

Free Spirits – taking back your power

**How to
Recreate Your Life**

***How to
Take Back Your Power
and
Create Whatever
You Truly Desire***

by
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Introduction

This transformational course consists of three main parts:

Part 1- Free Will – you have the power

Part 2 - Living Your Own Life – the life that you choose

Part 3 - Recreating Your Life – the step-by-step process

This is all about creating in your life anything that you truly desire – and so effectively **transforming your life**.

You have been given the free will to choose the life that you wish to live.

This only works! You can create huge benefit and 'unfair' advantages by using the tools and techniques here. My intention is to touch the lives of as many people as possible, all around the world, by showing them how to **transform their lives**.

Many people grow up being taught to have limited ambitions for themselves, that all things are not realistically possible. Except for a few fortunate individuals, our expectations of what is possible for each of us became very limited, our personal aspirations became very low, when we were young.

"The person who says it cannot be done should not interrupt the person doing it."

~~ Chinese proverb

However, we know that the average adult uses less than 10 per cent of their potential. Some researchers today say that it is less than 5 per cent. Recent indications suggest it is closer to one or two per cent. And we also know there is a direct relationship between our level of performance and our self concept, between our levels of effectiveness and our concept of ourselves.

One thing in particular we were taught was that failure is not good – in fact, that it is very bad, and to be avoided at all cost! However, the fear of failure is the greatest single obstruction to success in adult life. The fear of failure is what holds more people back from exploring their full potential than any other negative habit pattern or any other factor in human personality.

We are inhibited and afraid to stand out, afraid to be out of the ordinary, afraid to be *extraordinary* – afraid to be **successful!**

I create what I want with energy – good things come to me easily

I want to tell you that you are an amazing person – and you can create anything that you **truly desire**.

There are no barriers, no limits to what you can have. The only limit is what you can picture for yourself, what you can ask for and believe you can have.

Creating abundance will require that you let go of any remaining beliefs that money and objects are **difficult** to create. They are **not!** You are now ready to begin creating a life of abundance.

I live in an abundant world

We just need to rid ourselves of the negative programming to which we have been subjected since early childhood. And this is much easier than you might think!

I am a success – I allow myself to feel successful



Part 1

Free Will

- Living a Life of Freedom

Introduction

How much of your life is predetermined and how much of your life do you live freely? How you choose to live your life and create your destiny is indeed within your control. While many people believe their destiny is already etched in stone, this is not true.

Fate is pre-determined.

Destiny is under your own control, it is the destination of your life!

The decisions that you make in your life directly affect your destiny.

You are the Creator of your destiny. Through the practice of free will, you have the power to drive your destiny.

What Is Free Will?

We often hear the term free will used loosely but what does it mean? Belief in free will refers to the extent to which people believe human beings genuinely have free will.

The dictionary defines free will as...

"the power of acting without the constraint of necessity or fate; the ability to act at one's own discretion."

synonyms: self-determination, freedom of choice, autonomy, liberty, independence

Our beliefs about free will shape the way we interact with others, as well as the relationships we form externally with others and within ourselves. Some research even suggests that our emotions can play a significant role in how we feel about free will.

Belief in free will embodies the philosophy that human beings can function as individuals. A belief in self-power and self-awareness drives the behaviour of those who believe in free will. Consider this, those who do not accept or practise free will assume that we as individuals are illusions that are ruled by the law of the universe.

In everyday life, we are at the mercy of the situations that we confront minute to minute and hour by hour. Our response is sometimes a voluntary act and, at other times, we must conform to society or otherwise endure conflict and consequences. Those who practise free will possess unique, mental energy that enables them to suppress what others might deem as being a natural response. It is an act of self-control.

Advantages of Free Will

Free will influences our behaviours and choices. It allows for a sense of accountability to codes of conduct. Trying to change someone's belief or practice of free will may take away or weaken their moral obligations to society, triggering immoral behaviours.

Free will improves our sense of motivation and desire to take action, which contribute to a higher degree and feeling of self-control. These qualities can lead to the achievement of better careers or better job performance.

Other positive effects of free will include life satisfaction, happiness, mindfulness and ambition.

Free Will And Controlling Your Destiny

Each of us can accept our free will and take control of our destiny.

(See Part 3 for full details about how to do this - see page 29)

You have the ultimate power to take control of your destiny – you can map out your future – you choose your path in life. You can set out a precise definition of critical milestones and goals that allow you to achieve great success and happiness – and so create your destiny – achieving your destination!

Get Rid of Negative Energy

Free will enables you to disregard and get rid of the negative people and energy in your life that could harm your best-laid plans. The best way to take control of your destiny and to exist with free will is to take control of which people live in your inner circle of friends, family, and peers.

Don't Be Average

Free will grants you the permission to not accept the norm or to be average. Controlling your destiny demands that you do not settle for anything that will hold you back from achieving greatness and living your best life.

Make Powerful Decisions

With free will, you have the power to make decisions that shape your destiny. Decisions such as changing careers, moving to a new location, getting involved in a new hobby, or meeting new people, can reshape your future in ways you might not have ever considered.

Self-Determination and Self-Awareness

An excellent way to take control of your destiny is to have self-awareness and to recognize what you are truly capable of achieving.

Never forget what you have already accomplished and always bear in mind what it is that you can ultimately achieve.

Through the practice of free will, you have the ability to control your destiny, by creating the environment and circumstances that can help to bring that about.

Part 2

Living Your Own Life

LIVING A LIFE THAT'S YOURS

Letting Go Of Confines, Restrictions And Limits



Ernest Hemingway's famous words capture how many of us feel in today's world:

"Don't you ever get the feeling that all your life is going by and you're not taking advantage of it? Do you realize you've lived nearly half the time you have to live already?"

If this describes how you are feeling today, then it is time you started living a life that is truly yours.

Making changes to your life in order to achieve your dreams is not just a matter of learning new things, but also of un-learning old ways. You need to move beyond being a mere participant in your life, to experience real self-awareness and active consciousness - you have to be willing to take risks, make changes and release old attitudes.

If you are ready to let go of the confines, restrictions and limitations that you and others have placed upon your life - and start living the life you have always wanted - then it is time you learned how to change those limitations and set the course that works for you.

If you are ready to realize your dreams, then you are ready to learn the tools and techniques that allow you to achieve everything you desire.

(See page 29)

Understanding Self-Imposed Limitation

On any day, you probably hear yourself or others say things like, "I'll never be able to..." or "I can't believe I am still figuring this out at my age." Thoughts like these are representative of self-imposed limitations. The difficult thing about these thoughts is that we do not even know we are setting the limitations - and they are very hard to move beyond.

In our lives, we develop a set of understandings and assumptions about life, and these thoughts transform into a reality we firmly believe is real. For example, we all have assumptions about age and how it will affect us going forward. Depending on your background knowledge, experience with older people, family history, and level of health, you probably have many assumptions about what you should be physically capable of doing at any age, but especially 40, 50, 60, and beyond.

These assumptions, though, are just thoughts. They are not real. There is no rule that says you cannot do something past a certain age; it is only we who place that limit upon ourselves or others. We make it so through our beliefs. This is an example of a self-imposed limitation, but many of us are not even aware that we have imposed these limitations on our ideas about ageing. We just accept that this is what will happen and there is nothing we can do.

Once you become aware that thoughts like this are limiting forces in your life, and that you have the power to let go of those limitations and move beyond these barriers, you can reach a new level of self-awareness that involves achieving the dreams you have in life.

Self-awareness enables you to question the veracity of your assumptions and understandings of the world and of other people. At this point, you may start to feel as though the whole world looks completely different, and the possibilities in life begin to open up to you.

Self-awareness allows you to become the true navigator of your life. You are free to make decisions about what is best for you without the limits of self-imposed boundaries that are not real. Self-awareness allows you to become your authentic self and enjoy life in the **present moment**.

The Power of No Limits

Once you push past your acceptance of the limits that you and others place upon you, you can start enjoying your life and making it into what you want it to be. The present time becomes much more meaningful and important, as you are no longer waiting for the right time or for circumstances to change.

