice from within you. This is your subconscious mind trying to guide you toward happiness.



Start over with your true purpose. Why are you here? What makes you really do what you do? Everything in this universe has a purpose, and so do you.

Once you tap into your purpose, it will give you the inner drive that will give you inner fulfillment. All of your doubts will be gone, and you'll be left with nothing but certainty.

Change happens all around us constantly. You must find what's in you that doesn't change. This is your destiny, your truth. It's what you've been yearning for. It's the lack of this desire that's in you that's causing the pain you feel. It's what you want that also causes a fear that you'll never receive or recognize this unchanging truth for yourself, either because of self-doubt, self-hatred, or self-denial that you hold within because of it.

Focus on what's in you that you keep coming back to, yet are lacking—the part that you know you're longing for but have yet to bring to your reality. This is the dream you hold onto and kept within you. It's your purpose.

Each moment you must find your meaning in life, something that's significant and useful—your purpose. The most important thing you can ever do for your life is to enhance your meaning. It's your reason to be here. So by ignoring this reason or putting it off for a later date when you have more time, you're just wasting time. There will be less time for you to actually live and enjoy your purpose in life.

Stop saying you have no time to pursue your purpose, because each day, each minute, and each second you waste actually leaves you with less time for your purpose. You've got time, and you must find your purpose. Bringing this to reality is the easy part when you can get past the fears that hold you back.

Live each breath with passion.



The purpose of having goals is not simply to achieve them. The benefit of achieving your goals is who it allows you to become as a person. And, who you become must have meaning. It should give you a reason to get up each morning and to stand for something.

Some people program themselves to stop dreaming and stop going for it because they've failed a few times and do not like feeling that pain of failure. So instead of trying to push through this wall, they make their wall stronger and much taller. You shouldn't avoid your dreams to avoid the pain you might experience on the way to achieving them. Don't try to reason with yourself to make yourself believe there's no meaning in achieving your dreams and goals, because that will eventually give you the ultimate pain. Doing that will give you a life without

meaning, and no one can live a life without any kind of fulfillment, purpose, or a sense of meaning.

You, like everyone else, were put here for a reason. What is it? What are you here to become, create, or give to others? This reason becomes clear as you learn from your mistakes. It gets more and more fine-tuned as you grow older. You'll become more closely in touch with yourself as you grow.

Give yourself what you deserve. Give yourself the life you were destined to have. Understand that there are no useless mistakes. Every single thing you do has a consequence, which can be positive or negative. Your decisions on what you want to focus on is most important. You can dwell on past mistakes or focus on the positives in your life. Where your focus is will determine how you feel. How you feel will determine how you think. How you think will determine what you do and the decisions you make, which will shape how your life turns out and who you will eventually become. What meaning you place on something is something you determine for yourself.



What drives you? Some people have more drive than others. Some are driven by fear, guilt, or their past, while others are driven by a sense of adventure. So, different people may look at the same situation very differently, and therefore, the decision they make may be different from yours.

Your drive should be driven by your sense of purpose. What your purpose is should determine the direction you head. It should not be based on fear, guilt, or your past.

Determine your purpose in life and everything will be so much easier. There is something you were designed to do, create, share, and become. Trust each day that your purpose will shine through for you. Your answers are within you. Find your source of pleasure and focus on that. Build that up, bring that out, and head in that direction.

Move away from fear and head toward your purpose. Leave your wall or, better yet, take it down. When you can walk through your fear and leave it behind, you'll see everything much more clearly.



Life is about two things: being and doing. How will you be as a human being? Life is about growth and contribution—to live, to grow, to share, to love. What are you here for? There is something here for you, and you need to discover what that is.

If you never really discover your purpose, then you'll never really enjoy life, because your heart knows all along what that purpose is for you. You must just tap into this to discover it. Once you discover it, you can start becoming it by doing it.

Some people are so often very unhappy because they never feel joy and don't know their purpose of their life. If you don't know your purpose, you'll never feel the sense of fulfillment because you'll never get there. If you don't know your goals, then you start heading in some other random direction and not in the direction you need to be heading.

Knowing what you *don't* want is very good but not good enough. You must find clarity in knowing what it is that you *do* want. What do you really want?



Another problem people create for themselves is when they create a bunch of rules about what they can and cannot do, but they do this *before* knowing their purpose. You must know your purpose first, prior to creating the road map for getting you there.

Sometimes you may get upset with others, because they're either not living by your rules or doing or not doing something you believe to be true, as a rule. Maybe the reason you think someone is doing something crazy or wrong is because you don't know their purpose. Maybe they're simply heading toward their own purpose.

