

PAUL JENKIN



POWERFUL  
MANIFESTATION  
SECRETS

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## DEDICATION

This book is dedicated to everyone in my life, who has ever given me strength throughout my years to pursue my dreams and to get my message of love out to the world. Thank You, I love you.

## ACKNOWLEDGMENTS

I would possibly have never found my passion for the esoteric if it weren't for my parents John and Sandi's willingness to explore the deeper meaning of life, and for instilling in me the belief that we can all achieve miracles.  
Thank You.

Also to Graeme and Gayle O'Brian at Phoenix Rising for their unconditional love and support throughout the beginning part of my journey, helping me to reconnect with my inner-child and release some of my deepest pain; for their wisdom and profound insights of the inner workings of the human psyche and their teachings of our power to co-create in this miraculous Universe.  
Thank You.

As already mentioned in the dedication to this book, I have to thank everyone who has been there with me through thick and thin. Without you, none of this would be of any meaning.  
Thank You.

Lastly, to my extended family the 'human race' and especially to all who have come into my closer orbit to teach me the biggest lessons.  
Thank you, I love you all.

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## AUTHOR'S NOTE

I really love the journey I'm on and I feel each and every day I am being pulled closer and closer to the fullest expression of myself.

Ultimately, this book is about Freedom.

Freedom in the broader sense of the word, not simply the "free and easy lifestyle", but personal liberation from the thoughts that plague you; freedom from the beliefs that limit you; freedom from the grudges that have bound you and freedom from that which keeps every one of us from ever truly experiencing from a profound place of awareness, the miracle of life.

Miracles surround us every moment of every day and once the clearing has taken place to allow these miracles, they'll flow naturally into our life like we never thought possible! It is in coming to this place that powerful manifestations are possible.

This book is as much about the principles to attract what you want in your life via 'the Law of Attraction' as it is about becoming a powerful human being capable of expressing the true essence of love and creating an amazing existence.

In my humble opinion, this is some of the most important information you will possibly ever come across, containing the missing elements for which nothing actually amounts to much without, and is the very knowledge that few truly understand.

But, we must all embody this wisdom if we ever hope to attain everything we desire; love, happiness, fulfillment, peace, forgiveness and all the material joys available...

It's these secrets that will bring it all together for you, as it all becomes possible when you blend the practical with the invisible. This is waiting for you in these very pages, so you can start to integrate these exciting concepts and empowering beliefs, to really super-charge your results from the get go.

Above all, have faith in yourself and know that you are on track to some major transformation within a very short while. Realize too that there is nothing 'wrong' and all is perfect in the world.

Thank you for taking the time to not only read the book, but more importantly for actually wanting better, for you and for those around you and I sincerely hope that this book helps you on your way to the greatest successes.

In love & light

**“Develop an attitude of gratitude and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.”**

**Brian Tracy**



# INTRODUCTION

Thank you for downloading your copy of Powerful Manifestation Secrets, I hope that it benefits you greatly and I would like to hear how you get on, including any feedback.

The hype surrounding the Law of Attraction has well and truly subsided since the hit movie *The Secret* stirred the imaginations of people everywhere when it first featured.

A major reason that I feel for this is that the movie skipped over extremely important pieces of the Law of Attraction jigsaw, leaving everyone a little puzzled (excuse the pun) and wondering what to do next.

People all around the world began to feel as though there was a way out of the struggles that we encounter every day, a new sense of hope that their dreams could become reality, all to end in a state of further distress.

Maybe that is why you have found this book.

I will reveal in this short guide the missing link between how you have been manifesting up until now, and what you need to be doing in order to succeed when utilizing the Law of Attraction in future.

## **Why Should You Listen To Me?**

There is no reason. You don't need to take what I'm saying as gospel, my truth is not the only truth. I only write this to share some ideas that I have come across over the years, which have helped me to become a successful man in my own right. Having said that, for the most part I'll be writing as if it *is the only truth*; I give this warning as I do not wish to offend or invalidate other's beliefs.

I have been in some pretty tight spots and have experienced much trauma, as my early days were not all that pleasant. In fact it is only in recent years that I have actually started to feel that things are clicking into place.

I'm sure many of you will identify with what I'm about to say. Bullied severely as a child, I had to rely on my instincts to get through each day, and although everything including my self-esteem took a beating, I was able to somehow come out the other side a stronger person.

I have successfully employed the Law of Attraction to attract all kinds of great things into my life. I only want the same for you. In fact, this has been my driving force for over half my life....

It all started at the tender age of 14, when my parents decided to seek some support with their relationship. There was noticeable change after one group holistic counselling weekend workshop. I declared then and there that I would participate in an upcoming workshop, hoping to ease some of the pain I felt, the anger and sadness that was such a big part of my life.

Before long the whole family were coming along with the intention of healing the limiting issues in their lives. We all had amazing experiences over the course of many years, delving to the depth of our hurt and not only releasing from within ourselves, also assisting others in their own healing as well. This is where I became acquainted with emotional facilitation.

I was not only supported by some of the greatest facilitators who have ever come to be, I was also given the opportunity to learn how to fully support others using these same techniques; these experiences allowed me to connect with my own intuition at a much deeper level, and opened my heart, starting me on a journey toward my current passion in life.

To this day I still come across ideas and techniques that I was taught all those years ago coming to light in the world, only now. Some of the techniques and ideas were quite controversial at the time!

Since that time, I have studied and practiced many healing modalities, personal development techniques, along with participating in many of the most highly acclaimed self development events, and I always endeavor to learn more.

Recently I re-launched arcanum LifeCoaching, an international life coaching service, after a long hiatus and having successfully owned and operated a massage studio in Melbourne. I now run another business in the yoga space, based in Bali.

Through the life coaching I offer one-to-one online coaching consultations, live group coaching, along with Somatic Bodywork Retreats in Thailand.

I look forward to supporting you to achieve great things!

I'm a real person just like you, and there is no shame, and no need for any comparison. There are many who would consider themselves much more successful than I, this is true in many respects.

There is no judgment here, I'm no better than anyone else, we are all perfect anyway.

We are all on our own journey and I am the first to admit that no matter how much I feel I have grown, I still have moments when I am not in my power, when I forget who I am, it just takes a lot less time to get back on track then it used to.

I want you to see that all we really want in life is to love and be loved. You're not a bad person for doing or not doing anything. I am not here to tell you the "right" way to live, I'm giving you information on ways to reach an *optimal* state so that you can become a powerful person who makes their dreams come true - the person you know is in there.

This book is just simply a tool that one can implement to become fully conscious of your full potential, and your vast human capacity to create beauty in the world. No one can truly ever teach anyone anything, but I like to think that by writing this book, I will have opened you to a new way of viewing yourself and your relation to the Universe.

Most of the rather dismal information out there yields only marginal results, and hardly ever any permanent changes. After working for years with people of all ages, from all walks of life, I have realized that every one of us has deep-seeded fears when it comes to living into our full potential.

When coming from a space of fear and negativity, you'll find it hard to manifest. I believe that's because everything comes down to you and your intrinsic belief systems, a point so often missed.

With the understandings that you will hopefully acquire here, you'll finally have the tools to create the new reality you want to experience for yourself in each moment, without struggle and worry.

When it comes to writing this book, with all my years of studying the spiritual laws of the Universe and the many healing modalities I have experienced and practiced, I firmly believe that by understanding these few things you'll literally transform your life above and beyond most anything else.

For you and I to live as our happy authentic self... This is the change I want to see in the world!

## **What Can You Expect From Powerful Manifestation Secrets?**

First I want to help you understand the Law of Attraction and how manifestation works once and for all. Then when this is out of the way I will cover a few concepts that will help to fill in the gaps to super-charge your manifestation efforts.

These insights unlock different aspects of your relation to the Law of Attraction beyond just the thoughts you think and the things you choose to focus your energy toward.

By the end of this book and after having completed the activities in the workbook, you will feel inspired by the wisdom you have gained and feel empowered by rediscovering your core values, creating a clear plan for the future, setting your intentions and clearing any resistance you have in the way of achieving your dreams.

**Let's get into it!**

# FOUNDATIONS

We are co-creators in the existence of everything that is. We are consciousness unfolding, experiencing itself through the human portal. Without you the entire Universe would not be. We are all spirit in miraculous manifestation in this very moment, the Supreme Moment!

Whew! Okay, I know, it's only the beginning and we're getting pretty full on. I could start and end the book here, however, that's not much fun and I wouldn't get a chance to explain.

So how can you take these words and empower yourself to achieve miracles in your life starting today?

Down to the atomic level and beyond, everything is made up of the very same "stuff," and it is this that we are all composed of and connects us all, an omnipresent intelligence.

This "stuff" is energy, and it is everything in the entire Universe and beyond, it is all of creation, flowing through everything in every moment, the ever unfolding, the ever aware - the all knowing.

We are one with the Divine, we are never separate.

The physical realm is constructed of energy vibrating at different rates of vibration to form density, although things are only held together in physical form by thought.

But this is still a new concept to most and if we all understood this to its fullest, not just intellectually, we would all be able to perform what we consider the impossible, on a daily basis.

As much as I may be aware of this concept, just as many others are and have been throughout history, and even if you yourself have gained some mastery over various elements of your life, every day we should remind ourselves that ‘I Am Perfect,’ that we are all, perfect.

We all need reminding. Even the greatest teachers among us need to remind themselves that this is their manifestation, that they are the center of their Universe and that we have an unfathomable amount of untapped potential to create on this earth.

We are all energy, held in matter through Consciousness. Everything is in a constant state of vibration, and is being pulled into existence, as what we perceive as solid matter in the physical plane, by way of our fundamental beliefs.

If you were to suck out all the void space in the entire Universe, you could balance the remainder on the head of a pin. That means that if all the “free space” in everything that exists were to disappear, the remaining mass would amount to a size, smaller than a grain of sand, which takes us to the fact that nothing is truly solid - including you and I!

We live in a vibrational field that shapes and moulds itself to our very thoughts. The human body and more specifically our mind is the tool we use to interpret these vibrations which are electrical signals, forming what we associate to as being our reality.

## CONSCIOUS EFFORT

Our beliefs create our perceptions of how the world is and these perceptions act as filters, distorting the incoming vibrational signals to fit our view of reality.

We first project out into the Universe that which we believe to be true and this then creates the events and people and so on within our experience and our filters act as a focal point to help refine and make sense of the situation, and so it goes around.

Have you heard the expression only seeing what you want to see? Or likewise hear? This phrase is used as an insult in most cases, however it is a natural part of who we are as humans, we only look out for and hear things on a conscious level that we want.

Let's talk about that for a moment. It's proven that the human brain can only focus on a rather limited spectrum at any one time, and it is actually to protect ourselves so we are not in a constant state of total uncertainty and confusion. This literally puts a whole new spin on "information overload."

So imagine that we are looking out over a beautiful lake and the sun is setting, birds are flying low over the water, crickets are chirping and you have a few background thoughts going on etc. Out of the possible 2 billion bits of information going on before our eyes every moment, our internal computer can only 'process' 134 bits of it.

Our brain removes what is not "necessary" via our "internal filters." These are made up of our Attitudes, Values, Beliefs, Memories, Decisions, Language, Meta-Programs and so on. It tries to compartmentalize the information by deleting it, generalizing it or by distorting it to fit our model of the world; our reality. This all determines what we see to be real, what we focus on and even our physiology and behavior.

Two people can be looking at the exact same lake and sunset, but be seeing different things. It's not the sunset, it's the perceptions.

Have you ever seen a beautiful car, say a nice new red car you'd never seen before? Now everywhere you go you see the same type of red car!

They're everywhere!

Weren't they there before? Of course, but this is due to your conscious awareness, you have some level of focus on the red car.

Through this we begin to notice that there is a whole other world going on out there than we are conscious of, because we cannot possibly be conscious of it all. We choose our focus in life according to our beliefs first and our perceptions second.

*It isn't until we start to open ourselves up to new ideas and begin moving in a certain direction, that we are presented with more and more to support our new focus in life.*

Think about it for a moment. What are you really focusing on?

Whilst we are talking about focus, I will touch on *imagination*, because consciously focused imagination is where true creative power comes for all manifestation. Using your imagination you will have engaged both the left and right hemispheres of your

brain together, which is very powerful as it expands the capacity of your brain function, creating intense emotionally charged visuals of that which you want to see manifest in physical form.

