

INSTANT SWITCH

by Sandy Gilad



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THE INSTANT SWITCH

I don't remember how I ended up under him. Naked and crying. I remember breaking up with him. That is all I remember. *How did we end up back in my dorm room? Where was my roommate? Where was my memory? When will this end?*

After he left, I went to take a shower hoping that he would wash off of me. Hoping that the water will bring comfort to my body. I was grateful to the shower for washing away my tears. I wanted my sadness, confusion and fear to be taken away down deep into the drains. Far, far away from me.

I put on the brightest color I could find in my closet. Fuchsia. Hopefully this bright color of pink will make me forget.....but it didn't. *What just happened? Why are the tears still falling?*

I started to flounder in my chemistry class. "Flounder" was an understatement. I was about to fail this class. I went to talk to my college advisor. I told her what happened. I told her how randomly throughout the day, I thought I saw him on campus.

"Sandra, I suggest you take the rest of the quarter off."

My heart would fall into my stomach as my body grew hot with fear, anger, all the negative feelings I could summon up. How was I suppose to focus when my mind was playing tricks on me all day?

As I walked back to my dorm room, I replayed our conversation over and over. But, I didn't want to take the quarter off. That isn't *what I*

And then it happened. I happened. In a way I had never “happened” before...

The switch.

I heard a voice come up from deep inside me...
And the Voice from Within said...

“He is done taking from me. What do I want?”

This thought was screaming through my head, body and soul. What does Sandra want?

At that moment, I made the switch from being a victim to reclaiming my story and choosing to design it the way I wanted.

The switch from acted upon to lead actor in my life. The switch from disempowered to powerful without limits.



The switch is a power that once you possess, you can turn your life into the dream life you always wanted.

Because it puts YOU at the steering wheel of your life. 100%. Finally.

Once you begin using the two step process I’m about to share with you, the rest follows naturally.

I am here to share with you how to activate the power of The Instant Switch and how you can always make the switch in all areas of your life - no matter what.

The first step?...

1. In order to start any change, you have to switch how you think.

Here’s your first life-changing insight: you don’t have to believe every thought that enters your head! You can pick your thoughts that will serve your highest good.

This is the single most empowering shift you can make in your life and teach those you love.

Your mind is a chattering monkey, as the Buddhists like to say. It’s job is to create all kinds of thoughts, reactions - and almost all of them - until you make this first Instant Switch - are just running on automatic.

They are just habits - and habits can be noticed, recognized and changed!

Only you can do that for yourself.

And you know what? It’s about the KINDEST thing you can do for yourself and for those you love.

I should know.

And I knew it the first time I accessed the power of the Instant Switch... In just one second, I stopped seeing myself as a victim.

With that simple question, "*What do I want?*", I was able to hold the pen that writes my story. I was able gave myself a choice.

School was important to me and I wanted to continue even though it meant probably receiving a lower grade - which would affect my chances of acceptance at a decent graduate program.

I could have chosen escape. But I chose me.

And every time since then - no matter what happened - pain, loss, divorce, financial ruin - I have been able to make the Instant Switch and turn challenge into triumph.

And by the time you finish this program, you will have the simple, effective tools to do the same.

So, if making the Instant Switch in your thoughts is Step 1, what is Step 2?

Here it is....

2. After you make the Instant Switch in your thinking, you then take the next step - you make the Instant Switch in your ***feelings*** about yourself.

Because just like your thoughts, your feelings are simply *habits that are running you like a machine* - until you decide to make the Instant Switch and run them instead.

I know it might sound crazy but when you realize that you - *and ONLY you* - are in control of all your thoughts and feelings - you get just how powerful you can now be.

Just as I did at that fateful moment described above, you will learn in this program that you already possess the skills to endure difficulty in your life and you will learn how to access your own feelings of pride, self love and courage. You need all three.

And as you move through this program, you will find that you will be naturally strengthening all three - almost effortlessly.

They are like muscles that will grow stronger every day, because like any muscle, your strength will increase by exercising them!

Let me tell you another story... I remember in my 7th grade class in San Francisco, my teacher stood in front of the classroom and preached how interracial dating and marriage were bad for society.

What?!

I didn't agree. I am a product of an interracial marriage. Nothing was wrong about my parents loving each other. And nothing was wrong with me!

I raised my hand and politely disagreed. My teacher told me to keep quiet. I asked if he was still going to talk against interracial relations. He said yes. So I decided to leave the classroom and not listen to his ignorant rants.

I stood outside the door until he was done.

I felt so much pride that day for speaking up and making a stand. I felt powerful knowing that I had enough self love that I would not tolerate hateful ideas... even though I was the only voice in that room.

I knew that I had a power in me.

We all have power. We just need to know how to switch it on so that we don't drown in the waves of the negativity of this world.

We can always rise above those who want to bring us down. We just need to make the switch.

And the good news is - it's an INSTANT SWITCH. And I'm going to show you how to ACTIVATE your own private Instant Switch...

Anywhere. Anytime. No matter what the world throws at you... There are a few steps to this process...

And you will discover in each page of this program how you can make it easier and more natural every day.

Here's a hint at what's to come... and here's your first "win."

EXERCISE: Recall the feelings of a SINGLE powerful moment in your life where you felt GREAT about yourself.

Maybe you were 5, maybe you were 16, maybe you were 40 or even 65. But let's time-travel back to that moment together... I want you to feel the air the way it felt on your skin.

I want you recall any sounds - was there music? Talking in the background? Radio playing? The sound of the ocean? Or a lover's voice?

What were you looking at... what visions filled your eyes? Was it a landscape, the face of your father? A lover? A friend? a beloved pet?

Where there smells? Fresh grass or rain? Baking cookies at a family event?

Now close your eyes and breathe in that moment... and put yourself there, feeling all the senses. Feel your body. Feel that time.



And allow yourself to revel in the feeling that life is good. That life is good to you.

And that you have access to all the pleasures and joys of being alive -- *right now*.

Take a minute and close your eyes....

Do you see how much power you have in your mind right now?

Simply recalling these feelings will propel you in the right direction and give you fuel.

What kind of fuel?

I like to think of it with this analogy: your thoughts are like a powerful sports car - and your feelings are the fuel that moves you as far and as fast as you want to go.

If you want to stay put in the mud - sure, do what most other people do - and wallow with a gas tank that is logged with the muck and gunk of negative thoughts and doubts.

Do that - and your life will stay stuck in the mud forever.

But as you will see and EMBODY throughout this program - when you fill your emotional gas tank with positivity and embracing the best of yourself and the best of this gift of life, it's ***vroooooooooooooooooommmmmmm.....***

A direct course into happiness. A direct course into abundance and wealth.

A direct course into health, vitality, and a direct course into love in every corner of your life.

I can tell you something...

Whether it's Oprah, Richard Branson, Tony Robbins, or Steven Spielberg - nobody who has attained amazing success, contribution and happiness has done so without embracing the rocket fuel of positivity and the Instant Switch.

How well does the Instant Switch work?

Well - you will see...

But I can tell you...

I am happy to say that I didn't fail chemistry that year.

I am even happier to tell you that Harvard University accepted me into their graduate program... even though I didn't earn an "A" in chemistry.

This was proof to me that the Instant Switch works.

And as you will see, not only does it work for the goals you have right in front of your eyes, it also works to fulfill even greater desires and fantasies that might be hiding in your subconscious - even if you are too bashful to admit they are there...

Everything in my life has led me to write this program for you. Every “failure” or “mistake” that I made gave me the opportunity to activate the Instant Switch so that I can rise above whatever hardships sideswiped me (and believe me - they have hit me and hit me hard - but more on that later...)

But since that fateful day when I first employed The Instant Switch at full force, I have learned that I don’t need to “wait” for a mishap to occur to use it.

I can use it ALL the time to keep improving and elevating my life.

Every day.

At work or play.

Every night before I go to sleep I write in my journal. I ask to release all unconstructive beliefs, behaviors, and attitudes as I ask for guidance to help bring the right people and right opportunities to me.

And here I am. The right people came into my life and now I have this opportunity to share my story with you.

I write in my journal to “guide” my dreams and ask my subconscious how to bring about my desires. This action gives me even extra fuel for more love, success, happiness and contribution to others.

...even in my sleep I am working on improving my life!

We all have different personality types, and my personality type is, “The Helper,” so as soon as I discovered this knowledge...my instinct was to share it with you.

After all, every single one of us - you, me, and the thousands of my students who now use the Instant Switch...

...no matter where we live or what we look like...

...we are all human beings.

We all have heart beats.

We all have shed tears.

We all have struggled and found inner reserves of strength and courage...

We’ve all been lost.

Been defeated.

We’ve asked ourselves, “How the hell did I get here? Didn’t I do everything right? Wasn’t I supposed to be “winning” by now?”

and...

“Why me”?

and even...

“What’s the point?”

Here’s the biggest prize of all...

If We Don't Use The Instant Switch, We Never Live Our Truth!

If we don't use The Instant Switch to shed outside voices that aren't even our own - we will never get to experience our unique self.

We end up wasting our days and nights playing small.

We never connect to others authentically.

We never experience a flow of love with another.

I don't want this to happen to you.

Not anymore.

And it won't!

consider this...

What if I were to tell you that you spend the *same amount of energy* living a small life just trying to keep it together...

...as you do living a life of ever expanding love and wealth and vitality and joy!

Which one would you choose?

I can help you speed up the process by outlining what you need to do.

In the following pages, you will learn how to Instant Switch into...



Joy. Abundance. Health

and really anything you desire...

One you've mastered this technique - the power is in your hands for LIFE!

Me?

I choose to always switch my state to higher levels in ALL areas of my life.

No lateral moves here my friend! Upward and onward...

...and here we go!

Let's Play A Game...

Do you remember the childhood game, Truth Or Dare?

I like to call what you are about to learn....Truth AND Dare.

What I am about to lead you through is the grown-up version that improves all areas of your life.

Let's uncover the truth of your life. All the glitter, sparkle, celebration and beauty that is in your life.

We all have beauty and things to be grateful for in our lives - and you will learn to ground yourself in those things - and then burst through to whole new levels.

We also will uncover the dark dank cobwebs in the attics and basements so we can clear them away!

And here's MORE good news... You don't have to do 80 years of talk therapy...

You are about to gain the power of the Instant Switch and take CONTROL of your life so you can create your dream life, moment by moment.

Let's do some dares to highlight and bring in more light, joy and awesomeness into our lives. Let's also do some dares to switch those dark areas that hold us back.

I am going to be honest with you.

You have to do the exercises I give you in order to activate the Instant Switch. It's like saying I want a healthy and lean body so I will eat right and exercise.

As you eat better and exercise, you get more excited seeing the beautiful transformation of your body.

Well, this is a work out for your *mind* that changes your life.

After all, if you are not growing, you are not living at your full potential... and who wants that?

Who wants a sluggish life?

Who wants constant disappointment?

Not me! Not you!

So... Here is your first DARE! I promise it won't hurt.

For your dares or exercises, go find a journal that you are drawn too.

Being always curious to better myself, I went through talk therapy, hypnosis and life coaching. I visited a hypnotherapist, she explained to me that your handwriting is a direct link to your subconscious.

This is why handwriting experts can know who you are just by looking at your handwriting. The two are linked. So while you are writing what you want, you are, in a sense, telling your subconscious to change the programming that no longer serves you.