We make a living by what we get, but we make a life by what we give. - Winston Churchill

Letting go of self-imposed limitations, then, is a key to:

- 1 - helping you to re-examine your life and priorities
- 2 - shedding the restraints that have been limiting your mind and your dreams
- 3 - realizing the dreams that will help you to live the life that you came here to live.

Reaching Your Full Potential

To become the person you want to be, to live the life that is yours, it is sometimes necessary to let go of old ways of thinking, so making way for new possibilities.

Stop Caring What Other People Think About You

The need to be liked, or for others to approve of you, is confining your decisions, and the only one that is unhappy is likely to be you. You do not have to be everyone's cup of tea. They may not like tea. In fact, they may be allergic to tea. So, who cares? The only people that matter are the ones who like you for who you are. You will never make everyone happy, and a life spent trying to accomplish this defeatist goal is a life wasted. Do you like everyone you meet? So, why should everyone who meets you like you?

Release this limitation and remain true to who you want to be. Improve, grow, and learn every day, and when people do not seem to understand what you are about, just remember that it is only because they are the way that they are.

It is not about you!

Stop Giving Energy to the Wrong People

When you surround yourself with motivated, accomplished, optimistic people, their influence will raise you up. Reflect carefully on the people in your life with whom you spend the most time and make some honest decisions about who is pulling you down and who is raising you up.

Stop Giving Energy to the Wrong Tasks

When trying to achieve your goals in life, it becomes essential that you place your own needs and priorities above those that others would place upon you. If something does not support your goals or is not in line with your values, say "no." When you turn down demands like these, you are really saying "yes" to yourself. You are redefining the value of your time and energy to focus squarely on accomplishing your goals and realizing your dreams.

Begin Living A Life That is Yours

Happiness is not something that happens to you, it is something you create, and it is an ongoing process throughout your life. If you want to be happy, then you have to start doing something.

Any journey begins with a single step, so if you are ready to live the life that is yours, then choose the first step and get going. Everything you do today will help you to be that much closer to your next big goal, and only by putting in the work and making the necessary efforts can you create the life that you want.

Start by becoming aware of your goals, what it is that you wish to create, and acting each day as if you are already the person you want to become. Every day is an opportunity to expand yourself and build your life into your dream, and the more you visualize this and embody this daily, the more quickly you will start to believe it is yours.

The purpose of human life is to serve, and to show compassion and the will to help others. ~ Albert Schweitzer

However, if you are sacrificing yourself more to help others attain **their** goals to the detriment of **your** own dreams, it may be time to re-evaluate your priorities. Creating a life that is yours involves placing yourself and your dreams above those of others, which can be hard to do.

While it is certainly all right to live your life to help others sometimes, it should not be where you direct the majority of your attention, **if** this is interfering with **your** happiness and **your** goal attainment. Remember that you are important and therefore redirect your energies when you need to.

Getting anywhere starts with action, so stop waiting for things to change or for the time to be just right. The perfect time is **now**. If the opportunities are not there currently, build them, make them happen

(See action steps in **Part 3, page 29**)

Write down an action plan, making each smaller goal tangible and one step closer to your ultimate aim. If you start moving forward and then realize those are not the right moves, make adjustments or start again, but keep working at it every day.

You are in charge of your own happiness, and only you can control your actions and emotions.

Believe that life is worth living and your belief will help to create the fact. ~ William James

Living each day to its full potential is key to releasing the boundaries and living the life you have always wanted. Make the most of each day, ask yourself each day when you wake up, "What am I going to do today that means I am living the life I want to live – and be the person **whom I truly wish to be?**"

Every single one of us is endowed by nature with the ability to achieve excellence or outstanding accomplishment in at least one specific area – that unique reason why we are here.

You are a special, unique person and you have a meaningful contribution to make to the world. Every person is born with a purpose.

Life Purpose

As a powerful spiritual being, every body has a unique Life Purpose – a unique reason for being here - that only they can fulfill, in their own unique way.

How many people have discovered their Life Purpose?

- their Calling
- the reason they are here
- their personal mission in life.

**Life isn't about finding yourself. Life is about creating yourself.
~ George Bernard Shaw**

Have you ever asked yourself any of these question?

Is this all there is?

Am I entirely on my own?

Why don't I seem to get any help?

Why don't I ever receive any inspiration?

Why do other people receive guidance and I don't?

Why doesn't my life seem to be worthwhile?

Is there really a reason for me to be here?

Is there some important work that I should be doing?

What is my life's work?

How can I discover my life purpose?

What are you doing with your life?

God gave us the gift of life; it is up to us to give ourselves the gift of living well. ~ Voltaire

Are you doing precisely the kind of work that makes you want to jump out of bed every morning excited to begin a new day?

Does your work fulfill a need deep inside to express yourself, your talents, your values, your unique and precious gifts?

Does your work allow a balanced life – one that leaves time for family and friends, for physical activity or hobbies for you?

Are you doing what you love?

There is no greater gift you can give or receive than to honour your calling. It's why you were born. And how you become most truly alive. - Oprah Winfrey

You are a special, unique person

Every one is born as a spiritual being - to be a free spirit

You are a special, unique person and you have a meaningful contribution to make to the world. Every person is born with a purpose. There is a reason why you are here – you have a role to play that no one else can fill. The special contribution you came to make is your life purpose – which you fulfill by doing your Life's Work.

When you are doing that work, you are following your higher path, and your life will be filled with increasing joy, abundance and well-being. Everybody is here for a unique Life Purpose – that only they can perform in their own unique way.

The purpose of life is to live a life of purpose. ~ Richard Leider

Every body is solely responsible for their own life

Everything is on purpose – all is perfect in a perfect world.

Unfortunately, this spiritual awareness and knowledge is 'knocked' out of us from soon after we are born, by parents, school teachers and other 'adults' who have had it taken away from them – and many of us are forced to live in a dull, mundane world – and not the wonderful world of spiritual awareness.

Many people grow up being taught to have limited ambitions for themselves, that all things are not realistically possible. Except for a few fortunate individuals, our expectations of what is possible for each of us became very limited, our personal aspirations became very low.

Discovering Your Life Purpose

Every single one of us is endowed by nature with the ability to achieve excellence or outstanding accomplishment in at least one specific area – that unique reason why we are here. Nobody is created at random, every one of us has something valuable and special to contribute to the human race in this life-time.

You can tell where your potential area of excellence is:

- by looking at what interests you
- by looking at what attracts your attention
- by looking at the sort of things you would do if you were not being paid for them at all
- by looking at the sort of things you would do if you had no limits whatever on your abilities.

As you do your life's work, you will be creating your own path from day to day. No one is going to structure it or provide a plan for you to follow. You will have a sense of control over your life and know that you are in charge of your destiny.

As you commit to your life's work, you commit to being the builder of your own life. You can design your future by being alert and aware of opportunities, knowing when to take action and when not to take action.

If you don't design your own life plan, the chances are that you'll fall into someone else's plan. And guess what they have planned for you – not much! ~ Jim Rohn

You are a spiritual being – with a unique Life Purpose that only you can fulfill.

It is important that you:

- have an absolutely clear **vision** of what is your Life Purpose
- have taken a **decision** to achieve it
- have an absolute **belief** that you will achieve it
- have the **expectation**, the knowledge, that you will create it.

We can only change our world for **ourselves** - we cannot change the world for other people.

As you become specific about what you would like, your subconscious immediately goes out and begins to create it for you. You do not have to know when or how it will come. All you need to do is to get clear about what you want – dare to think big! – and think about it all of the time!

It is so very important that we are not held back by negative people.

Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement. ~ Golda Meir

Learn to say “No” - to those people and things that contradict your values and everything that you stand for in your life.

Always be positive – it motivates you to want to be better and to do better!

Empowerment will mean that you are an individual who is capable of telling the world how you feel. It will also give you the power to always be truthful. It will lessen your need to endure any feelings of shame or guilt. When you become comfortable with saying 'No,' you will want to stand in your truth.