Sometimes your rules can be in conflict with each other. If you set random rules, then you're probably going to create conflict within them, thus setting yourself up for failure. Additionally, your rules may have no boundaries and no purpose at all. Without a clear purpose things will get confusing.

Sometimes you break your own rules and discover that you shouldn't have had a particular rule. This rule or other rules may be wrong for you. So eliminate or change the rules as you see fit.

Life is not a practice session. We learn and discover as we go, but you must remember this is the real deal. This is your life. Start living it to the fullest now, before you find out that it's all over and you wasted time that could have been spent fulfilling your purpose.

Learn to live your life with significance and purpose. You must decide your purpose in life. This purpose may change as time goes by, but don't let any more time go by without selecting a purpose now.

Having fewer rules in life will allow you to enjoy life much more. Most truly happy people have very few rules. Stop restricting and limiting your true potential. It's ok to be a little crazy and try things you never thought were possible. Learn to stop limiting yourself with false beliefs or beliefs of the masses. You see, you don't need to follow everyone else. You don't need the approval of others. This is your life. You need to *take control of it* and *start living it* by finding your purpose. You only get one chance, one destiny, and one life, until your last breath. Your dreams are your purpose. They are to be found within you.

Become by doing. There are no limits to what you can achieve for your life. Your only limits are the limits that you have placed on yourself.

It's not about what you get. It's about what you give. Don't give to get. Learn to forget (the hurt). Never forget to give love everywhere, to everyone, everyday, and love will find you, too.

Even if you receive rocks, give with your heart.



It's always very easy for people to find excuses. They find excuses to not complete something, to be rude to someone, and to not keep their word. People tend to blame others or other situations to prevent themselves from becoming what they *truly do* want to become. They tell themselves that now is not the time. They don't have enough time. They have tons of excuses that they draw on when they think they need them to justify their actions.

Excuses justify staying where you are. Excuses will actually cause you to waste time being stuck in the very situation in which you wish not to be stuck. Excuses give you permission to settle for less than what you deserve.

You can find an excuse for just about anything. Stop blaming the past for your current situation. Stop putting the energy into justifying and analyzing, and start amplifying and mystifying.

Miracles start to happen when you remove the excuses and start believing in miracles. Throw out the excuses. Even if the excuses you use are valid. You didn't deserve this sickness. You didn't deserve to lose your job, etc.

You must draw a line in the sand and refuse to live your life without passion in everything you do. Start living with no more excuses today. Get rid of the excuses.

Step up to a new level. Allow no excuses. Each day and each breath are gifts. When you can comprehend this simplicity, then you'll understand that no excuses need to be made. Stop settling for mediocrity and start becoming what you've been dreaming about for years. Stop allowing yourself to feel inferior.

Stop comparing yourself and start being yourself. Pursue all of your dreams and goals, and overcome all of your own obstacles. There's nothing that cannot be overcome when you believe. You already have everything you need in life to become what you were destined to become.

Everything will come to you that you've ever dreamed about when you live each breath—when you breathe in. And as you exhale, let go of the excuses.



Have a *never-say-never attitude*. If you're going to fulfill your complete destiny, then you must always stick to your mind-set—no matter what obstacles come your way or how long it takes or how many times you get knocked down.

You're not going to stay down. You're not going to start complaining. You won't get into a bad mind-set and give up on your dreams. You'll keep pressing forward looking for completion, which is the realization of your dreams. Embrace determination and your never-say-never attitude.

Those who succeed are not always the most talented, but they're the most determined. When they fail they don't see it as final. They see it as the next step toward completion. They learn from where they are and try again with even more determination than the first time. When they face obstacles, they don't crawl behind their walls, they come out and lead with their heart.

In life, there's always something that can come up to deter you, such as disappointments, setbacks, unfair situations, etc. Too many people give up and start to believe that their dreams will never happen for them, which can turn into beliefs that dreams only come true for others.

You cannot let this happen. You cannot be weak. You must have a warrior mentality, living from within, guided from your heart, and have an eye on the prize of seeing your dreams become your reality.

If you spend each day with an *I'm not going to give up* attitude, then your destiny can become your reality—even though it may take you a while to get there.

We were not created to give up. We were created to be warriors, to have staying powers and a never-say-never attitude. When it's all said and done, you're still standing. Most people give up right before they're about to realize their dreams,

inches from where they belong. Stop hiding behind your wall and be who you were meant to be.

Today is the day you must say, *never say die*. Refuse to quit. Nothing that has happened to you will keep you from your true destiny. You may have had an unfair past, but that doesn't mean you'll have an unfair future.