You need to write this out; please do not use your computer.

Exercise 1: Clarifying Your Vision

Clearly write down what your desires are in your life.

You need to be specific.

Example: I want more money versus I want to earn \$100,000 within the next 24 months.

Write down your goals for:

1. Your inner life and dialogue (basically self love)
2. Your health
3. Your wealth
4. Your love and relationships

and anything else that moves you...

List at least 8 items for each category before moving on... After you have completed this exercise, take an honest look to see how close you are to these goals... or how far away.

PART II

Next, write down what you think has prevented you from reaching these goals.

What thoughts do you have that keep you back?

What people in your life influence you (dead or alive)?

What did *they* say?

What have you “absorbed” from your birth, religion, local culture, parents, family, friends, and bosses that are holding you back from making the Instant Switch into self-love, greater wealth, health, and happiness?

Write at least 4 for each.

Congratulations!

Now you have a CLEAR vision as to what needs to change.

Now you have a firm footing from which you can rewrite your story.

Exercise 2: Your Vision Story

Write your story of your life the way you desire, not dedicated by your family, friends, co-workers... write from your heart and deep within your soul. What do you want?

Be specific!

Be daring!

Be honest!

No matter your past, who you've known or been married to or whatever -- you do not need to continue along the same path.

You are... ready for this? ...actually FREE!

Some of the folks reading these reading these words right now will want a whole new life now.

New friends. New jobs. New lover or spouse, perhaps.

And some of today's readers may want a similar life as the one you have now - but enhanced, vibrant, clarified and on fire!

Whichever you desire.... it is always good to shake things up.

After all, having the same old repeated experience (no matter how good it is) will not grow you as a person.

We all like firm ground.

We also all like to leap high in the air, knowing that we have firm ground to launch from (and return to if necessary).

By now, you are getting the idea that nothing changes unless you make the decision to change.

I know, I know - it seems so appealing, the idea that we could take a leisurely nap and wake up to a whole new enchanted life.

That happens only in the movies.

And not even the good movies.

You and I happen to live in reality - so let's sculpt a reality that thrills and fulfills us.

It all begins with choice.

And you.

You creating your life, choice by choice.

Switch by switch.

Exercise 3: Your Instant Switch Morning Journal

For the next 30 days I want to write in your journal EVERY morning for about a minute or two. That's all!

Part 1 is to simply write down how you are feeling as soon as you wake up and what you want to experience during the day.

For example, "Today I feel well rested. Thank goodness for a great sleep. Today I want to experience meeting new and interesting people in my field."

I remember writing, "Today I feel tired and I really want to experience more energy during the day. I want to experience inspiration that wakes me up! I want a sign that it is time for me to make a change."

I saw 5 butterflies that day. 5! How often do you see a butterfly - let alone 5? To me, it was a sign that it was time for me to transform.

I said thank you to each butterfly I saw that day with a huge grin.

Part 2 is to set an intention for something you would like to see that day – just one “switch” from something that has been to something you want.

At the end of each day, review what you wrote and see if you were able to experience what you were intending and look for signs during the day.

The universe will probably not come out you with neon signs answering each desire or request. The universe will provide signs. Keep your eyes open and your chin up so you can see what is in front of you.



I have been doing this exercise for a long time and there is a kind of subtle magic to it.

It actually creates an internal, unconscious and effortless switch – not an Instant one – but one that is steady and transformative.

For example, it really helped me PAY attention to how I feel and has made me so much more aware of my state.

It has also given me clarity as to what I want to experience on a daily basis. By doing to, this simple exercise has kept me on track with my vision.

Some of the real life benefits that have come to me as a result of the visions I have created for myself from this brief and simple exercise include:

- A trip to the Cannes Film Festival
- Attracting new business opportunities
- Meeting fascinating people
- Courage to move out of debt
- My fiancé, who makes me laugh every day, and who is more attentive to my happiness and wholeness than any man I have ever met or could have dreamed of.

TRY THIS!

Remember the dialogue you have running in your head is reflected in your outer life. It is crucial for you to monitor your thoughts. Your subconscious wants to prove you right! No matter what the message is playing in your head.

If you think thoughts like, “I am a victim. Nothing is ever fair! Nothing goes *my way*,” well then... nothing will go your way. But if your internal dialogue sounds like this, “I am a winner. I create *my reality*,” then your life will reflect that! So pick wisely for your greatest benefit.

1. Pay attention to the words in swirling in your head. If you are playing a negative message, make the conscious decision to change the message that will benefit you.
2. Clarify your goals using specific language. For example, instead of, “I want a job,” you might say, “I want a highly profitable job in the coaching industry working hours that benefit my lifestyle. I attract high quality clients who value my talents and work easily with me as we create positive transformation.”
3. As a little girl, I would watch people going about their day and I would think to myself, each person is a story. Each of our lives is a story. We should move from a character in the story to the author of the story.

Just like Step 2, I want you to use specific wording to create your life story. Where do you want to live? Who do you want to live with? What type of work will you do? How will you feel? Get clear on the life you want.

4. As the author of your life, it is important to write daily on how you want to create the day and to check in with yourself. In order to make any switches, you need a baseline to measure how you are feeling and what you are thinking. Observe yourself. This will help you get to know yourself better and to redirect your thoughts to produce the life you want.

The Instant Switch Of Receiving: “Opening To The Yes”

This principle, carried over in the day, has even helped me find a parking space when I needed one.

Let me explain.

I live in LA and it can be a challenge at times to find a parking space. So, before I head to my destination, I say a little prayer asking for a space. You know, the "ask and it shall be given" principle.

This is what used to happen: I would drive past an open space because I wanted the space to be right smack in front of the store/cafe/bank/ whatever it was I was heading too... and if the space wasn't where I wanted it to be... I was blind to what was open.

Then I would turn my car around and try to find that empty space again. Of course, it would no longer be available to me. I would spend more time circling for a space wasting time.

Then I started to think how I am probably also blind to opportunities in my life because it didn't fit what I thought it should be or look like.

So I started to train myself to open my eyes and see what the universe has to offer me.

I opened my eyes and ears to receiving.

I call it, 'following the “yes”.'

Here is your instant switch...

No matter where you are or what you are doing, imagine that the universe is saying YES to do with every person, every sign, every signal, every word, everything you see or hear.

Most people spend their days blocking out possibilities. They live in a sea of “no”.

When you live in a sea of "no", you miss opportunities for new friendships, new businesses, new clients, new jobs, new adventures, new lovers, new explorations, and new knowledge.

But when you play this game of “The Instant Switch to Yes” – suddenly all of life becomes full of possibilities!

For me, I no longer sleep-walk through life. I said “yes” to date with a guy I wasn't sure about – now we are engaged. I said “yes” to a gathering in San Diego of entrepreneurs and thought-leaders, and met partners who have supported me in creating this program.

Once I started seeing the whole world as a boundless source of “yes” – I started experiencing my life as the prize I set my eyes on.

I discovered that I was supported. I just hadn't realized it before.

So, in this spirit of staying open to the YES! of life... let's dig more deeply into all the Switches you can make into the life YOU want...

MODULE
ONE

TRUTH AND DARE

SECTION ONE:

SWITCH INTO JOY THE FOUNDATION
OF EVERYTHING GOOD

“HAPPINESS IS NOT SOMETHING READY MADE.
IT COMES FROM YOUR OWN ACTIONS.”

- DALAI LAMA

Remember I talked about the old game, Truth of Dare? Well I've got some dares with you right from the start... And these are some the most life-changing dares you will ever receive...

Dare to be happy!
Dare to be positive!
Dare to love your life!



There are so many myths about happiness. There are so many inner “voices” that you have probably received from your parents, your culture, your religion, your friends, and neighbors that have told you that you don’t “deserve” happiness.

That maybe you haven’t “earned” it. Or that because other people aren’t happy, you shouldn’t be happy.

There are so many FEAR voices holding us back from opening into the pure joy of existence, of living and breathing and loving on this wild, blue planet...

...and they are all lies.

Some of these voices I took to be absolute “truths” for so many years of my life.

And when I look back, I see so many opportunities for joy lost.

Not anymore. Not for me. And not for you.

I wonder if you might have also fallen for some of these myths or voices...

Do any of these sound familiar to you?

“Happiness is found by the lucky.”

NOT!!!

Happiness is, in fact, created.

“Happiness will come when my situation changes.”

NOT!!

You change the situation. The quicker you get into action, the quicker you start using the Instant Switches in this program, the more in control you will feel in your life – and the happier you will naturally become.

Get into action. Get BOLD.

You either create happiness moment by moment – or you passively wait for life to “fix” you.

Exercise: The Instant Switch Into Action

Right now, is there an area of your life that you feel can improve? A friendship? An intimacy? A family situation? A health or financial situation?

This is the key secret of the Instant Switch Program – and a huge advantage you will now have over other people who will remain stuck...

The Instant Switch is always – every second of your life – in your power.

You can either live your life scripted by your past.

Or you can script your life every moment, moment by moment, moving forward.

Just three steps:

Identify the block;

Identify what you want to create;

...and SWITCH! – make one decision to take one action to improve it.

It doesn't matter how big or small the action is – as long as you take ONE action.

It could be a mindset choice, or it could be selling your house!

The crucial point is that by making The Instant Switch for your life...

You SWITCH you out of the passive and into the active realm.

You SWITCH out of waiting and into **doing**.

Which switches you out of one mode of being and into the mode of being where winners, great entrepreneurs, champions, saints and leaders live.

In other words, it's not just about "doing" the action – it's about you switching into BEING a PERSON OF ACTION.

Different identity.

Different life.

How To Stretch Your Brain

Have you ever heard of the word - neuroplasticity?

If you haven't you're about to have your mind blown.

Or at least... transformed.

Literally.

In university labs across the country, in sports performance facilities and corporate boardrooms, - men and women are literally "stretching" their brains...

And they are getting results.

Success. Wealth. Breakthroughs.

Whatever they need – by making Switch after Switch...

Now it's your turn to join them, the most successful people in the world.

Not too long ago I was introduced to the science of how our brains work. It was a confirmation of the behavior work I did at Harvard but learning the actual neurology of what we were doing by intuition and by proven experience ...WOW! It was a game changer for me for sure.

Dare to be happy!

Dare to be positive!

Dare to love your life!

There are so many myths around happiness. There are so many inner “voices” that you have probably received from your parents, your culture, your birth religion, your friends, and neighbors that have told you that you don’t “deserve” happiness.

That maybe you haven’t “earned” it. Or that because other people aren’t happy, you shouldn’t be happy.

There are so many FEAR voices holding us back from opening into the pure joy of existence, from living and breathing and loving on this wild, blue planet...

...and they are all lies.

Some of these voices I took to be absolute “truths” for so many years of my life.

And when I look back, I see so many opportunities for joy lost.

Well, not any more. Not for me. And not for you.

I wonder if you might have also fallen for some of these myths or voices...

Do any of these sound familiar to you?

So let's first understand this concept...

Neuroplasticity (also known as “brain plasticity”) describes how our brain re-organizes itself according to what we expose it to.

It means that when you do or try something new - and especially when you do it repeatedly and create a new habit...