Everyone has at least one thing they are good at. If you stop and think for a minute, you know what you are best at. Work on increasing that strength. Such as taking classes, getting a better job or to generate additional income. Your goal should be to do the thing that allows you to bask in the glory of what you do well.

Being positive requires far less energy than being negative. Start by practising positive affirmations each day. Find one thing positive to say about yourself. Rebuild your circle of friends and your support network to include positive people and slowly move away from those with toxic energy. Find the people who want to see you succeed, and will not discourage you when you decide to value yourself more highly.

Start documenting your successes. When something goes really well, write it down.

My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humour and some style.

~ Maya Angelou

Part 3

Recreate your Life

- the step-by-step process

There are fourteen steps to Recreating your Life!

That is one step each day for two weeks.

However, you can work through the course at your own pace.

It can be useful to read through the whole course, as quickly as you like – perhaps all in one day.

And then read it through more slowly.

Sometimes, only a few of the steps are required, such as when you need to create something very quickly, without notice or fore-warning.

For larger, longer term projects, all fourteen steps might well be necessary.

This might seem to be more 'work' than you would like, but every step is simple – and most take only a few minutes to accomplish each day.

Step 1

Where Are You Now?

What you have and where you are today are the results of all the choices and decisions you have made during your life so far. Many of your choices have been passive, made without conscious examination. Many have been based on your past programming, rather than on your new unlimited thinking which is shown by your decision to read this course. You can begin now to make more conscious, self-aware choices.

Acknowledge that where you are today is a result of your past choices, and realize that, at every moment, you are truly creating your reality. If you are not happy with what you have created so far, you can learn to make different choices and change your life into one that brings you joy, aliveness, or whatever else you want.

My beliefs create good things for me

You will want to allow success into your life so that you can receive what you ask for. Start by taking small actions that honour yourself. Think of something really nurturing and luxurious that you would like to do for yourself. Perhaps you would like to soak in a warm bath, buy flowers for your house, or take a half-hour for yourself every day. Taking the time to do nurturing activities gives your subconscious a message that you are a worthy person who deserves to have your goals met.

I honour myself in everything I do

The more you feel joyful when you do things and follow your urges, hunches and higher vision, the more quickly and easily you will get what you ask for. As you follow your higher path, the more you will find everything working in miraculous and easy ways. This is not to say that you won't be challenged, for challenges help you to gain strength and confidence. Your dreams will come true as you follow your feelings of joy, delight and self-love.

Step 2

2.1 – Self-esteem

How Do You Feel About Yourself?

Self-esteem - how we feel about ourselves - is a very important factor that affects how successful we can be in creating whatever we truly desire.

Our self-ideal may or may not be realistic and our self image may or may not be consistent with reality or consistent with the way other people see us, but our self-esteem, how we feel about ourselves, is always true, whether positive or negative, high or low. It is always true. And the best definition of self-esteem is how much you like yourself.

One very effective way to increase our self-esteem is to use affirmations. These cost nothing, they take very little time to do – and they can produce truly amazing results!

Affirmations are positive thoughts that are repeated over and over. As you repeat them, they go directly to your subconscious where they begin to manifest as your reality.

Saying "**I like myself**", "**I feel terrific**", "**I am responsible**", changes the way you feel about yourself, makes you feel good about yourself, and powers you forward to perform everything that you do much more effectively.

We cover affirmations in more detail later.

2.2 - The people in your life

How are they affecting you, what are they doing? Are they helping, are they hindering? What have you learned from them, what gifts have you received disguised as problems.

In which ways are you stronger now because someone has come into your life? And although we might think that they have been a pain, in what ways have they actually strengthened you and helped you to be more independent?

They are helping you to be and to become the person that you are and the person that you will become. Perhaps they are teaching you understanding, tolerance, patience, forgiveness, love, unconditional love – teaching you how to love without needing to receive anything in return.

It can be interesting – and useful – to draw up a list of everything and everybody that we do not like in our lives, the challenges, the problems, the work or the job and the people.

It is important to nurture your self-awareness. Self-awareness entails taking stock of yourself as an individual, your current level of power and surrounding environment, including the people in your circle. With awareness, you can begin to identify those things and people that trigger negative feelings and outcomes, that are holding you back from living your own life. Then you can start to disassociate from them, thereby enabling yourself to **'reclaim your power'**.

This can enable you to see that perhaps things are not really so bad, that you are learning something from each situation, that everything and everybody is in the right place at the right time to help you to grow.

Maybe they are here for a reason, for a purpose, maybe they are there to help you to look at something in a different way – to struggle, to overcome, to endure, to win through.

Step 3

Removing Clutter From Your Life

3.1 - The Importance of De-Cluttering

Objects have energy. You feel the energy of the objects around you at a subtle level, so surround yourself only with those items that you love and feel connected to. Broken or useless possessions clutter your energy. It is wise to keep the things around you in good repair, so there is order and harmony about you. Keep around you only those things you value and appreciate, and they will reflect that higher energy back to you.

Spend a moment now to look around your home. Are you keeping objects that don't serve you any more? Pick one of those objects and let it go – give it to a friend, recycle it or sell it. You have just created the space for something even better to come into your life.

I surround myself with things that reflect my aliveness and energy

The inner world is a reflection of the outer world, and vice versa. The events and circumstances of your physical life can indicate the direction of your internal energies, and can have a profound impact on your inner nature.

Clutter and disorganization can reflect inner turmoil, and they can create internal chaos where none previously existed. Therefore, it is imperative that you create an atmosphere of cleanliness and order so you can focus your energies in the most efficient manner possible.

Often, it can be difficult to work on an important project when your office or living area is messy and cluttered. Not only is there the obvious disadvantage of having to sort through the clutter to find what you need, but there is the chance that your mind will be unable to relax and focus because it is worried about the outer disorder.

It is even possible for excessive physical clutter to result in mild to severe neurosis. Keeping your desk, office, living area, car, etc. free from clutter is far more important than you might have previously realized.

Have you ever noticed how recharged, even invigorated, you feel after cleaning out a messy wardrobe or kitchen cupboard? This is partially due to the release of endorphin chemicals in your brain; hence the power derived from order and neatness is not just mental!

When your physical life is in disarray, the odds are that your thinking will become restless and unclear. This will result in a tremendous loss of productivity and a great deal of wasted energy.

If you have been stressed out over a particularly cluttered area of your life, inside or out, stop and take an honest look at how this has prevented you from performing at peak levels.

Have you been spending precious time and energy regretting the clutter throughout the day? The minute you find clutter and disorder are hijacking your thought process, resolve to organize the problem area.

But be careful not to tip the scales in the opposite direction. Being obsessively neat is just as detrimental as being disorganized, because you could spend more time cleaning and arranging than focusing on your vision and taking appropriate action.

3.2 - How to Manage Your Stress by Staying Organized

Being organized may not seem like a powerful technique when it comes to reducing stress. After all, we mostly hear of methods like meditation, controlled breathing, visualization, as being effective for managing stress. No one really talks about being neat and organized.

Yet, keeping things simple and organized is one of the best ways to reduce irritation in your life. When you minimize irritation and frustrations, you also help yourself to de-stress without realizing it.

For example, if your desk at work is cluttered and you can't find a document that you need, you'll end up searching for it and wasting time and effort. If you can't find it after a few minutes of searching, you're going to lose patience and start getting irritable. It's definitely going to stress you out.

This applies to any area in your life. Can't find your car keys just when you're about to leave the house?

That's aggravating. Sat down on the chair to watch TV but the remote control is nowhere in sight? How annoying, as you flip over the couch cushions.

All these little stresses, when repeated on a daily basis, will lead to frazzled nerves and an irritable nature that gets triggered easily. All of these could have been avoided if you were organized.

One of the best ways to reduce stress is to be neat and tidy. Like Benjamin Franklin once said,

"A place for everything and everything in its place."

Tidy up your home, your office, your desk, your everything.