Every setback is a setup for a better comeback. Your setbacks were not meant to destroy you. They were put before you to strengthen you. You'll be better off than you were before. Bad days will become good ones just as winter always leads to spring and the dark night leads to the morning sunshine. Stop looking with your eyes. Your eyes cannot see what your heart sees. Use the vision from your heart and not your eyes. When you use your heart to see, then it will lead you to realizing your dreams. When your heart takes control over your mind, miracles will happen. Miracles are born within your heart.

Stop focusing on what you went through. Instead focus on where you're going. What you're going through is the path to your destination. Never say never.



There will be a yes in your future. In life, you win and you lose. You'll receive yes and no answers. The key is knowing that you'll receive many nos before you get to a yes. Your nos are just a test—a vehicle from which you can learn. You must get through the series of nos to get to a yes. The mistake many people make is that they get discouraged by the nos and then quit trying. They start to believe in the nos and that a yes will never come.

For example, maybe you put so much of your time and energy into a relationship that didn't work out, and so now you believe that a loving relationship isn't possible for you any longer. Don't start allowing yourself to have self-doubt, self-hatred, and even self-denial, which can control your destiny. Don't doubt your abilities. If you believe this is *not* possible for you and that you are not worthy or good enough, then you're the one actually denying yourself. This *is* a possibility in your life. Get past any doubts you have.

When you come to a no, instead of getting discouraged and instilling self-doubt, hatred, and denial, realize that you're simply one step closer to a yes.

What if you could actually see into your future? What if you knew exactly how many nos you'd have to process and go through to get to your final yes. If you knew this, wouldn't your ability to get through the nos be much easier? If you knew you'd have to meet 20 people before you found the one that's perfect for you, you

wouldn't give up. You would go through all 20 nos just to finally find the one with whom you belong.

You can tend to get lost when you have to process so many nos. You'll lose your passion, fire, and desire. Just remember that a no is just a test. A yes is coming.

Here's the most important part of this, your yes will come to you so much faster when you believe that it will. You'll attract what you believe. You require what's in your heart. Your desires are discovered from within and realized when you believe they are coming for you. You attract like a magnet the beliefs of your heart.

Love is something that's discovered. It's an attraction of energies, much like one magnet will be drawn to another. Love is in everyone. Someone for you is out there. Your *yes* may be so close. Stop getting stuck on your *no*. Your no will prevent your yes from being realized. Say *yes* to believing your *yes* is out there for you, and it will find you. Your yes will come looking for you. Your yes will be from persistence. Don't get stuck on your no. Abundance of love will be coming your way.



Think for yourself. Don't judge others when you don't know everything. What seems bad on the outside may be quite good on the inside. Until you know for yourself, firsthand, then you should never judge another. When you judge the outside first, you'll never see the inside. The inside will create a different view of the outside.



Do you believe in miracles? Have you at one point or another felt lonely, scared, disconnected, and filled with doubt. Each of us has the capacity to open our heart, change our mind, and allow miracles to happen for us. Miracles are available to all of us. They happen for us each and everyday, but many go unnoticed.

When you can change your fearful thoughts to beliefs filled with love, you will experience a shift. A change in perception. You'll start to notice things you've never noticed before. If you want change, then you must change to allow that change to occur.

When you change your belief system, you'll experience a miraculous shift in your life. When you change your mind-set to one within your heart, you'll change your mind to start believing your heart.

All your miracles are born from within your heart. Start living with a miracle mind-set to allow life to flow naturally. You'll intuitively know how to handle all situations and your life will be lived with a blissful ease. You'll start to let go of past resentments. All your fears will be released, and you can defy all odds.

Isn't that what a miracle is anyway? The odds of a miracle happening is determined only by your mind-set. Everything else will naturally fall into place when your beliefs are without doubt. When you walk with confidence from your heart, there's nothing that can't be overcome and nothing that you can't do.

The more people that live with a miracle mind-set, the more positive energy there will be available to support the world. More healing will occur, and more love and peace will spread. Radical change and sudden shifts of momentum will occur when you can tap into this mind-set. Remember, this happens with a change in your beliefs.



How do you forgive someone who has injured you or wronged you in some way? It's hard to dismiss the pain. As long as you continue to carry this pain, it will spiral into fears and can change your behaviors. Then, for example, you may stay in a relationship that will always be hurting you.

The way to remove these feelings is through forgiveness. Forgiveness is a gift you give yourself, not just to the person who wronged you. You don't even have to say *I forgive you*, but you must release it from your own head.