...your brain’s neurons reach out to each other in new ways and actually **physically create new pathways, new roads, new shortcuts...**

...which means you LITERALLY become a new person by steering your brain where you want to go.

And you can steer your brain into new shapes simply by SWITCHING your thoughts from negative to positive, from closed to open, from “no” to “yes”.

Have you heard the expression, “once you know better, you do better”?

Well, it turns out to be neurologically true.

What that really means is that once we know better, shift our beliefs, or create a new habit, we literally change the pathways in our brains. New neurons connect. New abilities are created. New habits form. All which give you new resources.

Which can give you the new life you want.

As you can see, this is GREAT news, because...

The Instant Switch Allows You To “Rewire” Your Brain

So much of what we do is driven by habits because of automatic responses or the old, established “wiring” of our brain.

You see, our brains want our lives to be easier, more comfortable – which it interprets as “safer.”

So as often as it can, it switches itself into auto-pilot and stops us from innovating, creating something new or taking risks.

Your “comfort” wiring doesn’t care if something is good for you in the long run, and may not even be able to distinguish that!

Your wiring wants only what is *familiar*.

The brain literally runs on the old adage, “the devil you know is better than the devil you don’t know.”

But as you have probably discovered in your own life, what is “familiar” **is not necessarily better for you**.

Sometimes relationships, jobs, dynamics, food habits and especially beliefs need to be CHANGED.

And that takes an act of WILL on your part.

It takes choice.

As a behavior specialist, I have spent a significant portion of my adult life working on coping and behavior shifts with children, and we were using the science of neuroplasticity long before the science was even known.

For example, if Tommy was crying because he lost a game, I would ask, “What is another way you can think about this?”

That creates an opportunity for an Instant Switch.

This powerful question usually stopped the tears and allowed for a new answer, a new thought, a new possibility to arise.

“I can think that I had fun and next time I know what not to do!”

“That’s right Tommy! You learned something new and now you are smarter!”

It’s such a simple exercise, this Instant Switch. It helps us in education to create brighter, more resourceful and happier children.

And it works on adults just as effectively as on children.

So let’s begin to ask this question whenever we have a negative or powerless thought:

The Instant Switch Belief Power Question:
“What is another way I can think about this?”

Why keep crying over the guy who doesn't call?
The boss who keeps piling on the work? The
father who abandoned his children?

There is *always* another way to look at things.
Our brains often retreat into the seeming safety
of resignation and confirming the familiar and
"protecting" ourselves from the new.

But there is no power residing there.

No energy for change and self-empowerment.

And no possibility for JOY.

And – to tell you the truth - the story we often
create around events are not even true! They
are ALWAYS partial. They are just weirdly
comforting.

Here is an example. Again I will draw from my
experience working with behavior and children.

Laura was convinced that when she was last in
line, it was because everyone hated her.

Does that make sense? On any level? Of course
not. Not to you.

I know, you might be thinking, *COME ON!* This
is a child example! How does it relate to me?

Well, start thinking of the stories that you
create in your life, because the truth is, until we
become aware of how we create stories, we are
slaves to them.

And as soon as we face the fact that our
industrious little brains create stories out of
random facts, we begin to steer our own ships.

We begin to CHOOSE our lives rather than being
on autopilot.

Let's look at some adult examples...

How about the woman who self-sabotages
herself at work because she doesn't want to
climb the ladder of success due to her
subconsciously not wanting to outshine her
husband?

All the while, she craved a bigger life. But she
created a story that her husband would be
threatened by her success.

Or the old story about the daughter who
sabotages the relationship with her lover
because their mother's marriage went sour.
And she feels if she finds joy, it's an insult or too
much pain for her mother to bear.

Or the son who is afraid to make more money
than his father?

We are ALL driven by unconscious habits and
stories, some more severely than others.

Our habits do not have a screening process that
says,

*"Hey this is dumb and serves no purpose! Let's
generate a new solution!"*

Our habits just run without considering the bigger picture.

But YOU have the power to pause, Switch and change.

And if you want the joy, success, wealth, health and love you really desire, you need to empower yourself DAILY by making these Instant Switches.

Until remaining “stuck” seems like something you wouldn’t even consider – as if it were something only “other” people who didn’t have this power would allow.

It is only by **consciously** and **purposefully** putting a pause button on thoughts and habits that damage our joy, only by objectively evaluating our thoughts and creating a new vision of what we want – followed by making the Instant Switch – that we are able to dissolve and release these habits that no longer serve us.

A Story Of Habit Broken

Confession time...

In the past, when I was stressed by a marriage that was draining me of my spirit, it was my habit to go shopping and buy, buy and buy. I was driven by habit.

Shopping had become my “coping” mechanism, the way some people end up with alcohol (except I came out with a clean liver and a fabulous closet 😊).

But I was running up a credit card debt that I couldn’t afford.

One day, when life in our little apartment was all too much, rather than reaching for a cigarette or vodka, I got in my car and drove to my favorite mall.

Shopping time!

The Century City Mall here in LA was the scene of the crime.

I raced there as fast as I could, as if I could outride my unhappiness, parked my car and as I reached to open my car door, I suddenly asked myself,

“Wait. Why am I here? Will buying a new pair of shoes change anything?”

The answer that arose from within me was a resounding “no”.



So I employed the magical Instant Switch question, the very one I had used to heal countless children. I decided to make the Instant Switch and heal myself...

“What is another way I can respond to this?”

I thought for a moment – for an **instant** – and the answer came right to me.

I didn’t open the door to my car.

Instead I restarted the engine (good metaphor for my life at that moment), drove out of the parking garage and went straight to the gym.

I replaced shopping with going to the gym to deal with my stress. Instead of running up my credit card debts, now I began reducing my weight and blood pressure.

That’s the power of opening to The Instant Switch.

And you can now employ it whenever your gut or intuition warns you that you are making an unhealthy (even if familiar) decision.

You can use it when reaching for that cupcake. When you are about to yell at your child, lover or family member because you had a tough day. You can use it when you are about to agree to a date with a man you know is bad for you but you don’t feel like being alone tonight.

That was a huge Instant Switch in my life and it’s affected my entire life ever since.

It’s turned my life of misery, pain, despondence, resignation, poverty, debt and unhealthiness into a new life of happiness, productivity, positivity, fun, laughter, and love with a man who appreciates me and my ability to CREATE my own life rather than allow myself to be a victim of it.

But it didn’t happen overnight. It happened Instant Switch by Instant Switch.

Now it’s your turn...

Think of how you handle stress...

Do you self-medicate?

Do you reach for that drink? Again and again?

Do you seek “love” in the arms of strangers who don’t really cherish you?

Do you go shopping like it’s an Olympic sport?

Do you puff away on cigarettes?

Gamble?

The list goes on and on... countless ways to self-destruct, on autopilot. Countless ways to allow un-switched habits to destroy your life.

Right now is your opportunity to make your Instant Switch Out of Stress... A brilliant opportunity to change your brain plasticity and replace old habits with NEW habits. Habits that will improve your life.

TRY THIS!

1. We *all* run on auto-pilot daily. Sometimes it benefits us, like knowing exactly how to drive from our homes to work. Other times, our habits don't benefit us, like grabbing a drink when we feel stressed.

Make a list of all the habits that do not benefit you. These will be the habits you would like to replace with a positive behavior. Now, make a list of the habits that do benefit you. The point of this is to wake up and really pay attention to your life and master control of your destiny.

2. Once you have identified the triggers to your habits, purposely say to yourself, "Is there another way I can think about this? Respond to this situation?" Create a new pathway for the birth of a new and wiser you.

Exercise: The Instant Switch Out of Stress

Get your journal out! Time for another Exercise!

Make three columns

Step 1: In column one, list three negative or destructive habits, or simply 3 things you would like to change about what you do when you feel stressed.

Step 2: In column two, write as specifically as you can - what triggers these behaviors? Bills? A dirty house? Sass from your child? Your partner's lack of attention on you? Traffic?

Step 3: Now I column three – on the other side of the triggers – write out a new positive habit you would like to create in your life to replace the destructive habit in column 1.

I recommend that you come up with two or three replacement habits so that you can choose.

Here's an example of what your chart should look like:

Column 1: Negative habit: shopping without a purpose due to stress.

Column 2: My mother gives me a hard time on the phone.

Column 3: New Response: When I am stressed, I can exercise (10 pushups, 50 jumping jacks or go to the gym), call a friend and make plans to do something fun, watch a funny movie or view a funny clip on YouTube.

Taking these kind of Instant Switch ACTIONS will rewire your brain to turn stress into a positive contribution to your joy, fulfillment, sense of belonging and well being.

Again, the list is endless... there are countless new habits you can create to improve your health, wealth, social and love life. Your adventure is just beginning.

SECTION TWO:

SELF CARE

THE DIAMOND NECKLACE AROUND
YOUR NECK SWITCH INTO SELF-CARE

“ YOU WANDER FROM ROOM TO ROOM HUNTING FOR THE
DIAMOND NECKLACE THAT IS ALREADY AROUND YOUR NECK. ”

- RUMI

You can access the skills for theSwitch into a higher version of yourself at any moment.
Because the secret is that it is *already* in you!

In this section, I am going to give you the easy way to implement behaviors into your life that will help you attain the visions you hold for yourself.

Some of the suggestions will seem so common sense and easy that you will find that this section will provide plenty of easy “wins”, for you.

Self Care Switch #1: Switch Into Healthy Sleep

Self-care begins with things like nutrition and, as research shows, more and more sleep!

We have all been there, those sleepless nights that leave us cranky and unhappy the next day. It is SO important for us to just sleep. There is an extra reason that might just surprise you...

Think about the dangers of not switching into good sleep - without proper sleep, our coping skills go down - attention, reasoning, problem solving, creativity, and energy wane while moodiness and irritability rise.

Bad combination, no?

These reasons alone should drive you to bed earlier every night.

Sleep can appear to be a “waste of time” to those of us who have our plates full and need about another 10 - 15 hours added to our day.

Sleep can seem like such a waste of time considering all that there is to do in this world.

But sleep - for starters - allows for essential muscle and cell repair.

But that’s not all...

While we sleep, our mind looks for patterns from during the day, consolidating and turning them to new memories.

Some researchers say our dreams are our nightly clean up. They clean us up and makes sense of parts of our lives that our conscious mind simply can’t.

Our sleep mind gives us new structures with which to handle the difficulties of life - and at that same time, energizes us with new, inspiring visions.

There’s more...

The University of Rochester has done some incredible research and found that sleep is not **ONLY** a mental clean up, but also a *physical* clean up.

Think about it, your body is designed to clean itself, correct? Your kidneys and liver pull out toxins.

And research is showing more and more that our brains also “clean themselves” out at night. And your brain can **only** do that while you sleep. This is a benefit brought to you by something called the “glymphatic” system.

If you don’t get enough sleep, not only do you run the risk of being a cranky beast whom no one wants to be around, but you also run an increased risk of an “uncleaned” brain which research shows increases the instance of diseases such as Alzheimer’s.

Self Care Switch #2. Switch Into Alertness

Sometimes you don't sleep so well, and it's hard to start the day - or get into the state you need to perform or excel in the world.

Well, there's an Instant Switch for that too...

We have a technique to help boost alertness, no matter what else is going on in your life.

It may sound counterintuitive, but it's this: take a short power nap! That's right, to be more alert – go to sleep!