Whatever you use should be neat and organized.

That essentially means sorting everything and only keeping what you need. This is known as decluttering. You'll store whatever you need in its rightful place. You clean up after yourself and strive to maintain this sense of order each day.

If you can maintain this on a regular basis, you'll find that your life becomes much easier. Like they say, organized people are just too lazy to look for things - and you won't have to because you'll know exactly where everything is.

Imagine the amount of stress you won't have to face from constantly looking for misplaced items.

Keep a List of jobs To Do

One of the biggest reasons that people feel overwhelmed is because they try to keep too many things in their head. Projects, family commitments, pending things that need to be done - and there are so many things to do but not enough time to get them done.

Mentally, it all seems like too much to handle. The first thing to do is write down all that you need to do. Keep a list and add on to it whatever new issues crop up that need to be taken care of.

Now you have a list of exactly what you need to do and it will seem more manageable. In your head, it all seems too much to handle. Once you have it on paper and you start checking off what you need to do, you'll be more focused, less stressed and be amazed at how fast you complete your tasks.

“Life is too complicated not to be orderly.” ~ Martha Stewart

3.3 - Exercise

Change – change your routine - just in small, simple ways.

Perhaps change your home in some way – move your furniture around, so that the energy in your home is moved.

If you always put your left shoe on before your right shoe, change the sequence and put your right shoe on first.

Clutter – perhaps give away some belongings, ornaments, books, that you don't even notice any more – to allow fresh energy to come into your home and into your life.

I surround myself with things that increase my passion

Step 4

Abundance is Possible

4.1 - What is possible

I live in an abundant universe

We live in the richest, most abundant society in human history. We have living standards and opportunities undreamed of just a few years ago, and still the vast majority of men and women, as Theroux said, "*lead lives of quiet desperation*". They are unhappy with their work, they are unhappy with their families, they are unhappy with their health, they are overweight, they smoke too much, or drink too much, or worry about their finances, all of the time.

I picture abundance for myself and others

It is better not to speak of failure or lack. Words affect your subconscious, which hears what you say and goes to work directly to make your words come true. The words, "*I do not have enough money*" go directly to your subconscious, which begins to create lack. Rather than saying, "*I can't afford to buy this*", say "*I choose not to buy this at this time*".

To increase your prosperity, talk about your abundance. Words are important. Everything you say has the potential to create the reality that you experience. The universe responds to your positive talk. Even if you do not have something you want in your life right now, if you begin to talk and act as if you are certain you will have it, then you will draw to you the circumstances to have it.

I choose to live an abundant life

Talk about your visions and your dreams – speak of what is good in your life right now and how positive you feel about the future. If you do not have enough money, pretend that you do have all the money you need and let the emotion of prosperity come into your body. Create a vision of abundance and soon the world will reflect it back to you.

I accept prosperity and abundance into my life

It is good to appreciate the feeling of abundance, in order to bring more abundance into your life. You will have had the experience of feeling abundant at some time in your life, even if just for a moment, and you can re-live that time.

I always have everything I need

Step 5

Inspiration

5.1 - Creativity - Making It Really Simple

The thinking of expert psychologists like Jung, and psychic phenomenon experts like Dr Lyall Watson, all refer to, and accept, the idea of a 'collective consciousness'. This is a mind beyond yourself. It's as if the creative thinking of all human beings in the past hovers in the air invisibly by itself. One way of describing this is to consider that somewhere out there, in the great unknown, is an 'ideas transmitter' and your mind is not a creator of ideas, but an ideas receiver, like a radio. I prefer to refer to the source of this as **Universal Energy**.

Communication with Universal Energy is a two-way process – from your Conscious Mind to your Subconscious Mind to Universal Energy - and also from Universal Energy to your Subconscious Mind to your Conscious Mind.

5.2 – Conscious and Subconscious

Your **conscious** mind is there to deal with your daily living, make decisions and decide your future. It is also the processing unit for your **subconscious**. The conscious is there to give precise instructions to your subconscious. These instructions must be simple, logical and definite. Your subconscious mind uses less than 0.5 per cent of its own capacity to work your bodily functions, drive the car and all the other mundane things, and uses the remaining 99.5 per cent to turn your instructions into a new reality. It is changing the rules to suit you. It is assisting you to **create whatever you truly desire**.

Most people think that the best way, and perhaps the only way, to create whatever you truly desire is by **taking action**, by actually doing physical work.

However, the ways in which we receive ideas, inspiration and solutions from Universal Energy are mainly passive. There are several techniques, which take very little action on our part, and yet are great at stimulating creativity. If you use these techniques on a regular basis, you can greatly increase the quality of your results and your effectiveness, moving yourself rapidly toward the accomplishment of your important goals.

5.3 – Universal Energy and Listening to the Whispers

Universal Energy is able to bring us ideas that lie outside our own individual experience. It releases ideas and energy for goal attainment. When we set goals, we use our **conscious** mind. These are picked up by our **subconscious** – which is able to work much more closely with **Universal Energy**. Our **subconscious** is our connection with **Universal Energy**. It is a direct connection, but very, very few people are aware of this.

A number of creative people are well known to have received creative ideas from outside of themselves, such as Mozart, Ralph Waldo Emerson, Beethoven, Edison and Faraday. Many of the great poems and great stories and great songs, and many of the great creations of human history, have been written word perfect the very first time.

These are all examples of the Universal Energy capability that is available to each and every one of us. Paul McCartney had a dream of the melody for the song “Yesterday”, woke up and wrote it down.

Sometimes, when we feel that we are not achieving our goals, it is because we are not obeying the goal-setting rules, we are not using the

techniques properly. However, at other times, it is because Universal Energy, which can see the bigger picture, knows that the time is not right for us. Universal Energy will bring you exactly the answer that you require in order to solve your problem or achieve your goal at exactly the right time for you.

That is why it is so important to **'listen to the whispers'**, messages that come to us from Universal Energy.

Universal Energy knows the right time better than you do and the most important thing you can do is to act on it immediately when the answer comes to you. You must immediately implement the intuition or flash of insight or idea that comes to you.

I trust that everything comes at the perfect time and in the perfect way

5.4 Exercise:

Listen to the Whispers

Think of any inspirational ideas that have just 'come' to you, ideas of which you suddenly became aware. These are 'whispers' from the Greater Intelligence, Universal Energy.

Take notice of "co-incidences" that take place.
Think about how you might have "created" them.

Write down several "co-incidences" that occur during this coming week.

Step 6

Techniques to Increase your Creativity

6.1 - Intuition

While we are going about our daily business, driving along, or in a conversation or working on a job, we can suddenly become aware of an idea, or just a feeling, that has come into our mind. This has been called the **still small voice within**. This feeling or idea usually indicates that something is either right or wrong, and it is usually an absolutely correct indication for us.

It is always best to listen to our intuition, or to our gut feeling, before making any major decision.

6.2 - Chance Encounters

We often find that Universal Energy works in unpredictable and unexpected ways.

Sometimes, someone will telephone us and, in the course of conversation, we will find they have the solution we need.

Sometimes we will open the newspaper or open a magazine and there will be an article that contains exactly the solution to the dilemma we have.

Sometimes, we will meet somebody casually who will make a suggestion to us that will turn out to be the perfect solution to the major problem or challenge or goal that we are working on.

Take notice of these chance encounters, because they might well have the ideal solution for you. Almost invariably, answers and inspiration come in ways that are totally unexpected, not in the ways that we would logically expect. Some people call it "**listening to the whispers**".

6.3 - Sleep

Many people receive inspiration and solutions as they are falling asleep, when their conscious mind is dropping into alpha or when their conscious mind is coming up through alpha.

Alpha brainwaves are present during daydreaming, fantasizing and visualization. They are associated with a relaxed, detached awareness and with a receptive mind. Alpha provides the bridge between the conscious and subconscious mind. Through alpha, you can remember your dreams when you awaken, you can recall your meditation.