Often times when we are young, we are told off for day dreaming, or laughed at for our fantasies of being “super heroes” and then later as we get on we are told “you’ll never get anywhere with (fill in the blank);” and so we go through life, working hard and our dreams seem to get left behind.

Our dreams are important as they are the intuitive realization of what we want to give to the world through our experiences.

When doing something out of alignment, we either pretend that we are perfectly happy, leading a life that we see as being just “reality,” or we catch ourselves in a daze, dreaming of something better, all the while dreading our lives. Of course there are those that *are* following their passions, are doing well, and to varying extents are in flow but are seeking ways to gain real fulfillment from life.

Whichever way it may be for you, it’s time to take a real good look at what is behind all of it, where your intentions lie and where you want to be in the near future and beyond.

So what’s next? Well we need to get back to basics.

We first must get to the bottom of where we are at currently and start cleaning out the junk, so to speak, to get “clear” around what you *really* want, making way for *new* positive thoughts, feelings, goals and plans to focus on.

Exploring your dreams, setting intentions, and focusing on your goals is extremely important, so I urge you to ask yourself reflective questions, such as why are you determined to do this.

What is your WHY? When you have a why everything is just that bit easier and you’ll tend to stick it through even the toughest of times.

What exactly do you want to shift for you in life, and are you truly ready to take the leap and face these things head on? You must make this the most important thing in your life in order to get the results you want, so commit today.

When you get some time to yourself, begin exploring the things that are not supporting you in life at the moment. This could be anything, but I don’t want you to dwell on these things, just write them all out.



Claim your inspired action guide which I have made available at the end of this book. This will help you to implement any of the activities I suggest through out this book, making it a breeze to follow through, quickly moving past all of the foundational work so you can move forward and focus on attracting your desires.

Humans love ritualizing everything. I love doing silly little things to either anchor an idea or lesson learned, and also to emphasize the importance I am placing on a certain decision or life turning moment.

So if you want to have a bit of fun with it, go ahead and burn the paper as a cremation of your old life, riddled with struggle and pain. Know that these ideas written out on paper have no more power over you than when held in thought, when you choose to transform.

It's easy to get caught up in everything that is 'wrong' in our lives, by clearly knowing that which you don't want and having it all out on paper, you'll begin feeling lighter and you have mental space to focus on what you would like to attract in place of it.

Let the dislikes go as best as possible – focus only on the positives!

Now, what is it that you want? I mean that is the real question here right? We all know what we don't want, but are you certain you want it any other way?

After having done this, I generally go over the list and visualize the opposite of it. I see my back feeling strong and flexible; more than enough money coming in; happy daily encounters and so on.

In the past I would use affirmations as a way of changing my habitual thoughts and I would develop these affirmations based on my list. For example say I feel as though I never have fulfilling relationships and I have changed it around to I always have fulfilling relationships, then I would simply state this each day out aloud, with heart connection.

Whenever these negative complaints come up for me, I just remember to switch my view to the new empowering statement and allow the positive emotion to engulf the thought which soon becomes sadly irrelevant. This is what is known as re-framing.

Invest a little more time into writing out all the things you want to attract into your life. Again this can be anything that comes to mind, everything from material goals to deeply fulfilling desires.

If I gave you a magic wand and you could do, be and have everything you ever wanted, what would it be?

For some of you the question immediately sparks your imagination and off you go with a “wish list” a mile long.

For others this may be so foreign to even consider what you may want; for whatever reason, whether it’s because you never believed it could be, or you ‘just got too busy’ to entertain these thoughts and so they lie deep inside; you’re not even aware they are there.

Afterwards take a few minutes to pick out some of the things you have written out that you want to really focus on and work toward and write them on separate paper, in an affirmative way.

What I mean by this is in a way that is reflecting present tense, as if your goal has already been achieved and you are living with the benefits of having this goal fulfilled, in the here and now.

State it in a powerful way, like “I am ...” or “I now ...” This is a great way to cement the goals as being already apart of what you experience.

Avoid using words that set things into the future, like “I will ...” or “I want ...” These will only cement the idea that you are still wanting these things to happen, rather than affirming they are yours now, whether that be increased self esteem, being at your ideal weight, having that new car, or anything else.

I will share a rather paradoxical truth with you; for you to receive what you desire in your life you must not WANT or NEED them at all, instead you must let go and ALLOW them to come into your life.

You’re probably wondering what I mean by not “wanting,” that’s the whole point of this book isn’t it? Well yes and no, let me explain.

When you want something it is most often because you do not have it yet, right?

Wanting then is acknowledging that you do not have it and the emotions that are felt when you do not have something you want are the feelings of lack and often despair.

In fact the mere act of observing lack or anything which is not “up to scratch” in our life, with negatively charged feelings, is giving attention to it and you’ll send out the signal to attract more of which you don’t want.

So wanting is lacking which creates a never ending negative circle of *never having*, because you are sending out the vibrational frequency of lack and in turn you experience more lack as per the Law of Attraction.

Where as when you let go of wanting and playfully know that you “*already have*,” that which you want, it is open to you and you just continue to follow the steps that naturally unfold to obtaining it.

It’s about letting go and “let God;” requiring that you follow your intuition, and foster a strong sense of faith that it will work out, and most importantly learning that we no longer need to be pushing uphill all the time!

The difference here is really the peace of mind that comes from having that certainty, and the gratitude that you feel from already having something, even if you don’t physically have it yet, (remember you are playing make believe until the time comes) and it is these new positive emotions that are radiated outwardly.

The Law of Attraction responds accordingly and you begin to experience more and more to be grateful for, such as receiving the things that you’ve wanted in the first place.

“No problem can be solved from the same  
level of consciousness that created it.”

Albert Einstein

# LAW OF ATTRACTION

The Law of Attraction really boils down to what you focus your attention on through thoughts and feelings, both conscious and unconscious, create everything we experience in our lives.

What you give out is what you receive...

This is the basic premise to the Law of Attraction.

We work in synergy with the Universal Laws at all times, meaning all the Laws are always activated, forming a natural construct which controls the underlying fabric of our presence such as the Law of Gravity and the Law of Attraction - not only in the physical realm, within the Spiritual as well. As with everything else in existence - one would not be without the other.

The Law can seem to work for us or against us and it all really depends on to what extent we have mastered the understanding that we are the miraculous creators of our lives. By working in with the Universal Laws, and exercising your power to create, you can manifest whatever it is that we want in life.

All things, including thoughts, feelings and beliefs have a vibrational (energetic) frequency, a signal if you will, that radiates out into the field, where pure potentiality awaits to unfold as a physical manifestation.

Our emotions or feelings stem from our subconscious beliefs and trickle down as the mental pictures and internal dialog we're consciously aware of and focus on, which literally creates our reality.

You can only attract energy of like kind. If you put out positive emotions and thoughts, then you can expect to have positive experiences show up for you in life.

We must match the vibrational signature of love and gratitude in order to receive more love and gratitude in return. For us to get more of what makes us happy, we must have happy thoughts.

Essentially if you really want something and *believe* it's possible, whether you're aware of it or not, you'll get it. The Law of Attraction is extremely loyal and so that means putting a lot of attention and thought onto something you don't want means you'll get that too.

This is why when we are upset and wondering why things just keep happening to us, they generally continue to come one thing after another, because our primary thought

or more importantly, the primary *feeling* is negative. We must stop focusing on what is “*wrong*.”

A good thing to note about the Law of Attraction is that it only responds to the vibes you are emitting now. So you needn't worry that you have years of negative back log to deal with, as the minute you begin emitting positive signals, the Universe responds accordingly.

Having said that don't be fooled into thinking you will always see immediate results, due to the fact that it takes time to bring about the life circumstances to deliver your physical requests. As we go along I'll share with you the important elements to aligning yourself with the Law of Attraction, to have it work for you.

Just be patient and have faith.

## ACTION & THE WILL

Imagine that the Law of Attraction is already working on your behalf to bring you the things you want; this is not to say that you should not do anything about obtaining your desires, you still must take steps to reach a goal and so on.

You cannot sit back and wait for the things to just fall in your lap, by taking action you are reaching out and actively receiving the desired results.

Our Will is the controlling factor in all of this, as it is the mental faculty that holds steady all the others, such as imagination and clear directed thought.

Without Will-power you would not even get out of bed, so it goes to say that most of us have a fairly strong Will, however if you find it difficult to concentrate on keeping positive thoughts, pursuing your goals, and completing the required tasks, this is a sign of weak Will and needs to be addressed if you are to succeed.

We must strengthen our Will if we are to focus enough attention for the required amount of time that it takes to breakthrough. I believe in the power of strong Will and being able to use it to direct the creative forces of the mind for any purpose to bring forth my desired results.

However, the thing I suggest in the meantime is to be aware of keeping to your word. Test yourself, by setting little tasks and make sure you follow through.

Let's say you have been putting off sending an email to an important client. Make it a high priority to do it within a certain time and stick to it. Or perhaps right at the end

of your day, you are busting to get home, but instead commit to getting one more, small thing out of the way. The more of these you can tick off your "To-do" list by choice the better, and most importantly as you go through one at a time you will begin strengthening your Will.





# AWARENESS

We would argue that we don't want to see the things that we are subjected to, such as violence and poverty for example, however this is not entirely the case, for on some level, we do indeed want these negative things in our life.

Before you turn away in disgust, we do this without meaning to. We create the positive things in our lives just as we do the negative ones. These negative things serve us in some way and they are apart of our manifestation, fulfilling this deep seeded need.

Every great civilization in history has fallen, and you may have many ideas of why this may be, such as the Government, economic failure and war, or you may simply think that everything has its "time." All of these are certainly valid, although there are things underlying all of the possible reasons.

Rooted deep in the human psyche, as a collective conscious is our inherent unworthiness; on some level we fear our own brilliance and we fear each other. Our unworthiness is carried forth with us, spreading like a cancer, manifesting the "horrors" we see in the outside world as we sabotage our lives.

We feel insignificant, powerless, abandoned – separate from all that is and we tend to project these feelings of resentment and unworthiness outwardly into the world, slowly allowing our greatness to die off, and the physical world we live in being only a reflection of these feelings within us begins to crumble.

Most of us have no understanding of how to express ourselves in a constructive way. Forgetting who we are, we have forgotten that we are all brothers and sisters. We have forgotten our true miraculousness!

We have forgotten that we are in a sense – God(s).

To have a truly human experience we have polarity, ups and downs. That is what we are here for. We are here to experience the physical plane in all its extremes.

On a conscious level we do not understand that we are everything, and that we are connected with the Source.

To feel significant we identify with ourselves as our physical bodies, as our name, our job title and all the things we have and do. This is all part of it. We are here to grow and to come to the realization that there is more to this thing called *life* than we first thought. We are here to create Heaven on Earth.

People can choose to be conscious so that they can have complete and total awareness in the here and now, to ultimately manifest a life they deem worthy of living.

However a worthy life need only be one filled with Love and acceptance, any further expression of one's potential is only a bonus. We tend to think someone has to *do* something to deserve it, on the other hand some people will judge those doing and achieving as less spiritual.

I feel that there are no defining points that make anyone more spiritual than the next, what you know or what you have done, as we are all spiritual, miraculous, whole and perfect beings and that there is nothing "higher or better". If we start from a place of love, the moral direction, the benefits to everything else follows naturally.

## THOUGHTS AND SELF TALK

Our thoughts are in direct communication with the creative source and depending on the emotional charge you give each thought the more power we are giving to the creative process, though vibrational intensity, which basically means that our most dominant thoughts carry the most weight.

This negative mind chatter must be kept in check if we are to change our lives. Adopting a positive self talk will not only help you feel better, it will begin to work wonders on your self esteem and your ability to manifest positive outcomes. By consciously being aware and pinpointing your own critical thoughts about yourself, gives you the opportunity to rectify them.

I learnt a great way to get out of this habit and that is to just say in your mind, to your ego mind, "Thank you for sharing," and just dismiss the negative thought right there on the spot. Release the emotion and the negativity around it.

By stopping those nasty habitual thoughts that we berate ourselves with, you will begin to feel much better and you will see changes in your life like you never thought possible!

One thing that I should mention is to choose our words carefully. When we feel a complaint coming on, don't just blurt it out. This is giving it a lot of focus and attention that it does not deserve. By doing so you are validating the existence of a

negative and this just further imprints the negativity. Soon you will surely have more to complain about, as it becomes a bad habit.