The way you do this is to begin by having empathy for the person. Yes, this is hard to do. Realize though that they may feel guilt and remorse for what they've done to you, but they may never come to that place of awareness or admit that they've done anything wrong or even say they're sorry.

Next, remind yourself why you don't deserve to be a victim. You deserve love.

And, finally, offer a symbolic act of forgiveness. Write down that you forgive the person and read it aloud to yourself every day. Send them thoughts of love. Do this for at least a few weeks, until you've finally released it from yourself.

Forgiving someone is one of the hardest things you'll ever do, but it's the best gift you can give yourself.



Do you wake up feeling exhausted or energized? Do you want to just stay in bed all day? What keeps you there?

What about doubt? Doubt is what paralyzes you. Fear is what keeps you there. What about constantly judging yourself? Don't keep judging yourself. That will keep you from taking action.

The most powerful way to wake up energized is to have something that's greater than yourself. Something that you're grateful for. This may be your children, your significant other, or anything that you're passionate about.

Have you ever been in love and had that feeling of excitement that you just can't wait to see and talk to that special person? Or have you ever been so happy about going to a beautiful place you've never been before for vacation? You wake up feeling so excited to be alive and with an extra energy you just can't explain. You need to recreate those feelings.

The sound of a blaring alarm clock is usually an unpleasant trigger for people who have a long day ahead of them. They start their day off with a negative experience and then must think about all the stress and work that they have ahead of them, instead of focusing on all the life they have yet to live and the potential it holds for them.

Every day you should get excited about all that you have, the abundance in your life, and all the greatness that surrounds you. The simplest of things are usually the most priceless of all.

When you focus on this, you'll wake up with an excitement and feel an exuberance of energy from within yourself. There's an abundance of energy within you that you must tap into.

You can tap into your energy by changing your focus to be on all you have to be grateful for. When you do, it will trigger an excitement within you to attract more of the same into your life and more to be grateful for, thus creating more energy within you.



Absorb better energy and avoid the bad energy. Be open to receive and not closed. Start loving yourself and you'll be able to absorb better energy. Place yourself in an environment that compliments your own energy. It's a conscious choice based on your own experiences.

Instead of complaining about where you are, move in the direction of where you want to be. Start taking responsibility for your internal condition.

The food you eat, the types of music you listen to, and your care of yourself will all help you condition where you are and how you feel now. Where you are is everything. Observe everything with your eyes. You'll start to see patterns. Where there is space, there is energy. Stop rushing to the same place at the same time.

Being alone is not being isolated. There is a difference. Being alone is being reconnected to the wholeness of who you are. When you're isolated, you're separated from who you are. You absorb more positive energy when you're comfortable being alone.

How we feel creates the conditions we attract. There's always more. Stop focusing on the goal and start enjoying the journey you're on.

Let love guide you and not fear. When you focus on love, better energy will come to you. You'll absorb more and be more than you could ever imagine. Only one person is preventing happiness for you, and that's you.

Life's not hard. Only *we* make it that way. Love is infinite. We can never give or receive too much. When you change how you see yourself, the way you see the whole world will change.

Cultivate love. Cultivate what you want most in life. Become the reflections you see in your heart. You're an infinite creation. Let go of the past. Leave the future in the future. Live only in this moment of now—in this breath with passion—and just be.



To find real peace, you must also let your armor go. It's not protecting you, as you've been programmed to believe. Stop thinking you'll never be good enough. Your need for acceptance can actually make you become invisible in this world. Take a chance. Take all the chances that your heart has to offer. Your clarity is right within you.

People sometimes try very hard to find themselves in who they are out there in the world, whether that's a mother, father, executive, maid, grocery clerk, etc. But those titles or jobs are *not* who they are. Who they are is within them. So, stop looking outward and instead look within. Don't look outside to find something bigger or greater. There is nothing bigger or greater than what's within you already. Sunshine is within your heart. This light energy is within you and will be there forever, through eternity. For example, a mother is not what she does, it's who she is and how she does it. It's the love she gives and not the things she does. It's how she does what she does that matters.



Your healing all starts with you. No one can heal you. You can be guided, coached, or helped, but true healing comes from deep within your infinite abilities. It all starts with your belief system. The beliefs you have within you are perfect for you. What you believe is what will come true for you.

Belief is everything when it comes to healing. The greatest ailment you can have is not of your body, but of your mind. When you can change your mind to reflect the passion of your heart, then you can change yourself, which can change the world. Live with love, not with fear.



The opposite of courage is not cowardice; it's conformity. Why do people conform? They conform because they believe *things just happen to them*, instead of them *making things happen for themselves*.