That is a time when we are especially closely connected to universal energy. That is why it is so important to repeat to ourselves, "**I wake up in the morning feeling terrific**", as we are falling asleep. Also, the first hour of the morning is a powerful time for stimulating super-conscious creativity.

That is why it is so important to **repeat** to ourselves, "**I feel terrific**" as we get out of bed, to **rewrite** our goals (see Lesson 7) soon after we get out of bed, and to **visualize** the attainment of those goals. All of this connects directly with our subconscious.

6.4 - Solitude

This is being alone, in silence, sitting down perfectly quietly, being still and doing absolutely nothing for 30 to 60 minutes. Do not play music or drink coffee – simply sit quietly. This is one of the most powerful ways to get answers to your problems. Your mind will begin to flow with ideas and the answers to your most pressing problems or to your most important goals in your life at that moment.

6.5 - Meditation

Deep relaxation and meditation is very effective. Sit very quietly, for about 10 to 20 minutes, close your eyes, breathe deeply and count down from fifty to one, or from a hundred down to one, with your eyes closed and just completely relax, letting your mind go calm. During that period of complete calmness, you will be allowing ideas and inspiration to flow into your mind. Sometimes, they will come immediately after you have finished meditating.

6.6 - Nature

This is a method which has been used by some of the most creative men and women of all history. Surround yourself with a natural environment, perhaps going for a walk quietly, sitting in a meadow, or sitting by a river or by the sea. This is one of the most powerful ways to stimulate creativity. We are each a creature of nature and the closer we get back to nature in a relaxed way, the more rapidly and the better our minds work.

6.7 - Classical Music

Listening to beautiful classical music by Mozart, Beethoven, Bach and any of the classical composers, just letting the music flow through you, can stimulate your brain and open you up like a receiving station to super-conscious ideas, insights and inspiration.

6.8 - Mind Storming

Mind Storming is an **active** way of stimulating the super-conscious mind and is very simple. It consists of sitting down, quietly, with a pad of paper, taking your major problem or goal and writing it at the top of the pad in the form of a question. Then force yourself to write twenty answers to that question. Allow your mind to flow freely and write every answer you can possibly think of, without being inhibited in any way.

It is important to force yourself to write twenty answers to the question, because it is often the last four or five answers that are gold nuggets. The first three to five answers will come easily, but the remainder will be increasingly difficult to get hold of. However, the last few answers will often be the most precious and the most valuable of all.

It is important that you take at least one of the answers that you have generated and implement it immediately. It will be very effective.

6.9 - Important Features of Inspiration from Universal Energy

You can recognize inspiration and ideas that come into your mind from Universal Energy by these three features.

6.9.1 - Totally Complete

The idea will come into your mind 100 per cent complete. It will be total in every respect. It will cover every single aspect of the problem and answer every single part of the dilemma. It will be a complete answer.

6.9.2 - Obvious

A super-conscious solution will be a blinding flash of the obvious. Almost in every case it will be so obvious, so simple, that you will tend to wonder why you hadn't already thought of it! The reason that you hadn't thought of it is that it was too early, that you were not ready for the answer. But, when the solution does come, the timing will be exactly right.

6.9.3 - Joy and Energy

The solution will cause you to feel a burst of joy and energy, a feeling of elation and excitement, physically and mentally. Every super-conscious solution comes with the energy, the inspiration, the motivation and the excitement that causes you to want to implement it immediately.

6.10 - Conclusion

This opens up whole new horizons of possibility. It means that creative people are not creative, but that they are just tuned in to ideas that settle in their minds from the great unknown. Your mental capacity has nothing to do with it. The ideas are out there and all you have to do is to draw them to you.

There must be a connection between your mind and the world outside of yourself - a mental network connection with the universe. The 95 per cent of your brain, the subconscious, that we currently think is just sitting there, is in fact your communications centre. It is your connection to the greater universal consciousness – to **Universal Energy**. You have a direct connection with Universal Energy – and this provides you with the ability to **create whatever you truly desire**.

6.11 - Exercises

6.11.1 - Creativity Exercise

Think about the ways you find you receive ideas, inspiration, creativity.

If no obvious ways come to you, try walking alone in Nature, or light a candle and sit quietly, alone, looking at it for about 30 minutes or so.

Write down any ideas that come to you, even if they seem silly. You might be surprised how they develop over time into something important.

6.11.2 - Listen to the Whispers again

Take notice of “co-incidences” that take place.

Think about how you might have “created” them.

Write down several that occur during this coming week.

Step 7

Decisions and Goals

7.1 – Decision - *What Do You Want To Create?*

A decision is a conscious process. Unlike animals, humans have the ability to consider the future. We can make decisions that affect us **now**, such as when we are shopping, and also we can make decisions that are placed on hold for the **future**, like where to go for next year's holiday (or vacation).

Both these kinds of decision leave no room for doubt, no room for disbelief. The decision to buy a particular brand of toothpaste is done and finished the moment it is in the shopping basket. The decision to go to Mexico next year is made and the rest is just detail.

This can be expressed as having an **absolute belief** in the decision. For the purpose of this course, the word decision does not mean a wish or intent to try something. It is firm, resolute, without question. **It is marked by the complete absence of doubt.** When you absolutely believe something, it begins to materialize in your real world according to the strength of that belief. Nothing happens until you make such a decision.

I give myself permission to have what I want

Once you have made the decision that your goal is worth achieving and putting energy into, make it a priority. You may not have to commit much energy, but be willing to do so if necessary. Pick the one or two most important things you could create in your life and focus on them. Ask yourself, "What is the single most important thing I could create in my life right now?" Then begin to create it.

You can have whatever you believe you can have - and you can begin to have the essence of anything you want right now. Be aware that once you take a decision and you start creating with energy and magnetism, you are going to get what you ask for, usually more easily than you expect.

What most people desire is usually in one of these areas of their life:

- health
- love, family and relationships
- business, career, fulfilling work
- possessions
- financial independence

What is important is that you should:

- have an absolutely clear vision of what it is that you desire
- have an absolute belief that you will achieve it
- have the courage and determination to just do it.

You must describe precisely what you want to create in your life, rather than just money. If you concentrate on house and car goals, for example, the income will often look after itself.

I create what I want easily and effortlessly

Don't put any restrictions on your dreams. Do not think that something you would like to have is too much to ask for. Ask for it anyway! This is a time to engage in unlimited thinking.

Don't feel that you have to create your dreams instantly. The first step to creating them is just having clear pictures of them in your mind. Your thoughts are real. As you get specific about what you would like, your subconscious immediately goes out and begins to create it for you.

You do not need to know when or how it will come.

All you need to do is to get clear about what you want – **dare to think big!**

I allow myself to have more than I ever dreamed possible

Detachment is also important. Detachment is a mental letting-go, just as surrender is an emotional letting-go. If you feel you can't live without something, and that your well-being is dependent upon your having it, you actually repel what you desire.

When there is no neediness attached to having what you want, you can create it much more easily. It has been said that you can't have something until you don't need it.

7.1.1 Exercise:

Decide in specific detail what it is that you intend to create – your **goal**. Then write it down – in detail.

7.2 Goals

A **goal** is an objective. It is something that we wish to create in our life – something that we want to **be**, to **do** or to **have**. It is usually in the areas of – health, relationships, work, possessions or financial situation.

Goal setting is perhaps the most vital and important skill of all peak performance - of all high achievement and all self-motivation.

Those people who are excited and positive and are moving toward the accomplishment of their goals, get even more energy and even more ideas and more creativity. Those who are going nowhere, who have very few ideas or have no goals, even that energy that they have is dissipated.

We know that in the studies of all high-performing men and women, they all have goals. We know that the subconscious mind, because of the law of subconscious activity, begins to go to work immediately to bring the goals into reality. It goes to work to make us more alert and more aware of opportunities to achieve our goals; it goes to work to bring us ideas, it goes to work to bring us motivations and incentives and insights.

My energy is focused and directed toward my goals

When we set goals, we are on course, on target. We develop purpose, we develop direction, we develop focus to channel energy and we accomplish more in a short time with goals than we could accomplish in years without them.