And as you might have guessed by now, there are ways to nap to increase alertness.

Here are some tips for you to maximize alertness by napping right!

The Instant Switch Of Napping

Why even take a nap?

Well, power naps can help boost productivity, increase your memory, decrease your risk for heart disease and give you the much needed energy boost to conquer your day.

Most of us reach for barrels of coffee to give us an extra boost, but I am going to suggest that you forgo that extra cup of Joe and try a power nap, instead.

Here are some helpful hints...



First, it is essential that you take your nap between 1:00 - 4:00 pm. You don't want to do it any later, because research shows that if you nap after 4 or 5, it disrupts the natural patterns of your nighttime sleep.

Which can be even more destructive than not having your afternoon nap.

To prepare for your Instant Switch into Napping remember to have a light meal just before a nap so hunger pangs don't wake you - and when you are ready for that nap, look for a quiet place (even if that means heading to your car).

Seek a place with no distractions. You will only need 15-30 minutes to "restart" your brain. There are 4 stages of sleep. We won't go into all the science here, but I will tell you that...

Stage 1 is light sleep when you are in that awake/sleep place.

Stage 2 is when the real cleansing sleep begins...

Stages 3 & 4 are where you experience deep sleep/REM sleep.

During your power nap, you want to remain in Stage 1 and/or Stage 2.

Because here's the danger...

If you head into Stage 3 & 4, it will be hard to emerge from your drowsiness and you might feel like you have jet lag. That is why leading sleep researchers limit the time of nap to 15 - 30 minutes only.

Try taking a power nap instead of walking over to a coffee shop, wait in line and pay for a coffee. Heck! That's easily 15 minutes right there! Nod off!

Power naps can help switch you out of tiredness and into creativity, better mood and increased alertness. Naps prevent burn-out and it give you the added bonus of helping you out with your heart and your blood pressure, as well.

Can a cup of coffee do that?

Even a really good cup of coffee?

I adore and admire with a great passion Arianna Huffington, who extolled the sanity-inducing power of sleep and naps in her landmark book, Thrive.

At her company headquarters, she offers actual nap rooms because she values productivity. She has read the studies- workers who nap work better, harder and longer.

And her business isn't the only one that supports the benefits to power naps... so do the following companies:

- Google
- Procter & Gamble
- Zappos
- Nationwide Planning Associates

If these companies don't impress you, how about these famous nappers?

Winston Churchill

President Lyndon B. Johnson

Napoleon Bonaparte

John F. Kennedy

Thomas Edison

Salvador Dali

Yogi Berra

Eleanor Roosevelt

John D. Rockefeller

Bill Clinton

These great men and women were ferocious about getting in their up-to-30-minutes-a-day nap in. Churchill famously napped every day - even during the bombing of London.

If these companies and awesome people recognize the need for power naps, it is time we stop associating naps with laziness.

Let's start associating it with how we can all Switch into Self Care. Because everything in your life depends on the foundation of your good health.



Switch into Self Care #3: Switch Into Movement

Now, let's switch it up and get you moving!

Exercise is important for all the reasons we already know - it regulates your blood pressure, strengthens your heart, flushes your lymphatic system, revives your blood oxygenation capacity, and helps release your happy hormones - elevating your mood and making you more enjoyable and loved.

Not a bad start, huh?

Let's dig a little deeper just so you take the Instant Switch actions to support your health and happiness.

Exercise keeps your body healthy and helps keep your body at a healthy weight. And that affects your thought patters, overt and covert...

“ I BELIEVE THAT WHEN THE BODY IS STRONG THE MIND THINKS STRONG THOUGHTS. ”
- HENRY ROLLINS

What an awesome quote, packed with so much truth. I know that when I enroll myself into exercise, three or four times a week, I feel a strength in my body that definitely translates into my thinking process.

I feel happier, more optimistic and I feel more courage to correct whatever I feel in my life is holding me back.

When you exercise and release those pleasurable endorphins in your brain, it starts to get your mind going and energy rising in ways that can even seem euphoric. I also noticed, at least for me, that when I exercise, I tend to eat cleaner foods and take better care of my body in so many other ways.

Good Switches Engender More Good Switches!

Simply put - what most people don't realize is making the Instant Switch of Exercise not only triggers you to feel better - but it subconsciously instigates you do TAKE BETTER CARE of your yourself in other ways.

Taking action on behalf of your self-care encourages other parts of you to take better care of still other parts of yourself.

It's a win-win situation and a happy momentum - and it's you who will be the winner in every way!

I know many of my readers and students feel they have a busy schedule and it can *seem* difficult to schedule time to move your body. But you **can do it** and everything counts.

Instant Switch into Movement #1. If you have dogs, take them on 25% longer of a walk. The increment seems small but adds up every single day. If you don't have dogs, just go on walks anyways and explore your neighborhood.

Instant Switch into Movement #2. If you are going to the mall, office, grocery store...park a little further away or take the stairs (if you are taking the stairs, walk up every other step so that you keep your rear end firm... just a little suggestion from my trainer).

Instant Switch into Movement #3. This is one of my favorites - order a small trampoline from Instant Switch Amazon and jump, jump, jump and jump some more. I tell myself that I have to jump to my favorite song or while I watch TV. It gets your blood flowing and your heart pounding.

Instant Switch into Movement #4. If you watch TV - get an exercise bicycle.

Instant Switch into Movement #5. I also like to include mantras into my exercise. If I am walking my dogs, I like to repeat to myself, "With each step I take, I come closer to my goals," or "With each step I take, I release all those thoughts that no longer serve me."

I love using mantras while I am sweating and working out. It feels powerful to have a sweaty body, endorphins going while I repeat the truths that I want for myself. It gives me almost a high. Try it next time. Try it while walking, running or during your next spin class.

Instant Switch into Movement #6. Get a step counter tracker and take 10K steps a day - or whatever - just get moving. These trackers have a way to inspire people to move more!

Just a quick reminder as to why it is so important to move your body:

- keeps your body healthy
- helps control your weight
- acts as a natural antidepressant
- gives you more energy to switch into higher states of who you are
- helps with your sleep (by now we all know how important that is!)
- exercise can be fun - find what is fun for you

If you can, aim for 30 minutes a day. If you don't want to leave your home, turn on some music and dance! Or go to YouTube and find some videos or download apps (there are TONS on free apps now that can be your virtual trainer in the comfort of your home).

4: Switch Into Self Care: Switch Into Cuddles

Now that you are sweaty and endorphins are flowing through your brain while you smile that delightful grin of yours, let's switch into cuddling.

I personally love cuddling my three dogs who bring me so much joy, who have each opened my heart to happiness and pure love. If you have a pet, you know what I am talking about.

Now there is science behind the wonderfulness of petting and cuddling our four legged children. Petting and cuddling animals have physiological benefits - it actually lowers our blood pressure. This is why hospitals, schools, prisons, nursing homes and mental institutions now use animals to help people become healthier.

Animals brighten our days on levels that we are not even aware of. Did you know that the human-animal bond can increase our oxytocin levels?

What does that even mean?

Well, for starters, oxytocin helps us feel trust, joy and most amazingly, it helps maintain our bodies' ability to be in a state to heal and grow new cells. How awesome is that?

If you don't have a furry creature to cuddle, you can always cuddle or hug a lovable person in your life.

Cuddling a person also releases oxytocin, which boosts your immune system (remember to cuddle lots during the winter season!), and it further develops your connection to your partner or friend.

As a woman, I know cuddling helps me feel bonded to my partner. This is probably why women love to cuddle after making love. It just deepens our connection.

There are also some real serious medical benefits for cuddling, like reducing stress, and in this day and age, aren't we all experiencing some level of stress? It can also alleviate any feeling of pain. The oxytocin has ways of decreasing the pain that your body feels.

So cuddle your children, your partner, and your pets as often as you can.

For the more daring, if you live in a major metropolitan area, there are even "cuddle parties," a movement started by my friend Ried Mihalko. These are non-sexual ways of showing up in comfy PJ's and just having tender cuddles with no sexual expectation.

Cuddle away my friend!!!

Switch Into Self Care: Switch Into "Om Serenity" (1)

After the comfort of cuddling, you will be in the perfect mood to surrender to serenity.

I love to be swallowed up whole through the practice of yoga. On a swallow level, yoga gives you a slender lean and flexible body while helping you lose weight. Who doesn't want that?

BUT...

on a much deeper level, it does so much for your mind and soul. It starts by reducing your stress/anxiety levels, which leaves you in a much better mood.

When you learn appropriate yoga breathing techniques, it helps keep your body calm by literally slowing down your heart beat and lowering your blood pressure.

When your body is in this state, you are able to connect to your mind and soul on a whole new level. For me, it means that I can actually hear myself. I clear away the chatter from all the noise in the world. It helps me hear my higher self, that voice which is my internal GPS.

Living here in LA, I am starting to see schools... even preschools use yoga with students to get children connect to their bodies in a way that helps them to refocus for improved learning.

Yoga classes have become increasingly easy to find. If you find yourself not wanting to spend the money on a class or a gym, hit up the internet and find some yoga classes on YouTube. Or if you have a smartphone, download a yoga app.

Even though a comedienne friend of mine calls yoga "cruel Simon Says for grown-ups", there's no excuse not to give yoga a try.

It Switches you into attentiveness, leanness, strength, focus and a certain pleasurable "feeling" of your own body, often in ways you never experienced your own body before.

Switch Into Self Care: Switch Into "Om Serenity" (2) Switch Into Meditation

In addition to yoga, give meditation a sweet, honest try.

Honestly, this was a hard one for me to begin. I thought I would have to set aside hours to sit motionless. I was wrong.

And finding quiet time to focus inward in a home with three dogs is a challenge especially when one dog is a pug whose sole existence is to be glued to me and sit whenever I stop moving!

I am going to give you the easy Instant Switch Method of Meditating.

But first, let's look at why, scientifically, meditation is a true, physiological instant switch...

I love it when science "catches up" to these ancient practices.

Frontiers in Human Neuroscience in February 2012, published an article stating that mediation can change your brain's surface, which helps increase the speed of your processing potential.

Did you get that? This particular form of neuroplasticity will actually make you SMARTER!

Not a bad benefit.

And as you know, meditation can reduce stress and anxiety, improve your immune system, increase your blood flow, lower your heart rate, and decrease your risk of heart disease. I see only wins here! And being smarter – well that's just a sweet extra benefit.

The biggest win I have found in meditation is that it helps me guide my thoughts to be able to make the Instant Switches I have already created in my life.

Meditation has shown me that I am in charge of my thoughts and not the other way around.

So here is how I learned to mediate (even though I had a pug who is stuck to me like Velcro).

I downloaded a few free apps on meditation and was guided through my first few meditations (with my pug in my lap).

Here are a few guided meditation apps you might find useful:

Insight Timer Meditation

The Mindfulness App

Simply Being

Meditate

Mindfulness Meditation

Calm

Breathe2Relax

The Mind

Omvana

Take a Break

Relax Melodies

MINDBODY Connect

Buddhify

Methodology

Or just turn the radio to a Classical music channel to guide your own meditation!

The more I practice, the better I get at clearing my mind and moving into that incredible healthy and calm mind space.

And that has helped me in all areas of my life.