Why do you get up in the morning? Why do you go to work each day? Is it because everyone else is doing it? If so, why do you feel it's necessary to do what everyone else is doing? To abide by their guidelines? Conformity, obeying rules and standards to match what everyone else is doing may not always be positive. If you're meant to be a greater version of the current you, then conforming will probably never provide you with total blissful happiness.

We sometimes conform because that's what we were programmed to do. We don't feel worthy or feel like we're good enough unless we conform because our heart's beliefs do not match what our mind's preconditioned programming is trying to have us conform to. This imbalance is what causes our feelings of unworthiness and inadequacy.

The key to happiness then is *not* to live in the space of conformity. Instead, live from within your heart's true intentions for you. You must get to that space of living from the heart and not the mind. Live in this moment of now and not in the *future* fear—a fear of meeting or surpassing the expectations of others by conforming to the masses. You cannot make others happy if you're not happy first. You're not safe behind your wall, because that's always where fear lives with you. Live from love and not in fear.



Life will go better for you when you live from your heart instead of your mind. Frustrations are typically only felt on the inside and hidden on the outside. Life is full of contradictions. You're a good person and try to help people, yet this never seems to happen to you. Your coworker might get a promotion, yet you're working just as hard and didn't get promoted. You may see someone in a seemingly happy relationship with another person, but there never seems to be someone there for you. But what you cannot see are the other person's secret frustrations.

Frustration stems from feeling upset or annoyed, especially when you're unable to change or achieve something. You want some type of change, but for whatever reason, you simply can't seem to make this change happen for yourself. When frustrated, your mood changes and that can take you farther away from realizing what you want so badly. You could even wind up hurting others with your changed attitudes and behaviors because of your frustration. For example, you may hide your frustrations deep within but wear a smile on the outside. Those hidden frustrations may eventually make you feel like screaming. So, it's best to free yourself of them.

You'll never understand everything in your life until you can tap into your heart to find answers. Life will teach you lessons, you'll continue to be confronted with the same struggles and challenges until you learn those lessons.

When you remain focused on the intentions of your heart and believe they'll become reality for you is when they will. Trust that what you want and need will come to you. Don't let the contradictions of life keep you negative. To acquire true happiness, you must remain positive. Remember that power shows up in weakness but only when the belief is there. Believe and you will receive. Change will come when you create the change in yourself. The shift from living from your mind to living from your heart is the key to removing this wall you've created around yourself.

Don't stay focused on the frustration. Instead, focus on the *whys* of life. The positive whys and not the negative ones. Believe in your dreams, and they'll all become yours.

Don't allow your secret frustrations to keep you from your destiny. If you want to reach your true potential, which is known only in your heart, then you must be a warrior not a weakling. There will always be things you don't understand. Your time will come when you stay focused on the beliefs of your heart. That's why you're here. You're here for a reason and that reason lies within your heart. Find your reason. Go to your heart for the answer.



Can you really send mental messages to someone? Yes. Telepathy is mind-to-mind communication between two people, without using words, signs, or signals. *Tele* is a Greek word meaning distant, and *pathy* is a feeling. Think of it as a distant feeling, transferring one thought to another without physical contact.

So, how is this possible?

We're all comprised of energy. Thoughts create energy and energetic fields of vibrations. When a negative person walks into a room, the room immediately changes. People will actually feel this negative energy. The same applies when a very energetic and positive person walks into a room. The whole atmosphere will change. This all happens without any words being said. People's thoughts and underlying feelings influence everything around them.

To send someone a mental message, you must first clear your mind. You have billions of thoughts. When your mind is clear, you can be more receptive to information. When your mind is cloudy and distracted, you get interference.

Connect with your heart space. The human heart and brain are very powerful, and the heart is the most powerful of the two. When you learn to harness their power, great things can happen for you. So many stories can be found about mothers knowing when something has happened to their child even when they're not near each other. How does she know this? Is it through telepathy—mind-to-mind communication—with the electrons connecting even though they're not together? It doesn't matter how far apart they are. If something happens to one, the other will know. It's the power of the heart and brain, combined. Space is the construct that creates the illusion of separation, but in actuality everything is connected. A mother and child at one point were supported by the same heart. That connection is always there.



If you've ever been in love, you know you can have this same type of communication. It's a natural gift. So you cannot ever send someone a mental message without an invitation. You cannot connect without the other person wanting to connect to you. People who share love are open to this communication. Same as if you have two cell phones that are on, one can call the other at any

distance. Same applies between two people. When both of their hearts are open to this communication, the call between them can go through.