Our success mechanism is triggered by a goal - and every time we think about our goal, talk about our goal, visualize our goal or write our goal down, we are activating the success mechanism. The distinguishing characteristic of all high performing men and women, more than any other thing, is intensity of purpose, the ability to set a clear, burning purpose and to commit themselves to it with absolute focus.

When you have a clear intention to have something, you generate energy that is focused like a laser beam to go out and get what you want. If you intend to have something, you will have it.

I am in charge of my destiny

Step 8

Desire, Belief and Expectation

8.1 – Desire

It is important that you set yourself a goal that you intensely desire. Desire is the great motivator – it is an essential element for the achievement of any goal.

What is your one great dream?

What one great thing would you dare to dream if you knew, beyond a shadow of a doubt, that you absolutely could not fail?

This is one of the most important questions of all, because this is really your great dream and your great ambition in life. And, if you can write the answer to this question, it means that you can have it. The very fact that you can think clearly about what the answer is, and that you can write the answer down on paper, means that you are capable of accomplishing it.

You will never get what you want until you know exactly what it is that you do want.

Most people do not see the world for what it is. Indeed, most people do not see it at all. Until you see the world for the wonder it is, or see yourself for the miracle you are, you will not be able to change either of them.

But we can change things. We have the power - we can take control.

8.1.1 Exercise:

Write down at least one activity that you would really like to do, something that will bring you joy and increase your energy.

Decide what it is that you wish to create – something that you truly desire in your life – something that will recreate your world the way you would like it to be.

Then write down whatever it is, in as much detail as possible. You can add more detail over time if you wish to.

Write down your one great dream!

8.2 - Belief

You must absolutely believe, beyond a shadow of a doubt, that you have the ability to achieve the goal that you set for yourself. For this purpose, you have to make your goals believable; you have to make your goals realistic. If your conscious mind cannot accept the goal, there is no way that your subconscious mind will accept it and go to work to bring it into reality

My beliefs create my reality

You cannot create something if you cannot picture having it. Live out your dreams in your mind; picture or feel yourself getting what you want; hear the words that you will say to others and that they will say to you when your dreams come true. Make your imaginings so real that they feel possible to create, rather than like wishful and distant fantasies.

I believe in my unlimited prosperity

In order to improve your life, first believe that something better exists. Many people think that what they have now is the best that they can create, and they fear making any changes. Start by at least believing that circumstances could be better, that you can have what you want, that it is all right to do what you love with your life. There is always a way that your circumstances can be changed. Focus on creating what you want, not on getting rid of something you don't want.

I give myself permission to have what I want

If you can't believe that something is possible, then you aren't going to have it. But if you can have the smallest thought that it might be possible, then you are already on your way to creating it.

I invite - and allow - good to come into my life

8.3. Expectation

The more conviction you have in your ability to achieve your goal, the sooner and the more completely it will be achieved.

The more you can develop an absolute conviction in your ability to achieve your goal, the more rapidly you move toward its achievement. You need to expect the goal to be achieved, with an absolute knowing.

A knowing like you have when you can ride a bicycle and you get on to ride and you don't even consider the possibility of not being able to ride it.

Or a knowing like you have when you can swim and you get into the water – you don't even think about the possibility of not being able to swim, it just does not even occur to you!

I know that abundance is here right now

I only have to recognize it and accept it

Step 9

Writing - and Writing Again

9.1 - Writing

Writing your goals down, in complete detail, is the way to program the goal into your subconscious. Write it in vivid, clear, precise detail, exactly as you wish to have it - so your subconscious has a very, very clear representation of what you want to accomplish.

The writing out of your goal is the most important single step that you take because, until a goal is committed to paper, it is not a goal, it is simply a wish.

This is so very important that it is worth buying special note paper or a special note book to write your goals in.

You might like to honour the importance of this by also buying a special pen to write your goals with.

You can accomplish far more by writing your goals out clearly on paper than you can by carrying them around in your head for years and years.

9.2 – Writing Again

Write your goals again every morning.

Step 10

Affirmations and Visualization

10.1 - Affirmations

Affirmations are one of the **two** essential supports for goal achievement – affirmations and visualization. They will help to power you ahead toward the achievement of your goals.

Daily affirmations that you either say to yourself quietly, or out loud if you are on your own, perhaps driving the car, are probably the **most simple and easiest** way of effecting change in your life.

Affirmations are especially effective when you go to bed and when you wake up in the morning.

When you go to bed, say to yourself several times – **“I wake up in the morning feeling terrific”**.

When you wake up in the morning, say to yourself – **“I feel terrific”**, with passion and enthusiasm.

Then spend twenty to thirty minutes writing your goals again.

Affirm what you want in the present tense, such as, **“I have unlimited abundance”**, and repeat your positive statements frequently.

I like myself

We shall see shortly that you become what you think about. Therefore, if you say over and over to yourself, "**I like myself, I like myself, I like myself, I like myself, I like myself, I like myself, I like myself**", and if you say it with feeling, with emotion and enthusiasm and believe it, then your overall self-concept goes up. Every time your overall self-concept goes up, your ability to perform in every area of your life increases at the same time.

Saying "**I like myself**" is a totally positive affirmation, which causes us to feel good about ourselves and causes us to perform in a more effective manner in everything that we do.

I am responsible

The continual making of excuses and trying to explain away our faults, our problems and our deficiencies, instead of accepting full responsibility for our lives and doing something to change them, is one of the critical factors that hold people back from ever achieving their full potential.

From the time we reach maturity, we are totally 100 per cent responsible for our own lives and everything that happens to us. Everything that we are at this moment, and everything that we will ever be, is totally under our own control and we are totally in charge. From the time we reach adulthood, we can never give away anything but control. We can give control to other people, we can give control to other situations, by **trying** to make something or someone else responsible for our lives, but we always retain 100 per cent responsibility. We can not give away our responsibility.

The more we say, "**I am responsible, I am responsible, I am responsible**", the more we assert complete control over our conscious

minds. As long as we are saying, "**I am responsible**", it is impossible for a negative emotion to get rooted and to start growing in our minds.

Next to, "**I like myself**", the most powerful, positive affirmation that we can use to assert complete control over our thoughts, our emotions and our destinies is - "**I am responsible**" - to accept full responsibility for our own lives.

I know my value, I honour my worth

Affirmations are an essential aspect of goal setting, affirmations such as - "**I like myself**", "**I am responsible**", "**I feel terrific**", "**I am decisive**" or "**I earn three hundred thousand pounds a year**".

It is repeating these affirmations, over and over again, strongly, with feeling, with confidence, with belief, with enthusiasm, that drives them deep into the subconscious.

There is great power in repeating the thought of something you want over and over. When you got something you wanted in the past, you probably thought about it frequently. Repetition firmly implants the idea of what you want to create in your subconscious, and it goes about bringing you what you think about. The thought needs to be definite and unwavering.

Affirmations are positive thoughts that are repeated over and over. As you repeat them, they go directly to your subconscious where they begin to manifest as your reality. Affirm what you want in the present tense, such as, "**I have unlimited abundance**", and repeat your positive statements frequently.

10.1.1 - Rule of the Four Ps

In order to be accepted by the subconscious, affirmations have to adhere to the rule of the four Ps – **personal, positive, present, passion.**

First of all, they have to be **personal**. We have to say 'I', we cannot say 'you' or somebody else. We always have to talk in the first person singular – 'I like myself', "I feel terrific", "I am successful in whatever I do".

(We can not do it for somebody else.)

Second, they have to be **positive** – say what you desire, **not** what you do not desire! – "I have a lean, fit body", **not** "I am not over-weight".

Third, they must be in the **present** tense. So every affirmation that we make, every clear statement that we make to ourselves, has to be in the present. I do, I am, I have, I achieve, I earn - and it has to be personal.

Fourth, the more **passion** you put into repeating the affirmations, the more quickly and the more completely the goals will be achieved.