This is where positive self talk is valuable, by being aware of your inner dialogue and catching yourself when you are about to pass judgment negatively you will really start to grow in confidence and you will feel much lighter, not only that, repeating to yourself that you are wonderful, confident, successful and so on randomly during each day extremely beneficial also.

Do your best to send love to your complaint. Imagine that this issue is resolved and invoke the feeling of happiness because this problem is not going to get any better by slogging it with more negativity.

Also using words like “Not” and “Don’t” can negate what we are saying, so avoid those especially in our everyday lives. For example telling your children not to do something with, “Don’t do that again please!” Is really interpreted as, “Please DO that again!” as all our attention is on the negative.

Instead phrase things in the positive like, “Please stop doing that,” followed by a 2 second explanation as to why. This is not always practical especially in the heat of the moment, and this may not be the best of examples, however you get my point. Eradicate negative expressions from your vocabulary.

You may have heard the following phrases before:

“Where attention goes, energy flows,”

“What you focus on expands,”

“What we resist persists.”

These statements simply depict that you’ll get what you think about most, with the most emotion.

Don’t freak out if you have a negative outburst or a “bad hair day,” it is not going to undo all the good thoughts that you have been putting out there - just pick up where you left off and keep moving forward.

We must celebrate all that is already in our lives, even if it’s not all how we want it because the simple act of focusing happy and grateful energy on all that is already in our life will bring more of that which will make you happy!

Also remember to celebrate each success as you go, even the smallest of things like catching yourself in the moment and switching it to a positive thought must be

acknowledged. This positive reinforcement will build great momentum and you will be more inclined to think more positively naturally.

Lastly, be aware of pulling others down for their successes. Negative criticism and jealousy over their success will continue to validate your beliefs that people who are successful don't deserve it, and you will end up subconsciously repel becoming a success for yourself.

Instead, send loving thoughts and congratulate them as if they were a friend and know that you deserve the same for you, and that you'll soon be enjoying the lifestyle that they are now.

## FEAR AND NEGATIVITY

To illustrate this point, to really be prepared for the journey you have embarked upon, you will need to stop watching and reading the news, as your mindset going forward will be the one determining factor to your success in every area of your life. I can preempt your arguments over this one. "But I need to stay informed!" – "We can't just bury our heads and ignore the issues!"

WELL I'm telling you now that it makes no difference at all if you know what's going on or not, particularly if you are not in a place of personal power to do anything about it. This is something I feel strongly about.

Watching it, and notice that 98% of it is negative, only incites more fear in you, and that is the opposite to what we want to be feeling to create a positive world, not only for yourself, but for others that are suffering.

The more you expose yourself to the negative news train the more negativity you will experience in your life, it does not help anyone. Plus, if there *really* is something important that you should know about, you will hear about it from friends and colleagues, don't you worry about that. The things that really matter will make their way to you through other means.

What you focus on expands, so stay focused on the positive good in the world including the peace that already exists.

I want to make the distinction between focusing on hope for a positive future and focusing on the feelings of all the good that you are hoping for already existing in the now and leading into the future.

Focusing on world peace with hope that someday we will achieve this state is again giving power to peace not being fully present now. Instead focusing on world peace with a strong sense of knowing and feeling gratitude for this is where the power is to create world peace.

Please do not continue listening (or even being) the person telling everyone that everything has turned to rubbish, or worse, that it's the end.

There is no need for any excess fear, we're already fearful enough, of each other, of ourselves; being in this state only creates more to be fearful of. The negative state of fear is strong enough to paralyze most of us – whether the things we fear are real or imagined and will not help to transform the situation.

Fear and Love Cannot Co-Exist!

Can you see that you'll always be able to find plenty to complain about? We have been programmed through our social conditioning to think this way. You see, everyday we complain, you wouldn't believe how much, until you actually make it a priority to become consciously aware of your thoughts.

The more you complain the more you're focusing on and also validating these negative things creating more negativity as you continue to attract things that you do not like, and around and around it goes.

During your day to day living, it is imperative that you are happy and grateful, that you are choosing your words to express the positive and that above all you are focusing on what you want - in the words of Jack Canfield we MUST rid ourselves of our "Stinkin Thinkin!"

## YOUR STORY

Each of us to varying degrees is trapped in the limiting story that we believe about ourselves and the world at large; the "story" we identify with and tell everybody around us as being the "truth" of *Who* we are...

We go on finding reasons to reinforce what we believe, through validation. It is like a score card, "Yep, that's me." – "Oh, that would be right," "Of course," "Every time!"

You may know someone like this, the "drama queen" or the "downer" who always seems to have a new story of something that happened to them. It could even be you!

The experiences they have simply validate what they are always telling everyone and themselves. This is the story you're telling the universe!

Maybe you are unhappy because of the way your mother or father treated you or because someone ripped you off, or you have some ailment or because everyone rejects you all the time, just as they did during childhood...

We must understand that this story is only in your head and no amount of conventional psychology and talking over your problems will solve anything, sure you will become extremely clear intellectually, but this does not erase or record over the limiting programs that keep you stuck. Think of the people who always seem to attract the "bad" relationship, they end it and say "not this time!" yet it seems to happen again in an endless pattern.

The story need not define you, meaning at any point we can choose another story, a more empowering one, one that serves you not one that detracts from your personal power, and you must realize that the voice inside your head is not you, it is the story, and it plays on and on and on, until you decide that it has no power over you and that you can be happy now, you can change your life now.

Take a second to observe your thoughts and then imagine zooming out and observe yourself observing your thoughts.... This is what is referred to as being "The Observer," or moving to the observer position. It is realizing that you are not your thoughts and that you can choose differently.

What happens if you observe your thoughts? What happens if you ask yourself where your thoughts come from or who is thinking all these thoughts? Are you your thoughts, or are they something that occurs to you? Do your thoughts belong to you, or do they just pass through your mind?

If you keep asking yourself these questions, in time, you will discover that you, the Real You isn't dependent on your thoughts. Try to observe your thoughts with detachment, looking beyond the ego mind, as it will lead to true self awareness and you'll develop inner peace as you are no longer at the mercy of the voice.

You can do this through concentration exercises and meditation at first, because it silences the mind, which is always busy with thoughts, and eventually this state of consciousness becomes natural. This is when you experience non duality and is a sure sign of spiritual awakening. In this state of consciousness there is a deep sense of awareness of who you really are beyond physical form.

It is a blissful place where you don't feel the need to think, though you can think whenever you want. In this state you're alert and in tune with intuition, living your life in the most efficient way.

Another fantastic self exploration method is to write your past or "your story" out as a fairy tale and then read it to a trusted friend or family member. It is best to do this using the opposite hand that you are accustomed to writing with as this helps to access the subconscious.

Start with "Once upon a time, long ago, lived a ..."

Fill in the blank, and use fictional characters to represent yourself and those you need to resolve with. By writing it out this way, you are activating powerful imaginative faculties, which when read out afterwards to complete the process will in fact invoke deep emotional shifts to take place.

This is also a great way to "reframe" the story, giving it a whole new identity which is slightly removed from you, which makes it much easier to release the stagnant negativity surrounding it.

## REFRAMING

Reframing these negative thoughts is important and there are two ways of reframing, one of the ways is like we have already discussed, we take a dominant negative thought, try to see the lesson or the silver lining and reframe it to a positive statement.

The reason for reframing in this way is so that anytime the habitual negative thoughts come into your conscious awareness you have a positive statement you can fire off in your mind. This will help cancel out that negative one and move back into a loving feeling as opposed to feeling defeated again.

An Olympic champion running for the finish line only has one thing on their mind which is positive determination. There is no room for negativity when reaching for your goals.

We also have many other fleeting negative thoughts that you won't necessarily have a positive affirmation at the ready, so how do you get on top of this?

For example: "I don't want this to happen," or "They aren't a nice person." or "What if this happens to me?" and so on.

First stop, take a breath and smile. Then immediately ask yourself positive, empowering questions, such as:

"Well hang on, what if it all goes according to plan?"

"What if they really are nice, maybe they're just having a hard time?"

"What if it all works out just fine?"

This is what I have come to know as Up-Spiral thinking...

Continue to explore the negative thought and see how many ways that it can and *will* go right for you, even see it projected into your future. When you are thinking positively about whatever it is, let it go and go about your day.

You'll become empowered each time you act with courage and confront your negative thoughts, especially when you come from a place of love.

We are meaning making machines.

We know that two people can experience the same thing and have completely different views of the event from each other. This is made possible by those internal filters I mentioned before, and we can use this understanding to our advantage.

You have had millions of moment to moment experiences that you made mean something by referencing from our beliefs. The second way to make the most from reframing is through an activity you can do to help shift some unsupportive core beliefs.

Find some time to do some visualization, and think back to a time that you feel was the first time you experienced a traumatic event or a pivotal moment.

For example, most of us have unresolved issues with our parents, which can hinder our lives in various ways. Imagine this....

You believe you are not good enough.

Your father says something to you in encouragement, but because of your belief that you are not good enough, it comes across as him being overly critical at your inability to perform the way he would expect.

You attach a negative meaning to the encouragement and you experience hurt feelings and over time this gets bottled up more and more until every time your father opens his mouth it seems he has something bad to say to you!



As you go along, with this “not good enough” belief, you will probably create and attract people and circumstances into your life that reinforce this belief. So kids at school will pick on you, or your boss will hound you about your work efforts and so on. This will continue on for as long as this belief resides within you.

So just with the earlier exercise of identifying what you don't like in order to reframe it, turning it into a positive affirmation - you can do the same with painful memories. Now that you are older, more aware and are gaining the emotional resources to deal with these issues, you can reevaluate the meaning of these individual experiences. You can decide what benefits you.

Simply, think back as far as you can, even ask your subconscious mind to help bring up your earliest memories of a specific issue - you'll be surprised at what might arise.

Now in the case of the “critical father,” you will have a time in your minds eye where you felt belittled. Just tell that little kid in you, your inner child, that your father was doing the best that he knew how to at the time.

It's hard at times to recognize that fear is behind the way we treat people in a negative way, even if we mean well. Realize that it was your own lack of self worth that caused you to take his encouragement on as a criticism, and that you can let go of the hurt and move on, with love in your heart for the experience.

Really feel that you clearly understand that he was in fact, loving you, imagine that your father's criticism is just his way of showing you love in the best way he knew how.

Now imagine the ripple effect that changing the meaning of that earliest memory has on every other moment in your time line since that first criticism, flowing over every similar experience, just melting the hurt away, allow it all to be transformed with these new feelings.

You have just successfully reframed what was once a source of pain in your life, and when you look back you now see a whole chain of events with him showing his love for you instead, just by changing your perspective of the meanings we attached in those moments.

This may need time and in some circumstances my need to be forgiven properly before you can move on fully. We will discuss forgiveness in a later chapter.

## PASSION AND PURPOSE

There is nothing wrong or bad and so on with anything, so to choose not to do or have something is merely a choice, such as with choosing to live a simple, 'uncluttered' life or on the opposite side of the spectrum having many worldly possessions that you appreciate. It comes down to simple choice.

Remember, we are here to have a truly human experience, and that is all that it is, an ongoing experience; so to deny ourselves of our own full and unique expression of consciousness in any way, such as with not enjoying all that there is in this world to enjoy, and to see the material things as not worthy of our enjoyment, is to deny our own miraculous creation, or to put it another way, to see any part of "God's" creation as not "good" limits us.

Choosing to reject living in a materialistic world to achieve enlightenment must come from a pure curiosity for reaching that end, and in that way; not out of righteousness and superiority.

As long as you choose from your own free will in that moment, instead of making a decision based on preconceived notions of right and wrong, limitation and bias, then it is all okay.

Likewise with a Fortune 500 CEO, as long as they are not just trying to "stroke the Ego," or fill a void, which may include stepping on others and being careless, then great, go forth with integrity and become a radiant testimony of the human potential.

The issue as far as our spiritual evolution goes, is with the attachment to the external. We get attached to the material, thinking that it is real and necessary, and that we need these things for us to BE. It is only when we are attached to these "things" that we are then bound by them. Likewise with being attached to the outcome of a certain goal or situation.

I feel strongly about approaching everything with love, including material possessions, since it's all made from the energy that makes up everything, which in this context means to embrace it as part of where we are at any one point in time, and to use all of it as tools, to again, fully express and experience this life.