Because once you learn to calm your thoughts and find your inner center of peace, you can become an island of peace, calm and good judgment – and CHOICE – in the center of even the craziest of social, work, and family storms.

Exercise: The One-Minute Meditation Instant Switch

The good news is that you don't have to set aside hours and hours. In fact – don't!

You will be able to make the Instant Switch into Meditation if you start with just three breaths.

That's right.

Close your eyes and take three long slow breaths. The key is put all your attention on the air flowing up into your nose then slowly filling your lungs –then hold a second – then put all your attention on the air leaving your lungs, flowing smoothly and coolly out of your mouth.

That is the Instant Switch into Meditation!

You will discover that you will instantly feel calmer, more centered and more in control.

You can do this practice at work, at home, and in the car just before you get home. Anywhere, anytime.

I suggest you set a little alarm on your phone for about 5 or 6 times a day – just to get you into the habit for the first few months of stopping,

Now, here's the next phase.

Make it 10 breaths.

Then when that's easy, set a timer on your phone for 5 minutes. Then, when that's easy – 15. Then, when that's easy – 30 minutes.

The practice – called Mindfulness Meditation or Vipassana – is to just gently keep returning your attention to your breath moving in and out of you. If ideas come up – just say thanks for visiting and release the idea into the air - and return your attention to that wonderful sweet breath moving in and out of your lungs.

Seems so simple, and it is.

But make no mistake – this ONE instant Switch might be the most important one you will ever make in your life.

Because it puts you in the calm state to be AT CHOICE in your life, not at cause.

Which allows you make thousands of more Instant Switches into the life, love, abundance and health you actually want.

It's a kind of magic elixir.

Even if you have a pug sitting on your lap while you do it.

Which, frankly, is another kind of magical elixir. ☺

TRY THIS!

1. The more you demonstrate self care, self love, and self awareness, the easier it will be to make the necessary switches in your life. You will be sending a message to your subconscious (and your soul) that you are worthy and loved. Changes that are lasting involve demonstrations of self-care.
2. You can start immediately with profound self-care! Right now, in this present moment! First, make the decision that you will honor yourself. You can make these immediate switches by giving yourself proper sleep and by taking a nap. This will help you immensely with your alertness and help boost your problem solving skills. Get that snuggly blanket and enjoy!
3. Our physical body needs proper care. Our minds and bodies are connected. In order to keep a sharp mind, we must keep a healthy body. Switch into movement. I don't care what you do, as long as you start moving your body! Take a walk around the block, blast your favorite music, or sign up for a class you've always wanted to try! When I was in my 20's, my doctor told me I had a hole in my heart. Scary right?!? He said I needed to exercise to get rid of it. I started just moving my body by taking longer walks with my dogs. Just this alone, closed up the hole in my heart! This story is just to illustrate how any movement can benefit you in such profound ways!
4. Silence is golden. We have all heard that saying before. In our silence, we can alter our brains through meditation. I know meditation can sound daunting. Just try the simple steps of breathing in, hold that breath, and release it slower than the inhalation. This will slow down your heart beat and put you in a new state of calm and relaxation. Yoga and cuddling those you love will also have meaningful results bringing you more peace and happiness.

Switch Into Self Care: Switch Into Profound Action

Once you have learned to practice quieting your mind, you will discover that you are able to hear that voice from your higher self guiding you in the direction of your soul's intended path in life.

It's a magnificent discovery.

Making these Instant Switches are like coming home to your true self, little by little.

To the love, abundance, self-care, and joy that you most profoundly desire – and which you are not beginning to create...

Now it's time for *action*.

All the previous steps were leading up to this point. Each step leads to the next in the Instant Switch empowered life.

I am so happy we are here now!

Because now the changes can really start to accelerate in your life.

Change can seem hard. No "and's", "if's" or "but's" about that!

But remember – it's not your highest self that sees difficulty in positive change. Rather, it's that primal brain of yours, which seeks the comfort of the familiar, even when it's not serving your highest good.

So how do we start moving into the right direction, the direction of the life you will CHOOSE, rather than just things happen to you?

Some think that after they *know* what to do, the next steps would be easy.

But if you depend on your rational "brain," you will find yourself hobbled.

Here's the secret proved again by research (in this case consumer research), which shows over and over again, that people (unless they have learned the discipline of The Instant Switch) make choices from impulse and emotion – not what is good for them.

The most powerful and effective way to Switch into Action is to use your feelings as fuel. As you can recall, we began to discuss this earlier on in the program.

I want to give you an example as to why feelings are a more powerful motivator to get moving compared to reason...

We all know that texting and driving is not a good combination. In an instant, we can cause an accident harming both our lives and the lives of others, and even taking lives.

In fact, according to recent statistics, at any given time during daylight hours, 660,000 drivers in the United States are using their cell phones. Statistics also show that a texting driver is 23 times more likely to get into an accident than a non-texting driver.

We all know the dangers of texting while driving, but how many of us continue to text or check our phones while we drive?

Clearly, our rational brains do little to change our habits. But see the change when your emotions are activated...

What happens if you were to see the victim of a texting driver? Some years back I worked with a child whose grandfather was killed by someone who was texting while driving.

This little boy loved his grandfather with every cell in his body. Every Saturday he would spend the night with his grandfather so that the two could spend all day Sunday together. Every Sunday they started their morning by going to Starbucks to grab hot chocolate, followed by adventures at the park and building elaborate Lego creations in the afternoon.

One day, as his grandfather was about to cross the street, he dropped something off the edge of the sidewalk. As he bent over to pick it up, a woman driving and texting did not see him. She killed him. In an instant his life was over. This little boy came to me with such grief that I could feel it flowing right through and off his little body, into me.

That feeling has kept me from texting and driving, ever since. Here is another example...

We all know that smoking isn't good for us. There is a warning label right on the box, yet people still smoke. This isn't an issue where the information has been held back from people.

While I was traveling in Singapore, I was at a newsstand and noticed to my horror that there were graphic photos on the boxes of cigarettes showing the gruesome effects of smoking. Not merely warnings.

But emotional, horrific photos. Those pictures creates a feeling in me rather than just information, and though I never smoked much, that was the end of that!

We respond to feelings. We are driven by feelings. We start and stop habits based on feelings. So let's use our feelings to spring board us into action. Feeling our emotions as the springboard for our next Instant Switch...



I have another exercise for you. This is a fun one! It is more like an art project in some ways. You are going to create a vision board.

The value of this is that whenever you allow your eyes to pass over your vision board, your whole being will experience a giant INSTANT SWITCH into aligning itself with your highest visions for our life.

So let's call it an Instant Switch board for now...

Exercise: Making and Using Your Instant Switch Vision Board

Making Your Instant Switch Vision Board

(1) Go out and buy a poster board. I know you can create a vision board online, but I want you to have your vision board hanging in your bedroom where you can see it first thing in the morning and last thing before you disappear into the warm embrace of your slumber.

(2) Next, gather photos of everything that you want and create the image you want in your life. You can even get some markers and write the words that you feel you need to get you going. I call them *juice words*. What words get your juice flowing? For me, the word “transform” gets me going. It’s an action word that I respond to with full enthusiasm. As with “Delicious” too – because I want to bring more of the delights and pleasures of this world into my life. Same with “Possibility.”

My vision board starts with a neon pink poster board plastered with photos of homes, boats, vacation destinations, dog rooms, art work and words that get my juice flowing. Every day, as I get dressed, these images sink into my subconscious mind.

It is important to get these images into our subconscious because our subconscious mind wants to prove us right. It’s a dogged little fellow! Once it has a vision of what it wants, it will start prodding us in both conscious and subconscious ways to get us to make that vision a reality.

Using Your Instant Switch Vision Board

While you start to make *any* action step, I want you to *praise yourself*. When I work with families and their children, I call this “catching them being good” and it is a way to reinforce their highest selves.

Basically I tell parents to “catch” their children being good and to praise them. Why? Because they make the association of feeling good based on their action. This will inspire them to perform more of these good behaviors.

Women, you can also use this on the men in your life. It works – and men, it works just as powerfully for the lady in your life!

Once I saw how effective this works on children and other adults, I started to think, I should use this Instant Switch technique on myself.

I tried it and I have to admit, at first it seemed a little silly to me, but then I started to feel the happiness of moving and behaving into the right direction of my highest self.

Pretty soon I made it into a game. Such as, “today I am going to catch myself being” good 25 times. This little challenge was not only fun, it did the important work of focusing my mind on what I was doing right in the world, that I was good, that my life was good.

I used this Instant Switch technique when I was going through my lowest times, after my divorce, when I was in terrible debt.

Remember – switch out of negative thoughts and into self-empowering thoughts. It's the quickest and most effective way to start creating REAL changes in our life.

To REALLY reinforce the “good catches” in my life, I even started to write down on a piece of paper everything I did well during the day.

Open a file on your phone or better, carry a small notebook and keep a written record of “catching yourself being good.”

At the end of the day and week, review your list – and your neurons will DEFINITELY change their route. Out of depressive-Ville and into the land of an empowered, confident, action-taking you.

Switch Into Self Care: Switch Into Giving

Our society is too much about getting.

Getting is fine, don't get me wrong, I love to get. But I also understand that everything is an energy that needs to flow.

If you want to “get”, you must learn to give.

And the more you are a go-giver, the more energy will flow back to you...

When you give, you start to create a better world. You can strength a bond, set an admirable example for your community, and bring happiness to others and to yourself.

Giving is one of the swiftest Instant Switches you can make to create a positive energy flow from the universe back to you (as well as helping others!)

Every time we smile and give others a reason to smile, it increases the good vibration among us all.

I know for myself that when I give, I feel better about myself. And what do you know - people seem more positively oriented toward me.

Every small act counts. Not too long ago I had lunch with my sister. On our way back to our car, we discovered three homeless men and their full-of-life, happy dog, Buddy.

I had been feeling so lucky that I was able to enjoy a lunch with my sister and had the immediate feeling of wanting to give something to these men who seemed friendly and kind.

My sister and I jumped into our car and went to the pet store and a grocery store. We returned with food for all as well as some essentials.

They were so grateful, but I have to say – it was ME who glowed with the feeling of happiness for hours afterward. It felt great to give.

Exercise

Go give to someone other than yourself.

You can volunteer for a cause that stirs your passion.

You can even just give compliments to others and see how it changes your life, and how people react to you.

Switch Into Self Care: Switch Into Happy Hormones

The best fuel for switching any behavior will flow from feeling good. I am going to give you some tips on how to get happy in less than a few minutes.

One of the really fascinating advances in behavioral sciences over the past 20 years has been understanding the mind-body dynamic.

In our Western culture, we put so much emphasis on the brain and on thinking. We think our “mind” controls our body.

In fact, the lines are much more blurry than that.

In many ways the body influences the mind.

That is why working out at a gym or rigorous exercise is so good for you beyond the obvious physiology of blood pressure and metabolism. Exercise releases your happy hormones – especially interval training, which we can talk more about later.

For now, I want to give you some Instant Switches into happy hormone flow...

Instant Switch Into Happy #1: Smile.

We all know that when we feel good, we smile. But did you know that if you put a smile on your face, you actually start to feel happy. If you run some of your favorite comedians on Pandora or elsewhere when you are getting ready for your day, you will begin your day with a release of happy hormones.