10.1.2 - Affirmations exercise

Write down as many affirmations you can think of that are relevant to what you truly desire to create.

There are affirmations throughout the body of this course. You can use any of these that feel right for you – or you can use your own.

Think of affirmations that describe the way you would like to be, what you would like to have, what you would like to do.

You can use the affirmations printed in blue in this session – and add more of your own if you wish to.

Use them first thing in the morning, during the day, and last thing at night.

Say each of them several times – with feeling, with **passion**.

10.2 - Visualization

Visualization is the second very powerful way that we can support and strengthen our goals. It is the most powerful single capability that we have, the ability to form a clear, precise, vivid mental picture of the things that we want to be, have or do - and to hold that picture very, very clearly in our mind.

Whatever you can hold in your mind, on a continuous basis, you can be, have or do. Einstein said that your imagination is your preview of life's coming attractions.

Form and replay a detailed, vivid mental picture of what you want to be, have or do very clearly in your mind, with great enthusiasm. Hold a clear picture in your mind of your goal as though it were already in existence right now. And replay that picture every single day.

10.2.1 - Mental Rehearsal

Mental Rehearsal is a specific use of visualization. Prior to every situation of importance, take a couple of minutes to play a clear mental picture of the ideal **you** in the upcoming situation - with **exactly the ideal result**.

This is called **mental rehearsal**. It is one of the most important single abilities to develop in moving toward peak performance and high achievement. This is the ability to see every situation through from beginning to end in your mind before you actually get into the situation. Then your subconscious will give you the words, the actions, the gestures, the emotions and the responses that are exactly consistent with the mental picture that you have printed on your brain. When I was a free-lance systems consultant,

I personally used this technique to win every contract that I applied for!

Remember that the **degree of emotion** that you mix with your affirmations and with your mental pictures determines the degree to

which the subconscious mind is activated to go to work to bring those goals and those objectives into reality in your life.

'Go forward boldly - and unseen forces will come to your aid'

~~ Earl Nightingale

I am increasingly magnetic to money, prosperity and abundance

Get a clear picture that you can hold in your mind of your goal as though it were already in existence right now. And every single day, play that picture of the goal on the screen of your mind, every single time that you get a chance. Play it over and over and over again, so that every time you have a spare moment, you are flashing that picture on your mind.

I am always in the right place at the right time

Every single step up to now, in this course, has brought us to the point where we are capable of forming an absolutely clear, vivid, distinct mental image that we can carry round in our mind. And we will achieve the goal to the exact degree to which we are capable of seeing it with complete clarity within our minds. And the more we think about it, the more clear and precise and sharp that image will become and the more quickly and completely it will come into our lives.

I allow myself to think and dream in unlimited ways

10.2.2 - Visualization exercise

Practise visualizing what you desire to be, to do or to have, in as much detail as possible.

Simply sit still for a few minutes, imagining that you already have whatever it is that you desire, picturing whatever it is exactly as you would like to have it.

Step 11

Attitude and Passion

11.1 - Always Expect the Best from Yourself

You are capable of extraordinary accomplishments, and you should always hold yourself to the highest of expectations. By refusing to settle for anything less than your personal best, you will become a top achiever in your industry and in life.

The world is full of people who are willing to live mediocre lives. Everywhere you go you'll encounter those people who accept the mundane as normal.

But this doesn't mean **you** have to lower **your** standards!

Your unique talents allow you to create exactly the kind of life you have always dreamed of having. Master the arts of self-discipline and intentional manifestation - and expect ever-greater levels of personal success.

Your best is a dynamic concept. As you learn and grow, your maximum capabilities are likely to expand and improve. Therefore, you are well within your rights to expect more and more from yourself as your potential for excellence continues to increase.

Avoid frustrating yourself by demanding the impossible, but always strive to achieve slightly beyond your comfort zone. When setting goals in the various areas of your life, select targets that challenge you to push beyond your "normal" abilities, while avoiding the temptation to create unrealistic fantasies.

To put this suggestion into the right frame of reference, consider what the great thinker Henry David Thoreau once said:

“If you have built castles in the air, your work need not be lost. There is where they should be. Now put foundations under them.”

Clearly, Thoreau is saying to dream beyond what qualifies as a reasonable goal, and then get to work bringing your dream to life. And the only way to do this is to have the utmost faith in yourself and to comfortably expect greatness as the result of your best efforts.

When you think about what you want from life, envision a grand set of circumstances truly worthy of you. Don't fall into the trap of playing it safe with your dreams, and don't give in to the fear of failure that stops the dreams of most people ever becoming a reality.

Adopting this frame of mind will empower you to create fabulous visions and manifest these visions with confidence. This particular life is the only one you currently have, so don't short-change yourself. Expect the very best you have to offer at all times - and anticipate the best from life at every turn.

We know that since we become what we think about, the most outwardly identifiable characteristic or manifestation of what we are thinking about is our attitude - and we know that a **positive mental attitude** is an **absolutely indispensable prerequisite for success**.

At all times, keep your mind and your conversation and all of your thoughts and activities focused on **solutions and benefits**.

The universe is safe, abundant and friendly

It is essential to **eliminate destructive self-criticism**. Never criticize yourself for anything and never allow anybody else to say anything about you that is destructive or negative. Don't allow negatives about yourself of any kind. The basic rule is this - **never say anything about yourself that you do not sincerely desire to be true**.

When we **accept responsibility**, we look to the future and to what we can do, but when we blame, we look to the past and to what cannot be undone or changed.

*I speak of success and prosperity
My words uplift and inspire others*

Keep yourself **enthusiastic** and keep yourself **positive** by continually thinking about your goals and talking about your goals. Keep your goals foremost in your mind.

Remember that the conscious mind can only hold one thought at a time, positive or negative, and a goal is a positive thought. No matter what happens, always think about your goals.

As long as you keep your mind clearly focused on the goal that you want to accomplish, you must achieve that goal. Any goal that you can hold in your mind on a continuing basis, you can have. Any thought that you can hold in your mind or your imagination will begin to come into your reality.

The very best time to begin using these methods is early in the **morning** and late in the **evening**. The subconscious is more amenable to suggestions in the first hour of the day and in the last hour of the day than at any other time.

The last thing to say to yourself in bed is:

"I wake up in the morning feeling terrific, I wake up in the morning feeling terrific, I wake up in the morning feeling terrific".

Let those be the last thoughts that you drop into the subconscious before you go off to sleep.

The first thing that you say when you get up in the morning is:

"I feel terrific, I feel terrific, I feel terrific" and say it with feeling, say it with enthusiasm, say it as though you actually mean it and you will find that it actually generates a surge of energy and vitality throughout your whole body.

I value my time and energy

The next thing that you do, after you have got up, is to remember that this first hour is a golden opportunity for reprogramming your subconscious. Don't read the newspaper, don't watch television, don't listen to the radio in that first hour. Instead, spend ten to twenty minutes writing your goals again and focusing on them.

We know from earlier that we become what we think about - and that everything that we are, right now, is the sum total result of everything that we have thought about until now.

I surround myself with things that reflect my aliveness and energy

We also know that everything that we are, or ever will become, will come as a result of the contents of our mind, that we do not achieve our destinies or realize our futures through physical effort at all.

11.2 - Channel Positive Energy Into Your Life

Your thoughts and feelings are providing the vibration that creates your life.

What we think and feel strongly about, we manifest into existence.

If we receive 100 units of energy each and every day, with which to live each day and to be creative, many people waste most of it on blame and worry. Many people spend 30 units of creative energy thinking about the past and what might have been, and 30 units worrying about the future and how bad it might be, so that they only have 40 units of energy left with which to live their lives.

No wonder there is so much ill health and sickness around, because so many people are wasting their creative energy and have too little energy left to live happy, productive, creative lives today.

Focus on the positive

The difference between positive thinkers and negative thinkers is very simple - positive thinkers think and talk continually about solutions, and negative thinkers continually think and talk about problems. From this point onward, keep your mind and your conversation and all of your thoughts and activities focused on the various solutions that are possible, with all the benefits.