Now that I have expressed that, I'd like to go on and tell you what I think is the most fulfilling way to live -- blend both.

Why must it be only one way or the other? This is seeing the duality in life. It's either one or the other instead of any or all. If we are in equilibrium the planet is abundant,

so we should never fear about resources, we just need to adopt a firm sense of moderation and morality.

I spend time meditating and contemplating as the way I choose to become closer with the Divine by quieting the Mind *and* I pursue worldly endeavors as a means to fully express myself, without attachment to the materialism.

I believe that rampant Capitalism and the current financial system needs a serious overhaul, and maybe one day we will out grow its central role in our lives altogether.

Money is not the be all and end all. It may bring you things that have short term happiness, however you will never be fulfilled when money is the end goal, especially when used inappropriately based on greed.

However that does not mean that I completely reject money its self, or shun it because of what it has been used for by many. I am a hippy at heart and I do care tremendously about where we find ourselves to be. However, I embrace money as I do all things and see it as another expression of our current consciousness, as a form of energy exchange - it is all part and parcel of an abundant world.

To shut money out is cutting off the natural flow of abundance into your life. This does not mean you must suddenly buy all this stuff and change as a person if it goes against your values to do so, and like I said before, everything in moderation and with consideration to others.

Money is just a tool for you to express yourself fully, and this is what brings true fulfillment, not the money or materialism itself.

I guess this is as good a time as any to speak a little about passion and purpose, because based on some of the things we just went over, people can often feel lost due to their beliefs and core values when it comes to money and success.

Closing off to your natural brilliance because you feel that doing things in the world will add to its decay in some way, or not wanting to entertain the thoughts of becoming successful is not doing anyone any good.

You have to decide what success looks like to you, and this means letting go your preconceived ideas about successful people and what success brings. By comparing the success of others with your values, undermines your ability to lead a successful life that you choose, one of integrity.

To live with passion and to fulfill a purpose is part of living as your authentic self. Letting your light shine in whichever ways you can allows others to step out of their shell also and as the saying goes, “together everyone achieves miracles.”

Others for whatever reason do not feel as though they have a purpose, and feel lost because they struggle to find ways to shine. It is all too common that people are simply floating along, not really ever experiencing the passion that comes with living on purpose.

Now I understand that reincarnation is another of those things that we tend to believe or disbelieve and there is much speculation as to what happens after death and whether we come back or not.

However I believe we are spiritual entities in the spirit realm, existing only in Consciousness, as another facet of Creation, and we choose when we want to experience being Human, which is our physical body suit that we use to view the world and interact in the way we do.

We are here to learn life's lessons, and we will continue to experience life after life until we have learnt the truth of who we are and have grown spiritually.

We have chosen the way we want to experience the learning of these lessons, for example, our family dynamics and the situations in life that challenge us, the moments that we make the decisions that shape our life and so on; so it is empowering when you start to let go and look at all the challenges as simply new opportunities to learn and grow as part of your journey.

Likewise we come here with specific gifts; strengths and talents, and taking the time to find out what they are and how you can contribute to the world in a positive way is a large part of what you are here for.

Spend some time exploring what makes you happy, in what circumstances have you felt most excited or connected? In which ways do you naturally feel inclined to help others?

Go back over your life and jot down a few things that you have already had success with, things you may have achieved and so on that you are already very grateful for. It could be a degree in your area of expertise, reaching a weight goal, your wedding day, birth of a child, a new car etc.

These past events leave clues as to what you may be passionate about, and may just spark off an interest in something you never considered before or even remind you of

something that you once wanted to achieve, and now could be the perfect time to look into it further.

Listen to your own intuitive feelings without letting other people's negativity or even your own pre existing beliefs stop you from creating magic in the world as you follow your passion.

## PERSONAL DEVELOPMENT

So what's next? Well we need to get back to basics.

Ask yourself the following questions:

What is your WHY?

What reason do you have to make sure you stick to your ongoing self development?

What would you like to take from this book?

What do you really want to transform?

On a scale of one to ten, how committed are you to changing your life?

You must make this the most important thing in your life in order to get the results you want, so commit today.

As they say, "the Bigger the WHY, the Easier the HOW!"

To really be prepared for the journey you have embarked upon, you will need to start at the beginning.

Your mindset going forward will be the one determining factor to your success in every area of your life.

We first must get to the bottom of where we are at currently, to gain clarity around why you have been getting the same old results up until now. Then we are free to make way for new positive thoughts, feelings, goals and plans to aim for.

I'd like you to open up to your first set of activities in your Law of Attraction Workbook, and go through as best you can... grab a pen, and do this by hand as it helps 'tap' into the subconscious.

Really dig deep. The more you commit yourself to this part of the process the easier it will be later down the track.

Now you clearly know that you don't want in your life and what you would like to attract in place of it. This is like a road map; you can never reach your destination unless you have both where you are currently and where you would like to end up clearly defined.

This is a good process for getting what is not working in our lives out on paper, then being able to reframe it and gain some ground.



## HEARTFELT EXPRESSION

We're always searching for something to complete us, to make us happy - looking for the next thing to make us whole and fulfilled, the thing that will 'fix' the way things are and we say things like, "As soon as I'm promoted then I'll be happy!" Or "When I find my perfect partner, then I will be much more loving," and it goes on.

It's always something outside of ourselves or somewhere off in the future, something more we have to BE, DO or HAVE - "Then we'll be happy!"

We must all understand that YOU are perfect as you are!

There is nothing more you can BE!

There is nothing we need to DO or HAVE that defines us, we are already whole; we only believe that we *need more to become something*.

The only Truth is LOVE!

The Ego mind has been working to keep you safe, and to make sure you fit in... this is its job. When we respond to life from our heart centre instead of reacting from our fear based ego mind, we are much more poised and can more often than not maintain the happy feelings rather than spiraling down a negative path.

There is only one true mission... to be loving, happy, grateful and fully present in each moment... that's it!

So it is now that you must choose to be happy - not *then*, NOW!

Happiness is the state of being of our true self, let go of struggle, strip back all the layers of limitation, we're not here to pile more on, gathering up reasons to prove that we are worthy; this is how we lose sight of the source of our happiness, through years of negative conditioning.

Did you know that children laugh between 140 – 300 times every day while for adults it is about 10? There is clearly something going on here! When was the last time you laughed?

I mean *really* laughed.

Laughter is healing; it is good for the soul. You will feel a big shift in your life when you start to laugh more often and your health will improve as it releases endorphins, which lowers stress hormones, a big factor in many modern day illnesses.



The thing is that most of us have beliefs that as you get older, joy and vitality decline. These thoughts must go, for if you are in alignment, positively focused on the joy in each moment, without the “baggage,” you will be happy and vibrant until the day you pass on, which should be many more years later than if you are carrying around a ton of burdens.

Go out there and find more reasons to love and be loved no matter what age you are - the fun part is that we can choose how we give and receive love, so make a commitment to yourself that you will look out for opportunities to engage in random acts of kindness.

Also, I am one for keeping moral high and focusing with positive expectation on the good that is to come, as I take each step forward. However, imposing artificial standards on yourself or on others is not advised, as having expectations may actually cause you more pain than good, limiting the potential to experience the outcome in a more divine way. Just go with the flow, otherwise you will be left disappointed.

## FORGIVENESS

It actually takes quite a lot of ‘life force’ to hold onto our negative emotions and grievances. It is only through fear that we choose to be stubborn about letting go. With this in mind, your very first objective is to forgive yourself for thinking these negative thoughts and harboring ill feelings.

To forgive is to “*set free.*”

One of the most powerful things that you can do to shift your life in a positive way is to forgive those who have done you wrong in some way and then to forgive yourself for creating that experience and to let go of the pain associated.

There are fantastic forgiveness visualization processes that you can do to really help you connect with the feelings of forgiving something in your life; one being a beautiful Hawaiian process where you bring those who have hurt you in some way out onto a stage, using your minds eye; one at a time and sending them love and forgiveness and also asking for forgiveness in return and of course forgiving yourself, severing the negative energetic tie for good.

Being gentle with your self is important when dealing with grief and forgiveness. Find some quiet time to allow yourself to connect with the pain and see yourself letting go, release these grievances from your life.

Say out loud – ***“I forgive myself for these thoughts & feelings that have kept me stuck, I now set them free!”***

Contemplate what that means to set those thoughts and feelings free. Feel the letting go, feel love engulfing the pain, even if it is difficult and you would rather not.

One way I have experienced this personally is using a Gestalt process in a group setting, where the idea is to think of a time when a certain person has treated you badly, and connect with that pain, visualizing the person’s face and so on.

The next step was to find someone in the group, energetically, that you felt would be the right person to help you to release that memory. So you would then kneel down and connect with them as if they were the person, looking them in the eyes and telling them from your heart that you forgive them, even if it is painful to do, and especially even if you don’t fully believe what you are saying...

Just going through the actions will begin the healing process on a deep level, even if consciously you are still upset about it in the moment.

Then, more importantly, asking that person for forgiveness for what part you played in the creation of it and forgiving yourself also.

This is a great process to do also for forgiving our ancestors for any mistreatment toward others; such as a man asking a woman for forgiveness on behalf of all men who have mistreated woman throughout the ages, or visa versa; such as a Caucasian person asking for forgiveness for all the atrocities that “white man” has done to the Indigenous people of other cultures throughout history.

Similarly, you can ask a trusted friend or family member to pretend to be this person in your life that you need to resolve with. Then again, connect with the pain and then forgive them and again ask for forgiveness also for your part in the creation of that experience, and set it free.

At this moment I really feel compelled to tell you that it ok to cry! Do it. Find time to have a damn good CRY! Everyone has always told us to stop crying, because it is annoying for us as parents to have our kids crying all the time, especially as they grow older, but it is such a natural way to release and heal the pain.

So I’m giving you permission right now on the record that you are allowed to cry. Put on some nice loud music and dance around the lounge room and get that stagnant energy and tension moving, connect to you heart and let it out.

You'll feel so good afterward, it is a liberating experience if after months, or even years, you allow yourself to have a good hearty "howl" and dance to some music that touches you – believe me you'll be smiling by the end and everyone will see the relief in your facial expressions and so on as you go about your day.

Our Ego mind sees us as separate from one another, never ceasing the mind chatter and so it will devise anything it can to try and keep it that way – it wants to be the one in charge. Ever heard of 'fragile ego's'?

Well this is one of many protection mechanisms that the ego deploys to keep us from finding out the truth; it works by conjuring up excuses and reasons why we need to be upset and so on. We just need to return to Love!

This brings us to the next point. We often make decisions as a *reaction* to fear; as a cover up and often connected to something much deeper, such as seeking the approval of others, out of guilt, insecurity or any number of other negative emotions.

We now want to get clear on your intentions for wanting all of these positive things in your life. You see, we are all driven by some primal motivators, such as away from pain or toward pleasure and so on.

So ask yourself this. Why do I want all of these things?

Don't get me wrong, in my opinion it's honorable to want more for you and those around you to want to live life to the max, after all, you are a unique expression of consciousness having a human experience.

We just want to avoid coming from a space of fear and desperation, being ungrateful, greedy or with any spitefulness and so on.

You may now have an idea of some of your reasons for your desires and some may not be all that good - that's OK.

That is why we brought it up, so that you can identify them and set them free. They are now in the light and you can do something about it!

## GRATITUDE

Brian Tracy is quoted saying, "We must develop an Attitude of Gratitude!"

This is really important, and I highly suggest doing some kind of short meditation everyday, bringing in the feelings of gratitude.

Feel gratitude for everyone in your life, even those you do not get along with, for they are there for the lesson of unconditional love, and may be a reflection of something within you that needs to shift; not to mention that by being grateful for everyone in your life, you will not only see those relationships heal on their own accord, you will also attract more people that you actually get along with!

Be grateful for the abundance of resources available to you, even if you are poor and feel like you don't have much. Again this will bring in more resources to be grateful for and even bring out your own inner resourcefulness.

Feel grateful for the beauty in all life and the miraculous of every moment! Do this for a few minutes each day and you will be soon brimming with love and positive thoughts.

The moment you begin to truly feel grateful for everything in life, even the things you would like to change, is the moment you'll start experiencing more to be grateful for.

I'm also not saying that you should just be "happy with your lot in life," in the way that you become apathetic and do not strive for the best, but to just "let go" of being upset at all that is "not right" in your life.