A person must also be ready to listen to receive this energy signal. They must be in that mode of meditation and silence to become more receptive and also have more power to transmit thought frequencies.

It's almost like sending text messages, where communication can be sent to each other from heart to heart. Try it. It's possible and incredible when it works.



When you find your true love, then you've found your best friend. They bring out the best in you. They help expand your inner energy of love, and of course, you do the same for them. This is the most unified team. You help raise each other's vibrations. It's energy-generating. It activates our highest potential.

A healthy relationship is not about seeing. It's about feeling. It's not about what's on the outside that matters as much as what's on the inside. Love exists in the heart.

When you can clear your mind, then you can breathe easy and just be. Just being in the moment of your clarity will help you discover the best partner for you. This person will help you expand your love and share it with the world, and not just with this one particular person.

You see, when you find your one true love, it helps you. Then, your love is magnified and projected to the universe. It will greatly expand the love that already exists in you, and of course, for your partner's benefit as well.

An unhealthy relationship, where energies don't come together and it's more of just a physical relationship, will eventually become self-destructive. It will suck all the love out of you instead of expanding the love that already exists within you.

True love accepts you for who you are. Nothing matters. Not your hair, your makeup, or your clothes, because the attraction is much deeper into your heart than any of that.

In a true loving relationship you're helping each other evolve to a higher level, and this comes naturally. This constant building up allows you to let out what's inside you. The relationship you have with someone should be no different than the relationship you have with life. It's one giant mirror. You're constantly learning about yourself and doing the same for them. A healthy relationship is a reflection of you that expands your love to its highest level. It becomes universal love.

Love cannot be kept in a box. It must expand outward. True love is universal

love. It's an extension of yourself. It's about opening up your heart, not just to one but to the world. It always keeps growing.

When you can tap into your heart's love energy to its 100% level, then you've found your true love partner. This is when you can be yourself without the need of another, and this other person helps remove all the walls that keep you in the box you're in right now. When the walls of your box come down, you become one. You become one with your partner. You become one with the universe around you. The box is gone, and life is finally lived the way it was designed for you, from your heart.



How do you overcome fear? Fear prevents you from getting where you want to be in your life. Remember, as was mentioned earlier, to think of FEAR as false evidence appearing real. It's a self-created feeling emanating from an imaginary belief based on the illusion of separation.

To let go of fear, you must start loving and accepting yourself 100%. Embrace nature, breathe in nature and fresh air, and eat healthy foods to bring nature inside you. All of this helps you to alleviate fears, but essentially, you must let go of society's expectations.

There are all types of fears in life, in your job, career, relationships, commitments, public speaking, abundance, and so much more. How do you let go of fear and these expectations that society has cast upon everyone?

You must understand that fear is never in the present moment. Fear only lives in past and future moments. Therefore, we must tap into the present moment to let go of fear, because the power is in the now. There are so many things to be afraid of in this world. The more we live in fear, the more we lose our energy.

What are you afraid of?

Face your fear. Feel it and embrace this challenge. Fear makes you raise yourself higher. Fear is an anticipation. So ask yourself, what's the worst that could happen and then overcome it.

Don't let fear take control of your power. Don't let yourself become a victim. You're in control of your own reality based on your perception. It's based on your feelings. You turn into what you're tuned into. If you say you're not worthy, then you'll become not worthy. You have to give yourself your own value system. Believe in yourself.

You ultimately choose everything that happens to you. You must not justify your fears. If you rationalize your fear, you'll always become a prisoner of your fear,

because essentially you're giving yourself a reason to hold onto this fear. The power is coming from inside and not the outside. Change your beliefs. When you can change your mind, you can change your world.

Everything is based on the perception you have of yourself. Many of your fears come from believing you're not good enough or worthy and are struggling to look good in the eyes of others.

You must let go of judgment. The more you judge, the more you separate. Separation is the foundation of fear. Stop allowing this intimidation. Everything is connected. If you have fear in your heart, then you can never be free.

Heal your body by reprogramming. Fear is stored within your body as is love. Remove the bad energy and project the good energy that you have. The power lies within you to rid yourself of fear.

You don't always have control over what happens to you. You only have control over how you respond to what happens to you. You must first change your reaction to a situation before you change your interaction with a situation. Everything is based on how you respond and how long fear will live within you.

You have to tap into your inner child, where no fear exists, and embrace the unknown and uncertainty. That's where your power lies. Be tuned into the present moment, where everything happens continuously—the past, present, and future.