It gets even stranger. And easier. The very act of lifting the corners of your mouth will trigger your happy hormone release. The easiest way of all to Instantly Switch your mood is to place a pencil between your teeth lengthwise and hold it there for 15-60 seconds. This forces a smile, which signals to your brain to let loose the happy.

Remember – the body often leads the mind.

Instant Switch Into Happy #2: Put a Bounce in your Step (and Voice)

Your happy hormone fire-hose will also flow if you enact the activities of a happy person. Your brain will literally interpret your physical activity as happiness. So sing! Add a fun lilt to your voice for fun. Shout your appreciation to the sun if you want – that is an exclamation of joy!

Similarly, put a bounce in your step and run for a stretch. Or dance! I included this video for you to remind you how we are all joyous creatures inside just waiting for invitations to let our joy out! Waiting for invitations to dance!

<https://www.youtube.com/watch?v=-dmtX8PLxXE>

Who need a crosswalk signal to give us permission?

Be your own permission.

Blast the music in your bedroom, or crank up your favorite tunes in your ear buds and dance, dance, dance across the world and through your life!

Dancing is your body's greatest Instant Switch to your natural joy.

And of course, this famous video with almost 50 million views shows the Instant Switch of dance bring all of humanity together in joy...

<https://www.youtube.com/watch?v=zlfKdbWwruY>

Instant Switch Into Happy #3: Affirm!

Here is another fun and easy win for you. Get a stack of index cards and right positive affirmations. For example, "Today is a great day!" or "I attract only great adventures." You can start by writing 5-8 affirmations. One affirmation per index card.

Before you leave your house in the morning or while you are driving, in your loud booming voice read each one 3 times. Or if you want to sing it... then sing it.

You are effectively rewiring your brain into positivity and openness to exciting new possibilities.

I am going to share two of my favorite affirmations with you!

Say this out loud to yourself three times every day:

"I am wise and I apply my genius daily, easily and safely for myself and those around me."

And

"People come at the right time and at the right place to easily and effortlessly bring blessings, love and new opportunities into my life."

Here's another way to do this...

Read the following statements throughout your day.

I wrote these sentences on a post-it note and placed it in my wallet. So that each time I reach into my wallet, I am reminded of these 5 important truths...



- I am wonderful and unique and miraculous
- I am capable of change that improves my life.
- Being positive is my choice.
- I am safe in this world.
- I am succeeding.

Instant Switch Into Happy #4: Victory!

Did you watch the Amy Cuddy Ted Talk above?

She talked about the Victory Stance – which is a universal arms-in-the-air in a “V” shape position that people throw themselves into when they feel triumphant and wonderful.

As when you win a race!

The Victory Stance works on the same principle as the pencil-induced smile. If you do it, your mind will interpret your body’s actions as joy, joy, joy and let loose the happy hormones.

It’s a quick Instant Switch into joy and feeling powerful.

Simon says, stand like a winner!

Again, if you missed it - for more on the power of the victory stance and on how your body can influence your mood and mind, watch this astonishing TED Talk by Ann Cuddy called, “**Your Body Language Shapes Who You Are**”

http://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are?language=en

Instant Switch Into Happy #5: Write This!

At the end of your day, or right when you wake up, take five minutes - simply set a timer and describe one or more positive experiences you had during the past 24 hours. Recall it all in your senses – how you felt but also what you heard, saw and smelled. Write it so you can recall it in 20 years if you read your words.

Why do we do this?

Because your brain will FEEL the happy details you are writing *as if it were happening again!*

This effect is yet another way to “trick” the brain into releasing happy hormones.

Think about it. We cry and feel our heart full when we watch movies as if they were real. Our emotive brains can't really tell the difference between what is real and what is recalled or represented in word or on the screen.

So the secret of the Instant Switch is to prompt ourselves into happiness by conscious choice – and not have to wait for the universe to serve us chocolate coconut cream pies every hour on the hour! We can serve ourselves into happiness!

TRY THIS!

1. Emotions propel us into action. We can use our emotions as a springboard into our delicious new life! Create a vision board with *everything* your heart desires. Cars, boats, dogs, homes, exotic vacations, security, transformative experiences, and a bank account with numbers that keep rising! Look at this picture you have created and envision yourself and allow those feelings to motivate and inspire you! Your emotions will drive the change in your life.
2. Recognize and praise yourself for all the good you have been doing. We all like to be recognized. We all like to be valued. Give yourself this gift. No matter how small the action in the right direction, praise yourself. When you allow yourself the joy of praise for moving in the right direction, your mind and emotions will keep your momentum going strong!
3. The universe is all about flow. If you want more in your life, you need to give. The secret is... when you give... you are the one who feels radiant. If you believe in karma or the saying, "what goes around, comes around," then it is crucial that you give to others. You can start small, by giving compliments or you can volunteer for a cause you believe in! When you give, your heart grows and you plant good seeds along your journey. Karma will smile upon you and you will be able to harvest those seeds!
4. Happiness is a choice. If you say, I will be happy when... "...". Then you will be waiting and waiting. I know because I tried thinking this way before and it left me stagnant. Happiness is a choice. You can switch into it now! Smile for 20 seconds and your brain will start secreting happy hormones. Put a bounce in your step and soon you will feel happiness sweep through your body. Or get into victory stance and start feeling your inner champion. Make positive affirmations and change the course of your day... and your life. I am a magnet for only positive happy experiences! Make the choice!

SECTION THREE:

YOUR GREATEST WEAPON:

SWITCH INTO THOUGHT CHOICE

“ THE GREATEST WEAPON AGAINST STRESS IS OUR ABILITY TO CHOOSE ONE THOUGHT OVER ANOTHER. ”

- WILLIAM JAMES

What thoughts do you have? Do you think they represent the truth?

Some version of your truth? A partial truth? Or someone else's? One of the most profound sentences I ever heard was...



"You don't have to believe everything you think."

I thought - what a bonkers statement if I ever heard one!

Then, the more research I did on neuroplasticity and the more spiritual practice in which I engaged, I started to detach from my thoughts and just saw them as "phenomena" my brain produced.

And I saw that they came at lightning speed.

In fact, your brain is a random thought generating machine. The Buddha called it "the monkey mind" because it just chatters and chatters away.

And what I learned quickly was that - it was true - not all my thoughts were correct or beneficial, or even "mine"!

Amid all the noise, my chattering brain was busy playing remixes of ideas I'd heard from my parents, movies, TV, strangers, friends, and stuff I had read!

Here is a perfect example...

"This isn't the life I wanted."

I had this thought in my head over and over playing in my head. You may have felt something similar.

I mean, I did everything right in my mind. I was a hardworking student. I worked 7 days a week helping families overcome and adjust to behavioral issues caused by Aspergers, autism, and other behavior disorders. I tried to be a good wife to my then-husband... and here I was...

...in my thirties - broke, divorced, and exhausted.

What did I do wrong...

"This isn't the life I wanted."

It just played in my mind over and over again...

And I caught myself.

Sometimes even when you know the power of the Instant Switch, you forget to invoke it.

So I stopped. I breathed.

I started to analyze. Does this thought help me? Does it inspire me? Does it give me permission to be a victim? Is it even mine?

And the answer came to me in a moment: I didn't need this thought and I could release it.

In an instant, I saw that thought as an "alien" and I banished it forever.

Then I took the NEXT step to complete The Instant Switch when it comes to thought patterns.

And I replaced it with this...

“Right now is a new moment and in this moment, I create all the possibilities of my ever-expanding life of happiness, abundance and love!”

As you might guess, Mr. Alien-Thought tried to return many times, but each time, I just gently released it back into the world and replaced it with...

“Right now is a new moment and in this moment, I create all the possibilities of my ever-expanding life of happiness, abundance, and love!”

And guess what happened, little by little, day by day?

I am now blessed with a life of ever-expanding happiness, abundance, and love.

Way back...

...while I was attending Harvard University with Professor Noam, he introduced me to the concept of “meaning making.”

This is what Oprah would call an “Aha moment”.

Here is an example of what they mean...

Two people are held at gun point. Scary. Traumatic. Horrifying.

Right?

One person after the event becomes so fearful of going out in public, she becomes almost a hermit.

The other person enrolls in self-defense classes and continues living life to the fullest, exploring new adventures and meeting each day with an open heart.

What happened? Why the two different results from the same experience?

It is all about ***the meaning we assign to the event.***

Everything that happens, simply happens.

There is no good or bad that arises from the event itself. We, as humans, as meaning-making machines, assign meaning to it.

(I have a hard time when applying this to actual intended cruelty, but let’s stick with the non abusive part of life for a moment...)

This principle made sense to me.

I know other women who have been raped. They responded differently than I did. I have one friend who told me that she put on extra weight on purpose as a protective shield.

I knew another woman who became sexually aggressive with men because she wanted to turn the tables and hold the “power”.

Another woman became fearful of men and just wanted nothing to do with men at all.

We each assign the “meaning” to events – and often without taking a moment to CHOOSE the meaning we would most like to assign.

I definitely understand these women.

There was a time when I would wear Doc Martens black heavy shoes with big baggy black jeans, topped off with a ragged oversized sweater. I wanted my body to disappear in these clothes.

But ultimately, for me, I refused to choose to live defined as a victim.

I refused to behave like a victim.

I refused on a cellular level to be anything other than what I wanted, what I chose.

On a deep soul level, I know that my parents gave me life to live it fully in all its depths of love and happiness. My internal GPS directed me away from victimhood and into victor.

And so I decided to make that crucial Instant Switch.

And it is available to you right now! And any time you choose to invoke it...

“Right now is a new moment and in this moment, I create all the possibilities of my ever-expanding life of happiness, abundance, and love!”



The meaning I CHOSE to make from my rape was my reclaiming my power. I used this experience to define who I wanted to be and I have been guided by that meaning ever since.

The power of the Instant Switch is like the power of a switch on a railroad control center – you SWITCH the direction of the train of your life.