A way to help get over that hurdle is to look at everything you are currently getting or experiencing as a mirror, a feedback system, which is continuously letting you know which areas need some positive attention, and see it as an opportunity to grow and expand.

Focusing on gratitude is one of many profound ways to help with the letting go process, so you will be free to "allow" the miracles to show up for you, to have peace of mind and to be open to receiving inspired thought!

Simply put, being happy and grateful is a prerequisite, the basis of the law of attraction; creating space for the manifestation to take place.

**"Laughter is an instant vacation!"**

**Milton Berle**

## SHIFTING PARADIGMS

In my humble opinion there are no other realities going on simultaneously other than the one we create for ourselves. What I mean is, we each play a part in the overall “agreed upon” reality which we all live within, to varying degrees, kind of like a foundational belief system – the Universal Mind, or the Human Psyche for example; however we each experience our own reality within those social constructs, which believe it or not, we have more involvement in the creation of then we realize.

I also believe that there is no other YOU that could be, you are you and you are special in this time and space. With that I’m saying that no other realities exist in terms of multiple dimensions...

Sure different astral planes; levels of consciousness and so on, no doubt, but they are all still within this one shared, however objectively observed – reality; and not infinite possible combinations of the same you, how ever different in every way.

If there was infinite possibilities of yourself living in separate dimensions based on every single moment being a different course that could take off and begin another reality including each possible manifestation of who you are, why stop there, you could go as far as to say that within each of your other realities each person on the planet within that new experience of consciousness is also split into infinite possibilities of themselves as well - you can see how far you could follow that rabbit hole!

I also doubt that there would be just a few other tandem lives running like the “Sliding Door” Theory, you know based on major life turning points, because there is no real way to tell if something is important or not, as essentially each decision is another important step.

No, I like the ideal that we are here, now, supremely guided. That the infinite possibilities of *who* we are or could ever be exist only in another plane, in what I have come to know as the “Quantum Realm.” That we have the inherent ability to tap into the realm of pure potentiality and literally pluck out that which we want to become, almost holo-graphically imprinting that choice from the very vision of its existence in thought - manifesting its reality in the here and now. An intentional process might be seen as “Quantum Jumping.”

This is happening all the time, it is most likely for much of your life that you were unaware of this fact, and so we are swept along the currents of life, not knowing why

things are truly happening for us, feeling the struggle, feelings of lack and limitation, constant fighting to “get by” and often to feel even the slightest bit *happy* from day to day.

When we are in that space, everything seems to be happening to us, from out side of ourselves, an outer experience where we feel separate from the goings on.

This is known in my understanding as having a “*Victim Mentality*” and it is thought to be a lower level of conscious awareness, a paradigm that most if not all of us start our lives with, just as with deep seeded feelings of unworthiness; here we tend to blame everything else in our lives, and we have a million excuses for why our lives aren’t working out the way we want.

Just for a moment picture what your life might be like in 12 months from now if you continue to make excuses. Now 5 years.

I want you to right now declare to yourself that you will only tolerate accountability and perseverance from yourself, do away with the excuses.

We have been conditioned from day dot to believe that we are frail, vulnerable people, without any power in our lives. We give in to outside authority from birth as we are finding our way in the world and we take on the belief that there are a multitude of things “out there” that are ready to pounce on us if we’re not careful.

This is also depicted in the idea that we are separate from God and every other thing, when in fact we are all One. Sure we all have different view points and this is because we are all unique expressions of Divine Consciousness - Creation Itself.

There is nothing outside of ourselves –  
“As within is as without,” “So above, so below.”  
You may have heard this before, and is the essence of everything in this book.

## SELF REALIZATION

It is consciousness itself that holds everything in its form, however in actual fact there is no form at all. Without the left hemisphere of our brain working correctly, the linear, logical hemisphere that controls depth and so on, we would see everything kind of blending into the next, with no edges, no beginning and no end. This is how it is - the mind is so powerful that it makes things seem tangible, solid - real.

One particle that is within me right this moment, forming part of my hair follicle or a skin cell - could and most likely will be in a completely different space and time in the next moment, possibly forming part of a flower petal, dancing in the breeze in the 16<sup>th</sup> century in some remote part of the world; and it could even be part of a burning star in another galaxy the next – who knows?!

There is never any more or any less energy in the Universe, it is simply changing form in every moment; something that was once a chair is now a rotting pile of wood, but the energy that once formed the chair in its whole state, is not lost, it has just moved on.

Similarly, the same is true of our physical bodies it is known that there is not one cell in your body that is the same as the cells that were there 10 years ago for example.... So this goes to pose the question, “then why is it that someone looks the same or has the same injuries that many years on?”

There are complex answers to this question, and some will tell you it is cellular memory and so on, however this is true in one sense, the simple answer is that it is your thoughts.

Thoughts are what control the very fabric of our being, what you hold in thought will manifest itself in a physical expression, so it is to say that those who have a long time injury for example has held that thought about who they are as a static truth; as opposed to a flexible, pliable, moldable substance that can be changed in a heartbeat.

The moment you release the idea that this injury is part of you, is the moment you release the injury. This phenomenon has been documented countless times throughout the ages.

Often times a person will be drawn to a healer and afterward that person will leave without a trace of the injury or physical impairment, as if it never existed.

At this point it is often the healer who receives credit for such miracles, although it stands to be known that the healer was only the conduit of our own self healing. They created the space for us to be healed by totally accepting us for who we are, and guided us in whatever way was appropriate for this healing to take place.

What is important to note here is that it is only the thought, or the belief that one has about oneself that has been shifted. There is no real physical hindrance, only one in thought.

Not to mention that as we go through our early years we are taught disempowering beliefs about our ability to heal ourselves, we literally deprogram our own self healing



by believing that we are fragile, vulnerable and that we need to go to the doctor or whatever else. Instead realizing that we have the ability to not only heal but to resonate at such a vibration, that sickness and injury are not in your experience any longer.

We come to this physical realm in a vehicle called the 'human body' which we use to decipher the vibrational external environment, through our filters of perception and then the story is displayed as our reality and seen in the light of truth.

Like they say, "Speaking my truth," is the truth, because each of us perceives reality in our own unique way.

How we come to have a sense of who we are though has been unknown and there are many ideas, however I'd like to share with you something that has recently been discovered by Dr. Bruce Lipton, a fantastic pioneer in the field of Cellular Biology.

Dr. Lipton has revealed that each of us is a finely tuned frequency which exists in the energy field of infinite potential.

He has found that there are little antennae, receptors that cover each cell membrane which are set to only receive the signal that is YOU.

These antennas literally receive our own unique vibrational signal, which is coming from the quantum field, the field of consciousness, where we are eternal beings, and this is how we come to have our sense of SELF-identity.

Going back to the image that the human body is like a portal, which Consciousness uses as a tool to experience itself in this realm - this is how it is done.

We all exist as spirit in one form or another and each of us have our own unique identity that we resonate with as being our Self-Identity.

No one else resonates on the same frequency just as no one else has the same self identity. Likewise he has discovered something amazing about memory and 'all knowingness.' It was thought for a long time that memory was only stored in a certain part of the brain. Then they found that memory was stored in each of our cells, terming it "Cellular memory."

That has since been disproved, and up until recently, the general consensus was thought to be cellular memory, where all memory is stored within each of the body's fifty trillion cells.

That however is also not true. What Dr. Lipton and others now conclude is that all memory is stored in the infinite intelligence, the 'quantum' realm, the unlimited potential which contains all that ever was and will ever be.

You may have heard the term 'Akashic Records', it is frequently used in New Age discourse and originated from Hinduism to describe this "all knowingness" that is Consciousness - like a giant file cabinet - in which "every part contains the whole," or "holonomic" memory.

I still refer to it as cellular memory, although knowing that it is possibly stored in another plane of existence and received through the body's same decoding system, that's pretty wild!

## BELIEFS AND CONDITIONING

Beliefs are concepts originating from within yourself by observing an aspect of life and then forming an opinion about it, or taken on from others, all of which form part of your operating system, which as mentioned earlier act as powerful filters that shape your experience.

As each of us travels through life literally from conception, we're being programmed with beliefs, picking up the ideas from your parents and their parents and so on, some say spanning back four generations, not to mention from society in general, which all form our way of being in the world.

Our subconscious mind is little more than a powerful tape recorder, being imprinted through conditioning, with each new piece of information being stored for future use. With enough repetition eventually these programs become patterns that autonomously replay, which is why you don't have to think when tying your shoe laces or when driving a car after you have learned how.

This continues primarily up until you reach roughly 7 years old, at which point you form your conscious identity of "Self." These beliefs control the reality you create as a self fulfilling experience and in turn how you view or perceive the situations you encounter; they affect the way you interact with people, the quality of your relationships, not only with others but with your finances, health, intellectual ability – the list goes on.

So it goes without saying that if you had a fantastic environment in your early development particularly within the first 7 years of your life when we are not yet fully conscious and operate primarily in the Theta mind and "downloading" these

programs, you will have positive, successful programming and your life will follow accordingly... Alas, this is not often the case.

Unfortunately, in life we generally pick up a lot of negative programming which leads to patterns such as divorce, financial troubles or illness and so on.

Now I know some of you may be thinking that most illness and disease is hereditary, that we don't get a choice in the matter, and you would be right to a certain extent. Most people's view is that your genes are the determining factor of how your life will turn out; this is not true. Your genes do not control your life – your beliefs do.

Your cells respond to the environment with which they exist within, and the environment is created through thought. Genes are merely a blueprint for the initial creation of you.

Likewise, if there were complications at the time of birth for either your mother or father, it is quite possible you will have had the same trouble or even for your children as it is passed through the generations through cellular memory; now this is not set in stone, it is just a likelihood that a similar situation may happen in future, if not intercepted with belief clearing processes. The difference here is that we have control over our cellular memory as apposed to genetics, so the power lies with us.

Once you have picked up a belief, it stays with you until such time as you replace that belief, for example, if deep down you believe that the economy is doomed then you will likely experience this in a multitude of ways in your own life, e.g. investments turning sour, business is suddenly slow on sales, or losing your job. If you were to simply shift your limiting beliefs about money or the economy in general, you would not continue to experience those same problems, in fact quite the opposite.

To the extent that you clear out those limiting beliefs is to the extent that you will experience a direct influx of opportunity and financial reward. This applies to all aspects of life and belief, not just with your finances.

Your subconscious does not judge or discriminate, so once a new belief comes along, with enough intensity it will take on this new belief, particularly if you are in a Theta brainwave state, where you are naturally more suggestible. The subconscious also cannot tell the difference between what is real and what is imagined, so when you picture things in your minds eye the way you would like them to be, your subconscious mind sees it as being what IS, so the more you revisit these visions, the more it will pull you toward the fulfillment of what you are envisaging.

The visualization creates a void between where you are now, your current experience and your imagined experiences, and the more emotion filled the imagining is, the stronger the subconscious force to fill the void, to move you closer to the attainment of your desires.

Either you are conscious of being your life's creator or you are not and once you are, you start to make new empowering decisions, and as challenges arise, or you face difficulties you have a renewed sense of certainty because you know that if something is not working, it just takes a little change in your belief blueprint and off you go again, you know you can handle anything because you ultimately know that you have created it.

When you change your own beliefs, you not only clear the emotional charge around that issue so you no longer react in the way you would have in the past, it actually takes away the programming that created the issues in the first place, which stops it from even being manifested in your life all together! So it is not like it keeps happening and you no longer react the same way, you just don't have that negative experience again to even react to at all.

Once you have shifted your beliefs and perceptions using the tools I have shared, you will then effortlessly attract the information, opportunities and strategies into your conscious awareness that is right for you, for fulfilling your intentions.

The subconscious mind is a million times more powerful than your conscious mind, controlling 95% of what goes on in your life, which basically means that your programs run your life.

Only a tiny fraction of your experience is guided by your conscious mind, so it is no wonder that when you consciously go about changing something in your life, that you tend to get nowhere... that is because it is like the Captain of the ship calling out to the deck hands to turn starboard out to sea to discover new horizons, but they are not taking any notice because they want to head back to dry land... It is the crew who really control the ship. It is an internal struggle, which we must let go of. It is time to understand that struggle will get us nowhere, we must learn how to change the programming, because once you do, it will naturally take its course in the direction that you, the Captain are aiming for.