Children are so powerful. They don't have the fears adults have. A child is tuned into the universe. The longer you live, the more you deviate from the present moment. The more you deviate from the present moment, the more you deviate from the universe.

You're a part of the universe. Once you let go of fear, you can restore inner balance within yourself. There are so many things you can learn from children. You must align your body with your mind and heart, as a child does. Stop saying "I can't" and start saying "I can." Everything is possible when you live in this moment. Talk to yourself with love and not with fear. Bring those childlike feelings back. Be carefree. Have fun. Let go of the baggage. Start a new day without fear. Jump in a puddle today or play in a park or go on a ride. Let your imagination run wild without any fear telling you that you can't. Live now, not in yesterday and not in tomorrow. Focus on now.



How do you disconnect from your mind, tap into your heart's desires, and find your true purpose?

First you must connect to nature before you can connect with yourself. Remove the distractions around you, and you'll learn what makes you become most alive. When you remove all your distractions, you'll start to understand who you are and where you should be.

What is stopping you from being who you are meant to be? Have you been hurrying along but getting nowhere fast?

Slow down to the speed of the rhythm of the earth. Don't do anything because you *have* to. Do everything because you *want* to. At the end of the day, the only thing that matters is who had the most fun and enjoyed blissful happiness. Discover and uncover the real you who's inside the box that's surrounding you.



How can you get anything you ever wanted? Your dream life? Your purpose?

Is what you want in alignment with your behavior? If not, you'll never attract what you want. You'll continue to attract what you are.

You must be in alignment with your heart. Your subconscious mind is always awake. You need to tap into this. You can do this by providing your conscious mind with what is in your heart. Start becoming a content producer and not a content consumer.

Your mind (body) handles about 95% of your actions throughout the day. It's built on habit and routines. Break your bad habits. Start to do things differently. When you *say* you're not good. You're *telling yourself* you're not good. Stop living in the past or future. Your conscious mind lives in the past and future.

Live in the now. Live in your heart. It's where you are right now that matters. Your heart or subconscious mind is so much more powerful than your conscious mind. Tap into it. It speaks to you in your dreams. It speaks in imagery within you. Look at these images. Become these images. Do what's in the image. Start using visualization in the present moment. Don't visualize where you want to be. Tune into the present moment and great things will happen.

Your heart has the ability to feel. Move toward these feelings. Don't be disconnected from your feelings. They have the ability to become real when you can tap into and believe in them as your reality. To unlock your heart, accept who you are and move into the place of how you feel.

Let love, not fear, guide you.



How do you move from your head space to your heart space? This is where you'll find the truth of your reality.

Your everyday stress of work, relationships, and life can cause you to get stuck in a *thinking* head space. The secret to getting away from the clutter of worry in your mind to the clarity of your heart is making the best out of the worst and not allowing external events to condition your internal reality.

You need to be a super-transformer. When you're having a hard day and you get knocked down, you must come to terms with what's happened. Denial will keep you in that space. Your challenges in life will never get any easier. It's how you handle them that makes the difference. You're the one who creates your own prison behind your walls. *You are your own prison guard with your own set of keys to set yourself free.*

Thoughts are the language of our brain, and feelings are the language of your heart. Your emotions are your inner guidance system. Look inside and create a vision of what you want. Discover what you want. The heart has no fear until you think about it.

It's very easy to get distracted by your head space to divert you from your heart space vision. To become the greatest version of yourself, you must remove your head-space fear.

3 Cs of Radical Action

Confidence—You must trust yourself 100% in anything you do.

Consistency—You must do this over and over to start to believe it. It will start to feel natural the more you do it.

Commitment—is a dedication, where it's done without even thinking about it.

It's then that you can begin to move out of your head and into your heart. When you live in your heart space, you start to live in your *now*, living each second of each minute. Each breath becomes more and more precious than the previous ones.

Being focused on the present and removing the mind, you'll actually become and feel more powerful. Remember this if you remember nothing else. People will laugh at your vision until you manifest it. Live from within. Live today in your *now*.



By connecting yourself to the stillness and silence that rests within you, you can make more purposeful and more conscious choices for your life. If you can quiet down the fluctuations of your mind, then you can hear the whispers from your heart and the universe. This connection to your inner self is the key to finding the happiness that will satisfy who you are. Don't constantly go thru life listening to the loud vibrations of your mind, which is cluttered with fear, doubt, and even hatred for yourself. You can begin to understand by removing this layer, getting deeper into who you truly are, and listening to the whispers of your heart. Then, you'll understand what it is that we've been missing all along. It's right there. It's been there all along.