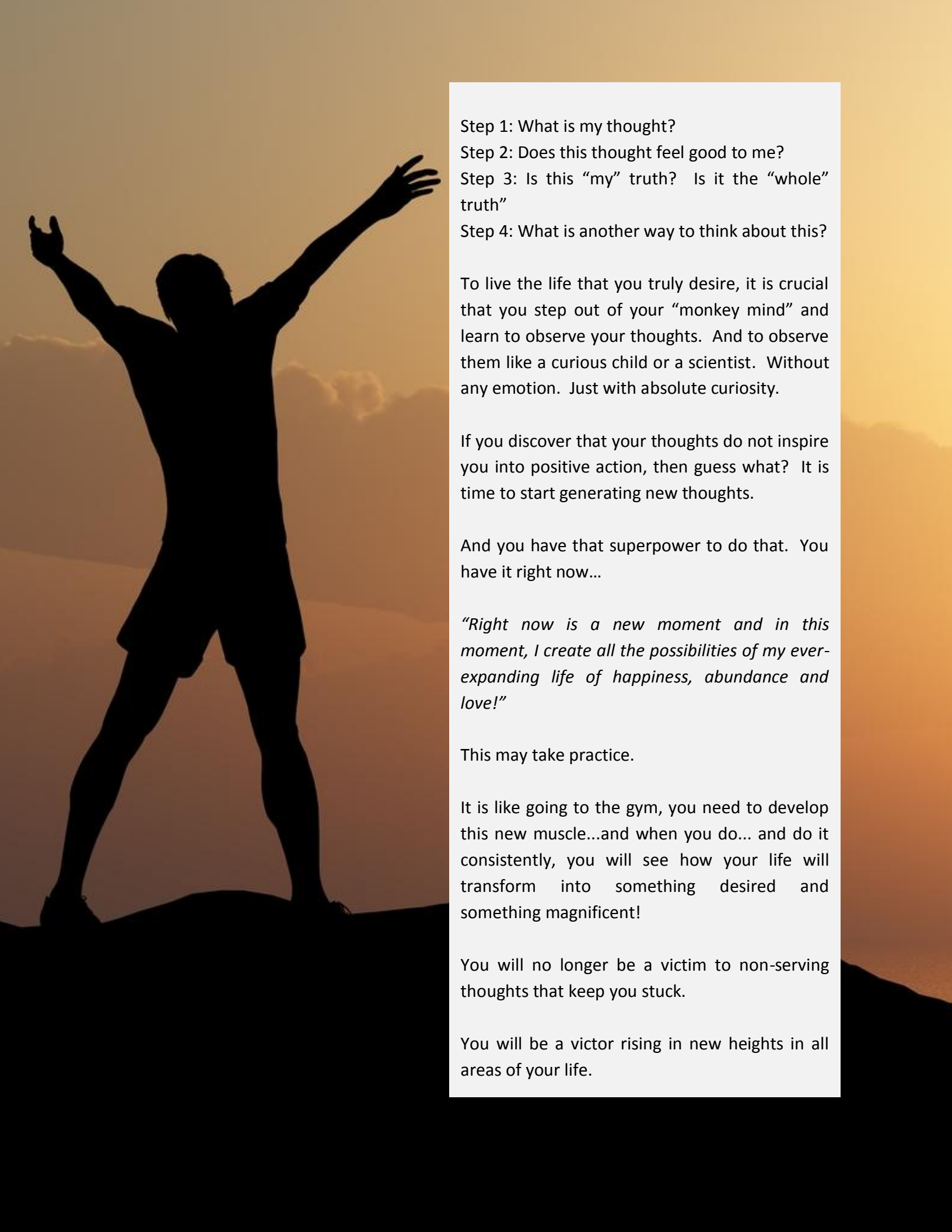
If you don't do it, the train of your life will vanish into dark places you don't want.

If you do make the Instant Switches I am giving you here in this program – you can steer the train of your life anywhere you want to go.

The Instant Switch Thought Choice Process...

Here is a way to stop, focus, listen to your internal GPS system and switch your train-track any time you choose...

Use the following guidelines:



Step 1: What is my thought?

Step 2: Does this thought feel good to me?

Step 3: Is this “my” truth? Is it the “whole” truth?”

Step 4: What is another way to think about this?

To live the life that you truly desire, it is crucial that you step out of your “monkey mind” and learn to observe your thoughts. And to observe them like a curious child or a scientist. Without any emotion. Just with absolute curiosity.

If you discover that your thoughts do not inspire you into positive action, then guess what? It is time to start generating new thoughts.

And you have that superpower to do that. You have it right now...

“Right now is a new moment and in this moment, I create all the possibilities of my ever-expanding life of happiness, abundance and love!”

This may take practice.

It is like going to the gym, you need to develop this new muscle...and when you do... and do it consistently, you will see how your life will transform into something desired and something magnificent!

You will no longer be a victim to non-serving thoughts that keep you stuck.

You will be a victor rising in new heights in all areas of your life.

And you will move into the life – switch by switch – you have always wanted and dreamed of.

“ ALL THAT WE ARE IS A RESULT OF WHAT WE HAVE THOUGHT. ”

- BUDDHA

Exercise: Eat, Pray, Choose!

Did you read Eat, Pray, Love?

Or see the movie?

What an amazing story of a woman switching herself into her dream life by making consistent, brave choices.

Elizabeth Gilbert gave us a template to CHOOSING her life in that book. And in it, she chose one of my favorite topics – clothing ☺ - to use as a metaphor for the Instant Switch.

I give it to you here, for your delight and inspiration...

In summation... Use the 4 questions to determine if you need a new thought to replace old thoughts that don't serve you.

Use your journal so that you can guide your brain into new pathways of gratitude, joy, clear vision and power.

Employ the miracle of neuroplasticity to “re-wire” your brain into an irresistible Instant Switch energy center that powers your mind and your life into joy, abundance, health, wealth, and love.



“ YOU NEED TO LEARN HOW TO SELECT YOUR THOUGHTS JUST THE SAME WAY YOU SELECT YOUR CLOTHES EVERY DAY. THIS IS A POWER YOU CAN CULTIVATE. ”

- ELIZABETH GILBERT
EAT, PRAY, LOVE

SECTION FOUR:

THE 11 ESSENTIAL

INSTANT SWITCH REFRAMES

Let's review for a moment where we've been... Meaning doesn't exist in things that happen. We assign meaning.

A sunset could mean romance to one person or a premonition of death to another. It could be a signal of God's grace or a reminder of the world's beauty or a sad signal that you just "lost" another day.

The meaning is in our heads! We create it.

And now that we understand the science of neuroplasticity, we know that we can CHOOSE to make meaning in ways that best serve us.

There may be no more important practice in the world than to reframe old destructive meanings or "frames" with new positive, empowering ones.

The best way to release old patterns of thinking is to identify them clearly, then replace them with new and improved thinking patterns.

In this section we are going to practice the Instant Switch in the 11 crucial reframes...

We are going to make 11 Instant Switches - and replace the top 11 most common non-serving thoughts and beliefs systems with thoughts and beliefs that will transition you into a happier, more fulfilling life.

Ready?

Here we go!

The First Essential Reframe: Switch From Blame To 100% Responsibility

Blaming others gets you nowhere! It puts the power in other people's hands, not your own. Can you imagine if I allowed my rape to determine my life path? Or blamed my rape for not succeeding in life?

Yet so many of us do just that - we blame others so we can stay stuck.

We blame our fathers who left our families, our mothers who hit us, our teachers who called us "stupid", or our boss who buries us in work so that we can avoid actually having a life.

We all have a story about who steers our lives. We all have been wronged at some point. We have a story about being at "effect" rather than "at cause."

SWITCH blame with responsibility.

The practice here is – when you hear yourself blaming anyone else for what has happened in your past, say to yourself,

“I am responsible for my own happiness.”

Take responsibility for your life and make the next choice.

You will be astonished at the breakthroughs you will have with this simple practice.

When you make this your new habit and your new frame for your life – everything changes.

You start to take control of our life in entirely new ways (even if you don't believe that you have the power at first! 😊)

The Second Essential Reframe: Instant Switch From Fear Into Courage

It's commonly said that every decision we make stems from either fear or love.

Every decision we make is a “retraction” away from vitality, embrace, and joy – or a step into vitality, embrace, and joy.

The thing is – fear is very powerful.

We wouldn't have evolved into the human beings we are if we weren't wired to be afraid of, say, lions. Or bears. Or scary humans.

Fear fires off quickly in our brain – and it 100% up to you to make the Instant Switch out of instinctive fear into conscious choice – as long as there are not lions lurking around.

The fear that feels like lions are around usually does not mean that there are lions around!

It's a hormonal rush of adrenaline and cortisol and a few other things.

Fear causes fight or flight.

And you can choose to turn Fear into a new courageous decision so that you are not paralyzed, or trading punches with a friendly world.

SWITCH fear with courage.

Here is your Instant Switch practice:

When you feel fear – sweaty palms, a racing heart, blood pumping, a tightness in your chest, ask yourself...

“What new possibility is hiding on the other side of this fear response?”

If you are afraid to tell your boss the truth because of his anger towards lies or dishonesty – your fear response may be telling you to quit.

If you are afraid to speak your mind to your lover because of his or her anger, or abusive reactivity – guess what? Your fear response is your FRIEND...

...and it's telling you there is another possibility waiting for you – and it ain't with someone who doesn't respect you.

You may not feel *real* courage when you first start taking steps out of fear.

But I urge you to be patient with this question of “what's on the “other side of fear”.

Fear is like a big finger pointing to you new possibilities.

But you have to be patient and move through the physicality of the fear to discover what better awaits you.

The reframe is: fear is your secret best friend.

And it pays to listen to your best friend.

The Third Essential Reframe: The Instant Switch From Excuses To Action

It's easy to make an excuse.

That's our brain trying to keep us in the comfort of the familiar.

It's our brain warning us against taking action, because action puts where we are right now at risk.

Even though “right now” may not be the work, love, financial or social situation that is serving us best.

Excuses keep you in a lose-lose situation. They keep you in stasis. Stuck. Unmoving. Ungrowing.

And as the true saying goes, “in every moment, you are either growing or you are dying.”

The most successful people in life never use excuses. They spring into action even when they don't know exactly where they are going.

Action begets change and improvement.

“ YOU ARE WHAT YOU DO,
NOT WHAT YOU SAY YOU'LL DO.”
- CARL JUNG



No excuses.

The Instant SWITCH here is to replace excuses with one simple action.

For example, if you have reports due for work, instead of using excuses about your marital problems, you can use that same energy and get your work done and/or confront your partner and start solving those problems.

Remember, the universe responds to action, not excuses.

The Practice: as soon as you hear yourself making an excuse about not taking an uncomfortable action (going to the gym, having that hard talk with your lover, mother, boss, friend, cleaning the house), make the INSTANT SWITCH and say:

“What’s one simple action I can take right now instead?”

This rewires you from a passive to an active person, even if the action seems small or insignificant.

Taking action, by changing who you are, is therefore, often its own reward.

Plus, what you prefer, an excuse or an action?

The Fourth Essential Reframe: Instant Switch From Past-Pain Attachment To Future-Pleasure Attachment

We can be strange creatures – reliving past pain over and over again.

But like ALL our habits, everything we do serves a purpose. It may not be our highest purpose but it's some kind of purpose.

Replaying past pain (a failure, a loss, a mistake) may serve the subconscious purpose of locking us into the perceived safety of the present – instead of taking the leap into a new enterprise, a new relationship, and the possibility of new failure.

You know the story.

Someone gets their heart broken, and they refuse to date because they are afraid to get their heart broken again.

Their FEAR of potential failure outweighs the JOY of experiencing new possibilities of love and connection.

Remember – the opposite of pleasure is not pain.

The opposite of pleasure is perceived comfort.

The half-sleep of apathy, of passivity keeps us from experiencing the full joy and vitality and color of this life.

“ DO SOMETHING UNCOMFORTABLE TODAY. BY STEPPING OUT OF YOUR BOX, YOU DON'T HAVE TO SETTLE FOR WHAT YOU ARE - YOU GET TO CREATE WHO YOU WANT TO BECOME.

- HOWARD WALSTEIN

Here's your Instant Switch:

As soon as you find yourself re-living a past pain, make an Instant Switch Action Choice into a new possibility...

So for example...

If... “my ex betrayed me, the bastard!”....

Then... “I am going to heal myself by getting therapy so I can date again.”

Or... “I'm going to sign up for OkCupid and ask specifically for a man who is trustworthy, honest, admirable and kind.”