This is not a fault, nor a downfall, for when you understand that the subconscious is there to automate everything, and it does all the grunt work, you are then free to pick and choose what you would like to focus on and direct the subconscious to "go to work" on achieving that end; it is knowing that you must simply change the program to fit in with your new direction, that is where you begin to take back control of the ship.

# UNIVERSAL CONSCIOUSNESS

The outer Universe is a reflection of our inner Universe. Anything that you see out in the world is merely a projection of something within you. So to understand this concept is very important, because when we go to judge another, we can realize that whatever it is that we do not like about this person or circumstance is something that we need to deal with, from within us.

Have you ever noticed that you may get upset about something and another person experiencing the same moment with you does not seem to be upset at all?

Well this is because this person does not have any stagnant emotional issues within regarding this particular situation, so there is no trigger as such to have them react the way you are in that moment, for it is only a reaction to a belief or unresolved emotional issue.

This, as with everything else that is unlike Love, stems from Fear. These things that we are projecting outward that we may not particularly enjoy are all possibilities within Consciousness, within everything.

Meaning that even though this person does not have an emotional attachment to the issue which is why they are not reacting in the same way that you are in the given situation, that person is still co-creating the issue or situation as well, because we all share these issues as part of our psyche.

This may be a good time to introduce you to a concept that totally rocked my world when I heard about it.

What I am about to explain to you takes taking personal responsibility to a whole new level. We all know that we should be responsible for our thoughts and actions right?

Well it goes much deeper than that, it is profound, so hang in there. Not only are we responsible for our own thoughts and actions, we are also partly responsible for everyone else's thoughts and actions too.

Stay with me here!

In fact we are partly responsible for all of the good in this world and all of the bad. From someone mouthing off on the street to a war being fought thousands of miles away; to the smile on a child's face to the fresh fruit in the early summer.

You are creating your reality all the time, drawing from either your own pre existing beliefs or directly from out of the ether. This is because we are all connected to everything that is and ever was. It is part of our consciousness. This part is called the

Human Psyche as I have mentioned, and all of the memories and programs that exist, are ripe for the picking by anyone at any time.

You will want to argue here as this is very difficult to grasp at first, as we say things like, “I didn’t want a war, so its not my fault,” or “look, it is not *just* me, everyone else seems to be suffering right now too!” and so on to justify our position.

Always someone else’s fault, always having an excuse, that’s why most of us fail to get any positive momentum in life.

I’ll explain further. All of the programs such as “the old are weak,” “if you smoke you will get lung cancer,” “if you speed in the car you will crash,” and on and on it goes, these are all there waiting as possibilities. All the memories of human experience having lived out these programs are also all floating around in the ether, which we see as validation for these programs even further.

Each of these things exists because on some level we all have stored cellular memories that continue to recreate them in the physical realm, which happens automatically through our thoughts.

If I believe a certain thing about something, then that is what WILL play out in my experience; however, if I don’t have any real defining beliefs about that something or more to the point I do not even consciously know that that something exists – then my experience will be influenced by the general belief system of the universal conscious or the “general consensus,” the current “mentality” of the world’s population about that subject at that point in time...

Until such time as I actually imprint my own specific positive beliefs, and cancel out doubt and fear, then I am subject to experiences out of my control. Again, if you believe something within, it is simply mirrored without.

It is the limiting thoughts of ourselves and others and of the “way the world works” that we need to shift in order for our lives to improve and stop drawing in these negative experiences.

Oh, and that leads me onto thinking about our seemingly inherent, competitive nature.

Is it human nature? I cannot help thinking that it is only reaction to fear. Fear of rejection, insecure and needing to feel validated. We give our power away all the time, undermining our magnificence constantly, when seeking other’s approval.

Perhaps, the world's view is very much swayed toward the Darwinism Philosophy championing the idea of "survival of the fittest," leading to our competitive "nature," and ego-centric view point... This old doctrine is that life is a struggle, that it is a series of events which you have to battle to get through; instead of realizing that everything in the Universe is always working in synergy.

One thing helps another, whole eco systems exist to support the most minute of goings on; each and every cell in the human body works together.

We can do the same once we realize that we are not here, living together in a "dog eat dog world!" I think it also has a lot to do with the fact that most of us live in a "Cause and Effect" world, governed by the laws of Newtonian physics. However, this only takes into account the purely physical existence...

This is where Quantum physics comes in, and there is more and more evidence that shows how little impact the concepts of Newtonian physics have on our lives and the unfolding of the Universe with regards to the limits of our manifestations.

## RELIGION

For too long Religion has told us that we are at the mercy of an external God, a being that is all powerful, having dominion over His human subjects. Unfortunately whether religions were once truthful and sacred or not, they have been corrupted to keep us from ever reaching oneness with God.

We are told that God made Man in the Image of Himself, however I tend to disagree. It is we who have made God into the likeness of Man. On a conscious level, we have not the capacity to know what God is. It is a concept that our limited human mind can never conceptualize, although try we do.

So for various reasons, we box God up into an image that we feel comfortable with, something we can grasp.

How can something that is All Knowing, All Loving Pure Light be seen to display the judgments and emotions such as jealousy, revenge and other human traits?

We have turned the Infinite into something limited, something that acts as we do. A much more accurate statement would be, that we, humans, are one facet of God's image.

Even the New Age movement looks at it in a similar way. They will tell you that the Universe works in strange ways, just as a religious person would, except all they have done is replace the word God or Allah etc with Universe and changed up the story a bit to suit themselves, just as with the origin of all the worlds organized religions and the numerous different sects within each religion.

In either case, it always seems that when things go wrong, we are looking outwardly for the reasons why God or the Universe would do this to us... But when things are rolling along smoothly, well, God is suddenly on our side, He must be looking out for us!

You see how this is just the same, in that we are still thought to be less than God and that we are still at the mercy of outside influence, that if we make one wrong move, we will be punished.

The whole point I'm trying to get at with the religion thing, is just that we give our power away everyday, to those around us, especially to those in authority positions.

We cannot continue to let outside influences affect the way we feel nor should we continue to look for the answers to our problems outside of ourselves.

Many of us believe in certain faith and this is fine. Unfortunately we have all these rules about how that should be and we start labeling it and so on; all this is just the ego again in its attempts to keep up separate.

The idea of worshiping an entity that is not already within us is in my opinion keeping us from ever being one with Divinity, which is opposite to what we're trying to achieve, particularly through petition, as we often treat this deity like 'room service' expecting it to deliver! Then when it does not show up in a timely manner or it is not exactly how we wanted it to be, we blame and complain.

We unconsciously choose bondage over freedom...

Being free to go forth and powerfully create - Instead we choose limitation.

When we give our authority over to others we diminish our own authority and the more often we do this the more we are influenced by those around us.

This can lead to guilt and worry if you were not to follow what you perceive as being in line with what others want for you, as well as doubting yourself and feeling like they might be right after all.

You have to follow your heart...



Religion today has been manipulated in a way that keeps the truth from us.

Recent findings from ancient texts and teachings not only confirm the validity of the Law of Attraction, and everything we are discussing here, they also prove that it has been purposely suppressed over the past several hundred years. The dead sea scrolls for example sheds new light onto the subject.

They have even come across Christian books that predate the Bible, whole volumes that have been stripped out of their teachings that explain all about our power to create and so forth.

That is not to say that the underlying principles of all religion are not important – valid – eternal truths, far from it, however texts such as the Bible leave out much of the depth of wisdom there is to be accounted for; and are only a tale told to convey certain truths in a way that we can internalize them; it is not meant to be a real account of what happened way back when, for everyone to argue over – “my story is true and yours isn’t,” “my God is real and yours isn’t...”

How absurd! Yet this is happening still too this day... A lot of it has to do with righteousness and pride, always wanting to be right.

This is because the “Ego Mind” cannot and will not allow itself to be wrong, and its reasoning for this is, if it is wrong about one thing, what else could it be wrong about? It is a primary protection mechanism, to be at right at all times, to maintain a sense of equilibrium.

This is why people fight to their death to preserve their beliefs, because apparently it is better to be dead or at least unhappy, than it is to be wrong!

We are so stuck in trying to get others to believe in what we believe, instead of focusing on feelings of compassion, simply releasing all these “ideas” and just begin to embrace freedom, love and unity at a fundamental level.

We must abandon these outdated, rigid ideas and claim our rightful place as co-creators, to take responsibility for each of our futures.

Now I’m not here to tell you what God is, however I much prefer to look at things in a much more expansive way. How can you compress this vast Universe and Everything that IS into such a small compartment? I mean who’s to say what IT is? Or what really happened way back when?

So why not simply adopt beliefs that truly empower you to become much more conscious about being the Co-Creator of your own miraculous life? This does not imply that you should say “alright well there is no God,” it is perfectly okay to

continue to believe in something that you feel is true. Just remember that your truth may not be the only truth, and it's not worth worrying about.

Particularly when we over exaggerate concepts such as sinning and being sent to the fiery depth of HELL. I mean many a good person is terrified of this idea and will accept just about anything they are told to keep this from happening to them, when all that is required is a good moral compass and the to remain humble, as it is self judgment, and self damnation that is what eats away at you, this is the hell we live when we do wrong.

There can be no forgiveness from an external God, through repenting, it is you and you only who can forgive yourself and allow others their forgiveness.

The reason I think we pray and so on is again our love for ritual, but it does help you centre yourself, creating a clear channel to commune easier. It helps to anchor your belief so your thoughts and emotions have a strong pathway; however the correct way to pray is with the thoughts and feelings that what you want has already happened.

This reminds me of a group of healers in Japan who chant and pray when they do their healings, however their belief is there is nothing to heal. They spend a lot of time preparing, strengthening their beliefs. They pray as if the person has in effect already had a healing. As for praying for forgiveness, like I say you can only forgive yourself, praying just solidifies the belief that you have been forgiven.

God is all possibility. It is infinite, and we are to create from that which is everything – something; to bring forth, that which we conceive, out into physical manifestation.

It is time we claim our true power. Christ knew this, if he was indeed alive and not just an archetype, a depiction of unconditional love - pure light.

He knew that he was one with creation, and so he'd share this truth with all that he met. He knew that it is we the people who have the power to create the world the way we want it to be, full of love and peace.

Like I said, I am not here to tell you what you should think God is. That is personal and of no consequence, until such time that those beliefs pose a limitation on ones miraculousness, or come into conflict with another persons beliefs.

You having pity toward others, these “black sheep” will continue to rot away at the social fabric. What's needed is a steady cultivation of compassion and a dash of unconditional love.

I am only wanting you to continue broadening your awareness, to have you stirred a little, maybe even a little annoyed, just enough to hopefully spark your curiosity to

explore what God is to you, outside of Religious constraints. I admit I don't know, however I believe that each culture is referring to the same God energy, and that no one can be sure what is right, so why get so hung up about it.

I see the relationships between people and religion similar to that of money, or oil, or just about anything else you can think of; it just fulfills a need in our society based on fear, due to our inherent unworthiness, we will fight over anything just to prove that we are right, and use anything to drive a wedge between anyone out of our "*family group*." Religion is no different. It is our tribe mentality at work.

It seems that humanity will always find ways to sabotage the happy equilibrium, such as fighting over Money and so on... I just keep putting out there that we are in for an amazing spiritual jump in evolution.

Imagine the possibilities; for if we can all just realize who we truly are, all fighting would cease, all the bickering over who is right or wrong disappears. It will require a big healing to take place, each of us experiencing an emotional cleansing and we will have evolved some how, no longer stuck in fear based emotions, reacting to everything as if it is a threat.

**“Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything simply because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders.**

**Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it.”**

**Prince Gautama Siddharta, the founder of Buddhism**

## TIPS AND TECHNIQUES FOR SELF HEALING

It is essential that we *reconnect* with the Divine! It is the one thing that truly matters.

That is not to say that we should do nothing but devote our lives to worship. You could spend your entire life meditating to reach a state of pure peace and divine consciousness, but you would have sacrificed *living* to do so. Where is the free expression and sense of adventure in that? It definitely may be the path for some, those who truly resonate with this will benefit, however I don't believe this is the only path to enlightenment.

How do we get closer to being in constant communication with our higher self, without sacrificing life?

Different methods may work better for you however these are just some easy ways that have extremely positive effects for those who use them, including myself.

There are so many things we can do to help us shift our lives in a positive direction that it would be pointless listing them all here, however there are a few that I have found and use to get great results in my own life as have many others in their lives also.