I give myself permission to be all that I can be

You can use the affirmations printed in blue in this session – and add more of your own if you wish to. Use them first thing in the morning, during the day, and last thing at night.

Say each of them several times – with feeling, with **passion**.

I trust my ever-increasing ability to create abundance

Those people who are excited and positive and are moving toward the accomplishment of their goals, get even more energy and even more ideas and more creativity.

Those who are going nowhere, who have very few ideas or have no goals, even the energy they had is dissipated.

The Bible says: *those who have, shall have more - those who have not, shall have less.*

I trust that everything comes at the perfect time and in the perfect way

Step 12

Appreciation and Gratitude

12.1 – Appreciation

Gratitude acknowledges your power and ability to create. It focuses your attention on what you have – and what you pay attention to increases. It is a constant reminder to yourself of how abundant the universe is and how you can trust its unending flow. Appreciation is a state of mind that magnetizes money and abundance to you.

I appreciate all that I am and all that I have

Appreciating yourself and thanking the universe motivates your subconscious to create even more good in your life. Appreciation is reflected in your attitude, and your attitude can either magnetize or repel money. Many successful businessmen write thank you letters or send gifts to those who assist them. Thanking the universe for your abundance, either by mentally saying “thank you” or acknowledging your gratitude aloud, will multiply your prosperity.

I appreciate myself

Every time you say “**thank you**” to yourself, you instill confidence in your ability to create what you want. Begin by thanking the universe for every small thing that comes your way, appreciate how far you have come and all that you have already accomplished, and you will overcome your fears and doubts.

Give thanks for all the things you take for granted – the place you live in, the friends who love you, the food on your table. Do not label what you have now as inadequate, but instead begin thanking the universe for it.

By doing this, you are making yourself magnetic to even more good things. Pretending that you are increasing your feelings of satisfaction and happiness, plus intending to have more good things appear in your life, is all that is required.

I give thanks for my wonderful life

Feeling continual gratitude for the blessings in your life creates the vibration that will attract even more good things to you. This is one of the most important concepts to grasp when practising the laws of attraction.

Acknowledge your friends and family - be grateful for your family and friends, and you will find more friends come into your life.

Those who complain about lack and live in a state of dissatisfaction with what they have are telling the universe to stop sending blessings their way. It is only when we are grateful and pleased with the abundance already in our lives that we can readily attract even more to us.

I know that being grateful can bring about more abundance

Gratitude exercise

Write down all that you already have that you can be grateful for – family, friends, health, possessions.

12.2 - Honour Yourself

Express gratitude to yourself – for all that you have done, and all you are doing.

Take small actions that **honour yourself** – preferably every day if you can.

You are worth it!

Perhaps you would like to soak in a warm bath, buy flowers for your house, or take half an hour for yourself every day. Nurturing activities give your subconscious a message that you are a worthy person who deserves to have your goals met.

Step 13

Life's Work and Life Purpose

13.1 - Discovering Your Life's Work

I have a unique, special contribution to make

Remember that every single one of us is endowed by nature with the ability to achieve excellence or outstanding accomplishment in at least one specific area. Every single person is put on the earth for a unique purpose. Nobody is created at random, every one of us has something valuable and special to contribute to the human race.

Every one of us can be excellent, can be outstanding in at least one area and one of our major responsibilities as an adult is to find our area of great potential and to channel our energies and abilities into becoming excellent in that area.

Every single successful man and woman who has ever made a contribution to the world in any area has found their area of excellence. Then they have channelled their time and talent and ability and energy into becoming outstanding in at least that one area.

I am alert to my opportunities and I use them well

In establishing our goals, one of our goals has to be to think in terms of where we can develop excellence. You can only become excellent doing what you love to do. One of our prime responsibilities is to find what we love to do as adults and then to spend the time and the effort and the energy in order to become excellent in that area.

You can tell where your potential area of excellence is:

- by looking at what interests you
- by looking at what attracts your attention
- by looking at the sort of things you would do if you were not being paid for them at all
- by looking at the sort of things you would do if you had no limitations whatever on your abilities.

**We make a living by what we get, but we make a life by what we
give. ~ Winston Churchill**

Step 14

Summary and Conclusion

14.1 - Essential Daily Tools

These are the essential tools and techniques that will enable you to **create whatever you truly desire**.

14.1.1. Decision

Decide in specific detail what it is that you intend to create – your **goal**.

14.1.2. Desire

It is important that you set a goal that you intensely **desire**. Desire is the great motivator - it is an essential element for the achievement of any goal.

14.1.3. Belief

You must absolutely believe, beyond a shadow of a doubt, that you have the ability to achieve the goal that you set for yourself.

14.1.4. Writing

Write your goals down in complete detail, to program them into your subconscious.

14.1.5. Write your goals again **every** morning.

14.1.6. Expectation

The more conviction you have in your ability to achieve your goal, the sooner and the more completely it will be achieved.

14.1.7. Affirmations

Repeat your goals over and over to yourself, observing the rule of the four Ps - **personal, positive, present** and with **passion**.

Daily affirmations that you either say to yourself quietly, or out loud if you are on your own, perhaps driving the car, are probably the most simple and easiest way of effecting change in your life.

Saying "**I like myself**", "**I feel terrific**", "**I am responsible**", changes the way you feel about yourself, makes you feel good about yourself, and powers you forward to perform everything that you do much more effectively.

Affirmations are especially effective when you go to bed and when you wake up in the morning.

When you go to bed, say to yourself several times –

"I wake up in the morning feeling terrific".

When you wake up in the morning, say to yourself – "**I feel terrific**" - with passion and enthusiasm.

Then spend twenty to thirty minutes writing your goals again.

14.1.8. Visualisation

Form and replay a detailed, vivid mental picture of what you want to be, to have or to do very clearly in your mind, with great enthusiasm. Hold a clear picture in your mind of your goal as though it were already in existence right now. And replay that picture every single day.

14.1.9. Attitude

We become what we think about, so a **positive mental attitude** is an absolutely indispensable prerequisite for success. At all times, keep your mind and your conversation and all of your thoughts and activities focused on **solutions and benefits**.

It is essential to **eliminate destructive self-criticism**. Never criticize yourself for anything and never allow anybody else to say anything about you that is destructive or negative. Don't allow negatives about yourself of any kind.

The basic rule is this - never say anything about yourself that you do not sincerely desire to be true. When we **accept responsibility**, we look to the future and to what we can do, but when we blame, we look to the past and to what cannot be undone or changed.

14.1.10. Appreciation

Appreciation is a state of mind that magnetizes abundance to you. The more you demonstrate a sense of joy, enthusiasm and appreciation for what you already have, the more good things you will attract into your life. Talk about your visions and your dreams – speak of what is good in your life right now. Create a vision of abundance and soon the world will reflect it back to you.

14.1.11. Honour Yourself

Take small actions that **honour yourself**. Perhaps you would like to soak in a warm bath, buy flowers for your home, or take half an hour for yourself every day. Nurturing activities give your subconscious a message that you are a worthy person who deserves to have your goals met.

14.2 - Exercise

Write or print the Essential Daily Tools, so that you can carry them with you at all times to remind you to use them every day!

14.3 – Conclusion

If you can have the smallest thought that it might be possible to **create** what you desire, you are already on your way to creating it.

It is important that you:

- have an absolutely clear **vision** of what it is that you truly desire
- have taken a **decision** to achieve it
- have an absolute **belief** that you will achieve it
- have the **expectation**, the knowledge, that you will create it.

We can only change our world for **ourselves** - we cannot change the world for other people.

As you become specific about what you would like, your subconscious immediately goes out and begins to create it for you. You do not have to know when or how it will come. All you need to do is to get clear about what you want – dare to think big! – and think about it all of the time!!

Sometimes we receive something even better than we ask for.

Thank you so very much for working your way through this course with me.

I send you all good wishes for your future happiness and prosperity.

Robert Mason

The Free Spirits Coach