Shut off your mind and listen to the whispers of your heart. When you enter this space, you can control the speed at which life comes at you. You can tap into this at any given moment. You can connect to it mentally and physically, at a speed that nourishes you, mentally and physically. You'll become more intuitive, make better decisions, and be more creative. Live it now.

Establish yourself in the present moment and then take action. You'll make better choices and decisions for yourself. Your life will begin to change. You'll change and begin to receive what you've been in need of for your life. This is the power to positive change in your life—when you can transform yourself into the present moment and tap into your heart for its guidance.



When it's all said and done, unless we love or have been loved, nothing else matters. What you appreciate, will appreciate you. What you focus on will expand. If you don't love yourself, then there's no way you'll ever be able to truly love another.

Be responsible for everything that shows up in your life. True freedom relies in knowing that there is no *them*. Everything that you experience, you've caused, created, and allowed. Take ownership of your life.

In life we must learn to step up and then jump—without fear. Stop sitting behind your wall. Jump forward toward the light and the love. Move forward toward your life. Make it what it should be. Stop watching and waiting and trying to figure out if it's time. It's never *going to be* the right time. The right time is *now*. Live it now.

Live life to the fullest every day, because you never know when that day will come. Unfortunately, we all have an expiration date. Too many times people have died with their dance still in them. They never make it to Paris. Don't die with your dance still in you. Die with it all out on the field. How do you do this?

STOP THINKING SO MUCH. Stop planning it all out and waiting. Start living from your heart and not your mind. For that's where you need to live—in this moment within your heart and in the single breath of *now*.



CLOSING THOUGHTS

We all want a better life. We will not necessarily have a great life simply by living longer. Instead, we must *live* a great life by *creating* a great life and living our dreams with a collection of little moments. It's not the things you do in life that you'll regret. It's the things you've failed to do in life that will cause you a feeling of regret.

Trust Yourself. Maybe I've done some crazy things in my life, but I don't regret any of them. I've done some cool things that some may think are off the wall or downright dumb, but not me. You see, when I decide to take on another challenge or try something new, I do it because it's another opportunity to enjoy life. To experience life in a different way. It enables me to taste life in a way that I never have before. We learn about who we are by trying things based on our curiosities. Some of us let those curiosities die; but when you do that, part of you dies, too. We can discover our true purpose only by trying new opportunities. These opportunities may never come again. So you must learn to seize them before they're gone.

Be Nice. I've been told by people close to me that I'm too nice; people will walk all over me; I smile too much; and by doing so, it's a sign of weakness. But, that's who I am. I believe quite the opposite to be true. I believe love is what makes us strong and it always wins over hatred. I believe if you're happy with who you are inside, then no one can ever take that away, if you live from your loving heart. It's when you slip away from the love and tend toward hatred that you start to lose. You start to lose something on the inside, and outside as well.

Be Confident. I've been asked many times if I think I'm normal. To me, normal means average. I don't want to be average. I'm me. No one is like me. I know who I am, and I'm a better version of me each morning when I rise. We're all born with a purpose. Believe in yourself.

Find Your Passion. Passion is a word I use quite often and that passion must be felt to a point where you're willing to suffer for what you believe in. It's a suffering that's rewarding beyond the pain and experienced in the determination of accomplishing something you believe in. Passion is following the dreams of your heart. We all need to find our passion. Never give up on finding the passion within you and following it once found. You'll never find passion in things. There is no passion in things. Passion comes from within you—the being that you are. You must find your passion so you can start realizing your dreams each day you have left to enjoy them.

Your passion is grounded within you. It's grounded in people and the relationships you have with people. We're all interconnected, as one whole. Inasmuch as we're all different, yet we're the same. If you find your passion within you and then take that passion and believe that it's true for you, then and only then can you become your true reality. Live each breath with passion.

Remember, your purpose is not something you create. Your purpose is a gift that was given to you and is found within you...within your dreams!

Believe it and receive it!

ABOUT THE AUTHOR



John A. Cafiero is a business and life coach with 30-plus years of sales and marketing experience. He has successfully built and sold two businesses valued at several million dollars and now spends time helping others do the same. John strategically designs one-on-one weekly, monthly, and annual coaching programs that can be provided in person, over the phone, or through video chat to help business owners increase sales quickly rather than them struggling to do it alone. He also helps people align their dreams with their reality.

He trains sales teams with proven systems for selling more in all types of businesses, and his proven techniques can be customized to fit any industry. He delivers training that engages participants with easy-to-understand strategies and practical implementation tactics based on sound selling fundamentals. John earned a BS in marketing and management from Montclair State University. You can reach John at:

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