I will briefly introduce these in the following pages. You will find the corresponding examples in your workbook which will guide you through each method properly.

Also if you want more information about any of these methods I have further resources on my blog and YouTube account and through other mediums that I offer.

By all means explore your options; I especially enjoy a good remedial massage and plenty of meditation, martial arts and so on, not to mention NLP, Hypnosis & Subliminal programs, QT and more to help me move forward with the least resistance. These can easily be implemented alongside any of the healing and clearing processes I'm about to share with you.

Give them a go and stick with it for a while, you will start to see results in a very short amount of time. I think the most important thing to realize is that life is not meant to be a struggle. Start to view everything a game, live playfully. See your challenges as opportunities to love.

I will add that the power to heal our lives and overcome any limiting beliefs really starts with taking 100% responsibility for your life and know that you and only you can create the life you want, so let's stop blaming everyone else and take the power back. Own your own transformation. Which leads me to the first self-healing method I recommend.

## HO 'OPONOPONO

Your entire existence comes from within - it is not outside of yourself. So the most empowering thing that you can ever do is take 100% responsibility for everything that appears in your life, to realize that everything that is in your existence YOU have created.

Bottom line, if it's in your conscious awareness, it's for you to take responsibility.

When we are willing to take 100% responsibility and let go, what is "Perfect" naturally unfolds *without* sabotage.

The word "Perfect" in this case does not mean "good" or "pure;" it is the idea that everything is happening as it is meant too, regardless of how we perceive it personally.

It does not necessarily mean that what is happening is for the highest and best good for you in your life, but perhaps it is in the grand scheme of things and maybe leading toward a higher learning or a different set of circumstances that lead to positive results in future, that would otherwise have eluded you.

What it does mean for certain is that it is working like clockwork, precise and in order. What we put out we get back. Perfect means that what you are manifesting is in perfect alignment to that which is inside you, your beliefs.

By using Ho 'oponopono as a medium for clearing, as I will explain in a moment, you are removing any beliefs that have you continue "Perfectly" creating things that do not serve you in the way that you would like.

Ho 'oponopono removes the sabotage and what unfolds is then truly brilliant.

Ho 'oponopono is the ancient Hawaiian healing art which loosely translated means, "To correct the errors," or "To set things right," and provides a methodology to release memories that show up as problems in our everyday lives. These memories that present themselves are only part of the undercurrent of millions of memories that are swamping our unconscious mind.

These are the memories that are received by each of your trillions of cells; everything you, your parents, your parent's parents and their parents and so on, have ever done, thought, seen, heard or felt.

Not to mention we are part of the collective consciousness; therefore all programs and memories are somewhere in your awareness as well.

It's no wonder we're all so out of sync, reacting to things that are seemingly insignificant in hindsight. Ho 'oponopono helps you clear all this baggage on a continuous basis.

It empties the trash through the understanding of one's self-identity achieving peace, balance and gives a new meaning to life. Not only this, but it is indeed possible for you to create your life so that you're truly living an endless stream of miracles.

When you truly grasp that you are literally creating every single piece of your existence – you then have the power to create all that you desire, as you are already creating it all, only with programming that is not serving you to your highest potential.

Do you see the power in that?  
Once you clear the limited programming the miracles will flow.

Ho 'oponopono brings you back into the present moment, helping you to remember to feel grateful, whilst stopping negative thoughts as they occur and it also cuts off the negative thought processes from recurring in future.

We always seem to be waiting for somebody else to change, or to do things for us to be happy or for things to get better. We actually have it all the wrong way around, because when we change, everything changes. If you don't take 100% responsibility you'll never live a completely happy life because someone else is always to blame.

There are usually many different ways to do anything and likewise with Ho 'oponopono, however I have written out the method I have used. It is an easy process, that can be done anywhere at almost any time.

There are four short key phrases that are repeated like a mantra, which put you back on track and helps to clear limiting beliefs.

**“I'm sorry – Please forgive me – Thank You – I love you.”**

It's best to look at these four phrases as a 24 hour meditation. I just replace all other thought with this mantra, unless it is actually necessary to engage in critical thinking in that moment.

The meaning behind these phrases is up to your interpretation, but I'll explain my understanding of what each mean:

“I'm sorry for forgetting that I'm one with all of creation, that I let my ego dominate my thoughts which hinders my open connection to my higher self and the Divine”

“Please forgive me for forgetting this; also for forgetting who I truly am, my magnificence, my perfect self my Self Identity. Forgiveness is that which sets us free and so I forgive anything that presents itself because it is only a reflection of some program within me.”

“I love you, I love me. I love all that is – the good and the bad, for that is my creation and to not love all things is to not love me and infinite Source.

“Thank you for reminding me to reconnect, to be grateful, to be happy, to love and to forgive. Thank you for clearing away the memories that bind me - that separates me from all things.

Thank you for your unconditional love and unwavering support!”

If we consistently clean we are much more likely to receive inspiration from our Source, ways to take action, the answers to problems; also giving us a peace of mind that we don't need to know everything that is going on; only that we are in flow. Also by letting go and trusting we have a much calmer outlook on things.

So in any moment we can choose to be happy and clean, 'let go and let God' - or we can choose to let it get to us and 'weigh us down'. Trying to take control, thinking we know best (ego mind) and taking action based on that, we tend to trip and sabotage our efforts.

One thing is you never need to know what you're actually cleaning or what negative things you've avoided from happening, to feel the benefits of Ho 'oponono. We need to accept anything that comes into our awareness as our responsibility and see it as just ***another opportunity to clean the programming within us that created it.***

Ask yourself in that moment when you pass judgment on something, “What is it in me that created that?” Again you don't need the answer, you already know, just keep cleaning...



When we are actively choosing to let go, to stop trying to figure it all out etc. we are handing over the reins, effectively we are “getting out of our own way.” It’s like we’re giving permission to the Divine forces to clear the memories and belief systems that hinder us.

If at that point you are meant to know something, it is then you will receive the answers – it comes through us as inspired thought. It is like one day we stop and say *okay, I’ve had enough suffering now*, and the healing begins in a big way.

It may be a little confusing when it comes to being able to tell the difference between us thinking we know what is best for us and an inspired thought coming from our higher source.

Generally if it comes effortlessly and you feel it in your heart then it’s probably something from your higher self with which to act upon, and not from the ego mind.

Something that I want to mention here is that there is nobody who can make you feel a certain way... It is only an energy match activating a suppressed emotional button within you, they are not doing anything to you, it is already there; they are actually helping you to bring that issue to the surface so it can be resolved.

It is a good idea to free people from the role that they play in your life and release their control on you and your feelings, take back their power over you. Also play with the idea of reinventing yourself and others in your mind’s eye.

Have you heard the idea that people cannot act any differently when they are in your company because they’re an expression of the way in which you believe they will act?

For example if someone acts immature around you every time you see them and it annoys you, the thing to do is to see them in a new light, by being grateful to have them in your life experience, them as mature, competent and so on...

Clean on it too and watch what happens!

Lastly, please just Trust. We all have a habit of choosing to harbor ill thoughts about things simply because we choose to keep being upset about them.... it makes us feel “good” in a strange way and that we are “right” somehow.

From my own experience, it was when I began to embody this concept on a much deeper level, taking 100% responsibility and just began to “clean on it,” that the dynamics of my life shifted in a major way.

This is law of attraction on a much larger scale. When you can release the negativity from yourself, you clear the way for others to do the same, clearing it from the Universal Consciousness so effectively we're stopping similar negative events from being recreated. You will attract happiness and positivity into your life and the world.

I feel that's what we're all looking for; ultimately we want love, acceptance and inner peace.

When you state intentions for a new house, car, soul mate, renewed health, or more money or whatever, you are merely stating material desires, things that we think we want.

Unfortunately when you state an intention, you are doing it from a very limited mind; due to the pre determined filters we spoke about earlier, we have an inaccurate and incomplete view of the world. Not only that, but these intentions often overlook all the other areas of your life.

So what you really want when you ask for these things is love. With this in mind the only intention you really want to have is the intention to be *“one with”* the ***loving intentions of the Divine.***

Sure you can be specific with your intentions, however you must let go of having the journey turn out the way you envisaged every step of the way as you may need to go through certain “character building,” “spiritual growth” experiences along the road to success, which like I said earlier, may actually lead to steps later down the track which would not have otherwise been available to you.

This is our biggest difficulty of all because we want to control everything, which as you now know comes from your ego. By the way, as I pointed out earlier, I'm not saying that the Divine or whatever you refer to as God discriminates and only gives you what it thinks you deserve. It is merely that we have certain life lessons that may not benefit us by skipping the learning process.

I'll give you a personal example; in a numerology reading I had done for me, it spoke of the fact that I will have to learn to overcome my difficulty following a process and sticking to it. This was spot on - I remember as a kid I used to be so impatient with the learning curve associated with everything, I just wanted to download the skill and go about my day. Mum always used to say that I had to stick things through, but I'd get side tracked and would be off learning something else until I got sick of it.

So anyway, I went through six years of going around in circles before I finally said that's it, I have to just focus on one thing and dedicate myself to it for life. Now I am

persistent, laser focused, and I have overcome the grudge of committing to the learning process, which has helped me tremendously in more recent times.

It took a long time to learn that lesson, however I feel more aware of my intuitive feelings now which is allowing me to see where I can channel some positive energy to continually improve my manifesting abilities.

I think that those experiences we're to learn to let go of resistance, but whatever the reason, I feel we need to go through certain things in order to come to realizations about who we are and what we are capable of. Embrace these times when you feel all is lost, and remember what you are made of.

If your only true intention is to align yourself with the Divine and let go of how and stop petitioning for your desires, then you will manifest all that and more! Plus you'll be naturally grateful for all of it as well. This will bring inner peace because the struggle is gone and you're no longer fighting against it.

At first it may seem a little tedious to continue repeating these words and you will likely forget for a time, but that's ok, just pick up where you left off. It may take a few days or longer to get used to saying this over and over, I often forgot for days at a time when I first began. So be gentle on yourself. I have anchored the shower as my cue to start reciting the 4 phrases, and it starts me off for a fantastic day.

It is a truly wonderful way of being present in each moment, not allowing your mind to wander onto useless negative self talk, which in turn keeps on erasing anything that may create a negative future experience to occur.

The more you apply this, the more amazing inspiration comes into your life, expansive ideas abound when you have the mental space to allow them to flow in. It's really quite fascinating and is just a glimpse of what's possible when we clean!

So when we look to heal our lives with the intention to no longer feel negatively about these things that seem out of our control, it is best to seek to clear these issues in two ways; by clearing our own personal issues, traumas and emotional blockages, and by clearing these same possible issues from the Human Psyche.

It literally has the power to shift the collective consciousness and lead to profound changes in our society and even the whole of our civilization.

I came across Ho 'oponopono due to Dr. Joe Vitale and his work with Dr. Ihaleakala Hew Len, during 2007, and naturally I could not have lived with myself if I did not include this insight in as the most important aspect of this book.

Dr. Len as he's known is a native Hawaiian who is most well known for his work as a Psychologist in the late eighties, and practiced Ho 'oponopono. Within a short time he had "*cured an entire ward of criminally insane patients.*" The story gets better, although I wouldn't do it justice.

Check this amazing story out by Dr. Vitale's, which he posted on his blog, describing his first encounters with Dr. Len: <http://arcanuminsights.com/drlen>

## EMOTIONAL FREEDOM TECHNIQUE

Another self healing method that dissipates negative energy and releases negative beliefs is EFT or Emotional Freedom Technique.

However, this is something physical that you would usually have to make time for, first beginning with a visual/audio guide to help you understand this technique.

Simply though, it uses Acupressure points located along your Meridian energy lines, to release the stagnant energy which supports your limiting beliefs, freeing you from the grasp they have over your ability to create positive change.

Often when we are having troubles with something such as losing weight or motivation, we say we are feeling 'blocked' and this clears these energetic blockages.

Meridian lines were discovered in ancient China and have been used in Traditional Chinese medicine (TCM) for about 2000 thousand years for treating ailments within the body, by unblocking the flow of energy along these energy lines, using Acupuncture, Reflexology and other forms of bodywork, with many positive results.

In more recent times, a method developed by Gary Craig, based on this ancient Chinese knowledge regarding the body's subtle energies, has been shown to have amazing benefits just by tapping lightly with your fingertips on these certain points (so there is no need for needles as with Acupuncture) whilst focusing on a negative belief or emotion such as fear; and it actually clears it up for you, leaving you feeling lighter and in a more resourceful place to create something better.

These ideas have been largely ignored by western healing practices but EFT will often work where nothing else does. The process is easy to memorize and does not require anything else, so you can do it anywhere in just a few minutes.

The foundational reasons why EFT works is because the cause of all negative emotions is a disruption in the body's energy system, which in turn are major contributors to most of the physical pains and diseases in the body.

By tapping into our energy system we are able to clear these negative blocks and deep seeded beliefs that are holding us back. In fact you can make enormous progress by using EFT and instead of taking months or years using conventional therapy EFT often does the job for you cleanly and thoroughly and is not uncommon to achieve noticeable results in a few brief “rounds” of EFT.

There is an impressive list of both emotional and physical benefits with nearly every bodily pain and other discomfort tending to improve or vanish entirely. You can use the same basic procedure for just about anything, such as quitting smoking, banishing phobias, improve self confidence, lose weight or even to create more money...

See the workbook for an instruction on how to do this technique amongst other great resources, and also check out our Youtube channel for a collection of free, high quality tapping videos. We have an introduction walkthrough on the basics of tapping, and several other videos focusing on specific issues, such as motivation and focus being made available: [www.arcanumlifecoaching.com/youtube](http://www.arcanumlifecoaching.com/youtube)

I have had fantastic results from tapping, as it is a way to really hone in on an issue and tap it out, you'll feel an instant change within. Just try it on everything and see what happens!

## REPROGRAMMING WITH VAKS

The following is one of the most advanced ways to radically install powerful new beliefs, and in just two minutes a day, will see you through to success.

**VAKS** stands for **V**isual, **A**uditory, **K**inesthetic & **S**pirit, and it is proven that by activating these four key faculties simultaneously and in different ways, while focusing on specific goals with emotion and positive intention, along with declaring related affirmations out aloud, is quite possibly the most effective way to change beliefs in any area of your life.

This daily conditioning process integrates the left and right hemispheres of the brain, being your logical mind with your creative mind, which helps to instill new, powerful beliefs deep into the subconscious and results in strong neurological reprogramming.

This is different from EFT and Ho 'oponopono because they clear away stagnant negative energy surrounding your current beliefs, relieving the grip they have over you, allowing for you to feel good where there was once resistance and pain and allows you to begin reprogramming your mind with empowering beliefs - that is where the VAKS reconditioning process comes in.

Again, just visit our Youtube channel for a free video walkthrough on how to do this simple two minute process and be sure to download your free supercharge package at the end of the book for more information.

## MEDITATION AND SELF HYPNOSIS

Meditation in some form or another has been practiced since the dawn of man, it is wonderful and relaxing, and instills a deep sense of inner calm.

There are two types of mediation in particular that I do, they are quiet mind and guided meditation.

Quiet mind meditation is where you let all thought slip away and as soon as another thought bubbles to the surface, you let it flow through and you bring your focus back into the void.

Most spiritual meditation practices are based on this concept of "no mind," whereby excusing the ego mind chatter over and over again until you can enter this state, connected to the Divine, at will.

Guided meditation however is usually done with someone creating a scene for you to create a space where healing can take place.

It is not necessary to have someone else guiding the process, if you just allow your mind to picture a nature scene such as a forest or beach, and add in some relaxing sounds, brighten the colour, really feel as though you are there, walking along until you find a quiet place where you can receive the answers to a problem or just to bathe and wash away your troubles.

If you do this, you can always revisit this safe place in your mind if you are looking for inner guidance, or need to put your troubles aside and recharge, gather energetic resources and so on which can help with stress release or even problem solving; as often the best solutions are always found outside the normal realm of thinking.

I personally use guided meditations for visualizing my goals to create a deeper emotional connection with the feelings of that goal, as if it has already been achieved; also affirmation type audios that guide my mind through positive imagery.

Remember, your mind is part of the collective consciousness; therefore you have access to all information particularly when accessing a Theta brainwave state, which is why I meditate as part of my daily routine specifically listening to amazing brainwave entrainment audios to help me to access this lower brainwave activity where I can truly create my life path and train my mind for success at the same time, and I suggest you do the same.

Likewise, a meditation can be guided by a Hypnotist in a story telling way, such as with '*Ericksonian Hypnosis*,' to help a client to learn certain lessons, reach solutions and again, gather emotional resources on a subconscious level.

Remember, your mind is connected to the infinite source of all existence.

I have listed some great free meditation resources such as guided scripts and so on within my free package at the end of this book.

The most important thing to focus on when you are doing guided meditation for intention setting purposes or any type of visualization is to invoke the feeling quality behind your desires. For example, if I desire a house, feel a sense of security, protection, comfort; or if you yearn for a relationship, focus on the companionship, trust, etc.

Try not to get caught up in the materialism for a majority of the meditation, really connect with these feelings then you can imagine the house you want or relationship and Anchor the feelings to the creative image, so that each time you go to envisage something it will automatically fire off those positive feelings.

Mediate on being one with creation, God energy, feel a sense of contentment that you are taken care of, that through feeling all these things you are actively manifesting these qualities into the physical realm, through Gods power in you.

Generally hypnosis is done with the guidance of an experienced hypnotherapist to help you reach a trance like state and from there specific suggestions are directed at the subconscious mind, effectively bypassing the conscious mind, where these new ideas and empowering beliefs can take root, playing out in your life once you are finished the session.

I love hypnosis however I prefer to use hypnotic audios which I use whilst meditating to help bring about positive change in my life.

These are pre recorded audio that are generic in nature, which you select based on the desired result, such as gain self confidence and so on. However, you can learn to do your own, whereby you record your own induction, healing script with the exact suggestions that you want to receive during your sessions, and it is in your voice - Very powerful indeed.

We offer a great training package that shows you specifically how to design and record your own self hypnosis session to rewire your mind for greatness, with maximum leverage which was developed by a leading clinical hypnotist so make sure you go through the companion 21-day Powerful Manifestation Secrets Workbook.



“Don't get discouraged; it's usually the last key  
in the bunch that opens the lock.”

Unknown Author

# HEARTFELT MANIFESTATION

Heartfelt manifestation is simply when we come from a space of love when attracting our desires; to come from the heart, to look past materialistic gratification and see the inner beauty in all things.

It is about resonating with love energy, through gratitude and so on so that your positive manifestations are effortless because you are in alignment with the abundance that surrounds you. This is true manifesting power.

There is also a specific formula that you can use to amplify your intentions when attracting specific things that you desire into your life.

Before we get to that, there are actually 3 ways of manifesting.

Up until now you've probably been doing 99% of the manifesting on autopilot. This we will refer to as "creation by ignorance."

The second and third ways work together; these are "creation by inspiration," such as clearing a space for Divine inspiration through Ho 'oponopono, and the other is "creating by intention."

I have refined a powerful six step process you can follow that seriously takes the goal exercises we did earlier to a whole new level, helping you to manifest what you desire. To get access to this easy process you will need to claim your copy of my free ebook and inspired action guide, *Powerful Manifestation Secrets*. You will find out details on how to get this package at the end of this book...

I believe the fastest way to leverage the law of attraction in your favor is to get yourself into alignment with your desires and that is done by firstly seeing yourself already in possession of what you want and second, feel good now!

That's it!

Except, of course...

**TAKE ACTION!**

Yes, I know, the dreaded 'A' word, that everyone likes to tiptoe past.

If you want results in your life, no amount of “wishful thinking” will make it happen without taking some necessary action steps. You have a powerful will for a reason, to *make* things happen.

This is where the Law of Creation comes into play. Focused *attention* and *consistent, persistent, inspired Action* is the Key to pulling it all off. One will not work effectively without the other, so tend to your inner and then take action.

The moment you take your first step with certainty towards your desires, provided you have already taken care of your inner counter intentions, such as any doubt or beliefs counter to your goal, everything begins to shift to support you in the attainment of what you seek.

It will feel as if you are being swept briskly along, guided every step; the events, opportunities, people, everything you need will come into your life to fulfill that end.

We will naturally resist all levels of our journey, due to the mind's amazing ability to keep us comfortable and safe, keep an even keel; we simply adapt as with homeostasis and so it is a matter of gaining momentum and this takes time. To your eyes it will seem as if things are not happening, but change is already on its way, so it requires faith, patience and determination.



## FINAL THOUGHTS

How will you use this book to transform your life?

For most people, they learn amazing, life changing information at, say, an event or by reading a book just like this one and then overwhelm or laziness steps in and that's the end of that...I know this all too well from personal experience.

Having a plan is very important because it is a law that the shortest route to anything you want is to go in a straight line. Too many of us make it so much more difficult than it needs to be simply because we are either walking in the dark or getting sidetracked by every shiny object in the room.

A well thought out plan, that is doable for even the busiest of people is imperative!

Having a long-term perspective, with the focus on the person you will become and the results you achieve 1 year, 3 years, 10 years from now is crucial to the success of sticking to your plan and accomplishing what it is you want. This is where cut and pasted vision boards and written inspiring goals is helpful.

If you have a specific focus for 30 days at a time to really hone in on a core building block of success, allowing you to stay focused without overwhelm, you will have made habit of many positives over the period of a year.

By chunking it down into major steps or areas to focus on, you will be strengthening your willpower and as you go on, it becomes easier to incorporate the smaller details that make all the difference.

Another tip is to keep a journal of your progress, focus on the achievements, big or small that are carrying you through to your ultimate vision. Also, write about not only when you're doing well but also any troubles you are having, or any fantastic ideas, no matter how unrealistic they may seem.

In my personal experience I find that those who have someone to keep you accountable will always do better than those that don't. It is a clear fact that those who associate with others that hold them up to a higher level, will generally rise up to the challenge.

This is where I feel a life coach or similar will help you grow exponentially. Always continue your education, with all the further reading available to you through our

website, blog and community, and anywhere else for that matter, you have no excuse for not immersing yourself in perpetual evolution.

I congratulate you on the fact that you have picked up this book and made a commitment to yourself to better your life.

Realize you are heading down the right road with a pre-determined plan to arrive in a better, happier and more productive place for the good of all.

Be sure to stop and acknowledge each milestone. Each step counts and you need to pat yourself on the back, so celebrate the successes no matter how small!

There are many ways of moving your life forward in a positive manner and I highly recommend for you to take care of your body and spirit in any way you are drawn to do so.

**FINALLY, ONE MORE TIME!**

We must remember that we are ONE with everything.  
That without YOU the entire Universe would cease to exist!

We are ONE with the DIVINE at all times, we are the Divine manifest – this is our opportunity to create miracles.

Above all - Enjoy life and be grateful in every moment!

**“All we are saying.”  
“Is give peace a chance.”**

John Lennon

## ABOUT THE AUTHOR

You can find out more about Paul Jenkin on the website at:  
[www.arcanumlifecoaching.com](http://www.arcanumlifecoaching.com)

Or, you can reach out if you need assistance at:  
[support@arcanumlifecoaching.com](mailto:support@arcanumlifecoaching.com)

# “Sick & Tired of Going ‘Round in Circles?’”

If you are finding it difficult to get motivated, or to find your true purpose; not feeling fulfilled, needing a change or longing to succeed in life...

## **I know exactly what that feels like!**

I went around in circles for many years, but I never lost sight of the big picture. Just by using a few tools and living by a few principles learned over the past 26 years along my own personal development journey, it can all come together for you, just as it did for me.

Although if I had known having a coach would have saved me a lot of turmoil, I would have got one YEARS ago!

## **Take the plunge today!**

Having a life coach by your side to create lasting transformation is a decision you will be forever glad you made.

When you start with arcanum LifeCoaching, you'll be guided in a completely holistic way, using leading-edge personal development techniques, to quickly & easily get the results you've been seeking.

I'll help you to realize your miraculous potential through 1-on-1 consultations via phone or Skype ... helping to unearth your dreams ... find purpose in your life ... set action steps ... supporting you through the process of clearing any limiting beliefs & coaching you to personal greatness!

I'm offering a **FREE Expansion Call** at [www.arcanumlifecoaching.com](http://www.arcanumlifecoaching.com) - Please schedule in a time that suits you to discuss your needs and map out a plan to get you moving in the right direction!

**To YOUR Powerful Manifestation!**