If... “my mother ruined my life by telling me I was worthless”

Then... “I am going to do 5 kind acts today to demonstrate to my brain that I am incredibly worthy”

If... “I have no money luck because my last business or investment failed...”

Then... “I am going to read a book/take a course or workshop/learn a new skill and try again!”



This is the moment-by-moment practice of shifting your entire mindset from backwards to forwards, from stuck to free, from powerless to empowered.

The Fifth Essential Reframe: Instant Switch From Complaint To Action

Complaining gives you permission to stay stuck. So just stop it. Also, who wants to hang out people who complain. Complainers are usually not interesting people (at least not the people who I have met... or when I find myself complaining, I think, "Wow I am boring!")

SWITCH complaining to words of positivity.

This is kind of like the saying we all heard when we were children, if you don't have anything nice to say, don't say anything.

Except, we are going to switch it up and add, find positive words to say. Remember we want our lives to be filled with positivity, so we must speak words of positivity.

The Sixth Essential Reframe: Instant Switch From Control To Celebration

We have two simple choices when it comes to people in our lives.

We can try to control them – or we can accept them as they are.

Except we can't REALLY control anyone, unless they are our slave.

But we like to fool ourselves and comfort ourselves by telling ourselves that we might be able to control others.

IT's an illusion.

An annoying one at that!

Especially to the people around us.

Mark Twain famously said, "*nothing needs fixin' more than other people's morals.*"

We waste so much of our power imagining we have the right and the power to shape other people's lives, while we are MUCH better off shaping our own.

Mary Oliver's great poem, The Journey, is an invitation to focus on your true inner voice.

The Journey

*One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting
their bad advice--
though the whole house
began to tremble
and you felt the old tug
at your ankles.*

*"Mend my life!"
each voice cried.*

*But you didn't stop.
You knew what you had to do,
though the wind pried
with its stiff fingers
at the very foundations,
though their melancholy
was terrible.*

*It was already late
enough, and a wild night,
and the road full of fallen
branches and stones.*

*But little by little,
as you left their voices behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice
which you slowly
recognized as your own,
that kept you company
as you strode deeper and deeper
into the world,
determined to do
the only thing you could do--
determined to save
the only life you could save.*

There is only one life you can save – and it's yours.

Now let's look outward at the people around us.

The Practice: As soon as you disapprove of someone in your life, make the Instant Switch to CELEBRATING them as they are, flaws and all.

Remind yourself that they are limited just as you are, and they are trying to make sense of the world, just as you are. And that they have limited understanding and experience, just as you do.

We are all on the path of growth, understanding and wisdom. None of us have reached the end of that yellow brick road of total enlightenment.

See everyone around you as on that path with the branches falling, the voices calling and the wind howling all around...

Look at others with the fresh eyes of – “they are trying! They are on the path!”

Then, rather than chiding them or putting them down or trying to control them – offer a hand to them, according to what they feel THEY need.

Be a friend.

Celebrate them in their flawed, stumbling forward into life.

SWITCH from controlling others to celebrating others.

And rather than ask yourself – “what do they have to learn from me?”...

Ask yourself – “what can I learn from this unique individual on his or her struggle?”

Who is wise? One who learns from every person they meet and know.

Celebrate. Learn. Grow.

The Seventh Essential Reframe: Instant Switch From “Right” To “Curious”

There's an old saying about marriage – 'would you rather be right, or happy?'

Right may give our ego a boost of safety in the moment, but the need to be right often damages our long term goals of happiness and friendship.

The truth is that ideas that even seem super-right – are always going to be partial.

One of my favorite ways of framing ideas are “true, but partial.” This allows me to see the use and good in almost every idea but not let my ego get attached to the idea itself.

Think about it – almost every belief anyone has ever had, has been challenged successfully. We “change our minds” often during life. Noted psychologist, professional rascal, and author Brad Blanton of “Radical Honesty” calls the mind a “bullsh*t machine.”

What seems absolute to us one minute seems embarrassingly untrue the next minute, or later in life.

Being “right” is a trap of self-limitation.

It doesn't serve us.

So let's play with it...

The “I gotta be right” attitude needs will lead you to unnecessary confrontation and into a sea of unhappiness.

SWITCH from the “I gotta be right” attitude to an attitude of curiosity.

The Practice:

As soon as you feel yourself contradicting or belittling another for their beliefs or for being “wrong” – ask yourself...

*“What do they know that I don't?
What puzzle piece to grander truths
do they hold that I don't yet hold?”*

Be curious as to why other people have differing opinions. Is there something you haven't considered before? Treasures will emerge. Plus – people will feel respected by you and probably like you a whole lot more!

All truths that human beings hold are true but partial.

The older and wiser I become, the more I realize how much I don't know! Curiosity feeds my mind and soul.

The Eighth Essential Reframe: Instant Switch From External to Internal Validation

Seeking approval from others is a lose-lose situation.

Why would you want to give others the power over you?

And the more power you give away, the weaker you get.

As children, we seek social acceptance. As young teens, our inherent helplessness in the world makes us incredibly reliant on the approval of others.

But as we become adults and come into our power, our INTERNAL GPS is what matters. We develop our own moral compass, our own good judgment and we learn to trust our gut.

And even if our gut isn't always right, we become independent, powerful, and trustable men and women because we are not mere reeds in the wind.

We can be trusted to have our own opinion.

I found a new freedom once I let go of my need of others approval.

The Instant SWITCH here is from seeking approval from others to approving of yourself.

Your Practice:

As soon as you hear yourself seeking outer validation for your inner worth – pause. In that moment, remind yourself that only you can deem yourself worthy, only you wear the crown of your life. You are the king or queen of your kingdom, nobody else.

Then, once you are grounded in your inner sense of validation – you are free to accept and enjoy the approval of others as a kind of bonus. Like whipped cream on top of the cake that you have baked of your own life.

The only approval you need comes from within. We all know when we are doing something right or wrong. Live your life by your moral compass and approve of yourself.

The Ninth Essential Reframe: Instant Switch From Limiting Beliefs To Openness And Infinite Possibility

Limiting beliefs constrain us in unnecessarily limited lives! BLAH! Who wants those narrow constraints? Not you! If you are here, you want a big, full, expansive and fabulous life.

You want to CREATE the life you want, not live out the robotic dictates of your parents, your town, your culture, and your social group.

And with the Instant Switch technique, you now will have that power. In some ways, as you drop your limiting beliefs, you will feel reborn into an entirely new life.

SWITCH from limiting beliefs to believing that anything is possible. If you believe that anything is possible, that is what will happen - your life will open up in ways that you cannot even imagine. If you are going to have one belief in your life, may I suggest that you believe that anything positive and wonderful is possible for you!

The Tenth Essential Reframe: Instant Switch From Resistance To Flow

One of the great wisdom traditions in the world is the Tao, or "The Way."

The Tao is a gorgeous, peaceful set of teachings that allow us to align ourselves with reality as best we can.

One of my favorite summations of the Tao is the simple saying, “ride the horse in the direction in which it is going.”

Too often, we want things to be different than they are and we resist what is beyond our control.

It is better to have a nice, sober look at the world and what is happening, and to flow with reality. Only then can we work with what is real – rather than wishing and hoping things can be different.

In other words, the beginning of positive change is accepting what is – before we can create what will be.

Fighting change instead of going with the flow will not benefit you. Change is good. It is scary as heck! But change is good because it gives you a new experience to expand your learning if you allow it to. Just like how a flexible body keeps you moving and out of pain, so does a flexible mind.

SWITCH from fighting change to going with the flow. I call this, “follow the yeses”. If life keeps throwing you warning signs, read the writing on the wall and start to look for where the “yeses” are.

This is your life guiding you to where you need to go. Just go with the flow and if you end up somewhere you don’t fancy, take the lesson, and make another choice. We are never stuck.

The Eleventh Essential Reframe: Instant Switch From Comparing Yourself To Others To Visioning Your Current Self Into Your Future Self

Comparing yourself to others is like comparing apples to oranges. You don’t know what they had to do to get to where they are, or what life lessons they have experienced. Confession: in my work, I constantly meet uber wealthy people.

People who have multiple homes, multiple cars, multiple millions, multiple everything. I would leave after working with them and wonder why my financial life was so very far from where they are. Then I made a decision to stop comparing myself and to just enjoy them for who they are and to just enjoy the environment and realize how lucky I was to be part of their energy circle.

SWITCH from comparing to appreciating. Start appreciating who others are and appreciate what they have and most importantly, appreciate who and what you have. If you do not appreciate what you already have or who you are, the expansiveness of the universe will not be drawn to you. You will stay stuck in smallness. I know this from my own experience. It was a lesson I had on my journey.

Your Practice:

I have a meditation for you to reframe and switch from limiting beliefs to powerful beliefs that will open your world.

Print it out and read it during the day 5 times!

This meditation has many hidden messages directed toward your subconscious brain – so that the Instant Switch from limitation to possibility sinks deep into your habit forming structures...

There is magic in this meditation. Use it well!

“I now realize that I am holding onto non-serving thoughts, beliefs and behaviors that no longer serve my highest good. These limiting beliefs limit my life. I now release and heal all and any pain that these limiting thoughts have brought to me. I now call upon my higher self/universe/God (whatever feels right to you) to help me safely replace my limited beliefs with new positive powerful thoughts that attract only good into my life. I have the divine power within me to move to new heights in my life. I am ready!”

TRY THIS!

1. Experiences are arbitrary until we create meaning to the experience. When you assign meaning to a experience, do you then create yourself as the victim or the victor? Do you attach feelings to the event that feel good or bad to you? Start paying attention to your inner dialogue and the meaning you assign.

I have a great example for you!

I heard this man speaking about how his father left his family when he was 5 years old. He grew up thinking that he wasn't lovable. He thought he must have been a monster for his father to leave. He manifested this belief in his adult life. He was never able to hold onto a job, money or love. Until he reconnected with his father as an adult. During their reconnection, he learned that his dad left to find a higher paying job in a different state. The plan was to make enough money and then move the entire family.

When his dad arrived in the other state, he found out the job was no longer available to him. He was penniless. He ended up living in his car with no money. It took him a while to land on his feet. His mother never told him any of this! During all this, his mother fell in love with another man. He was told that his father left him and that he would have a new father.

This changed everything for him. He was able to forgive his parents and re-assign a positive new meaning to his self worth. Now he is happily married with two children and a high paying job. He no longer saw himself as the monster child who drove away his father. Be careful with the meaning you assign to your life experiences.

2. There are questions we can ask ourselves as we create meaning in our life. First, when you assign meaning, ask yourself: how does it feel? Is it true? Is it my truth? Or am I creating a story? Also ask yourself, is there another way to think about this? If we assign meaning that promotes ourselves in a positive light, we will be more likely to do better. If we see ourselves in negative light, we will most likely struggle. Remember - you are the creator in your life; there is always a choice and always a better road for you to take that serves your highest good.

3. There are 11 essential reframes to switch into, to create a more meaningful life experience. I will briefly remind you of what they are:

You are 100% responsible.

Switch from fear into courage.

Switch from excuses into action.

Switch from past pain into future pleasure.

Switch from complaints into action.

Switch from control into celebration.

Switch from needing to be right into curiosity.

Switch from external to internal validation.

Switch from limiting beliefs to infinite possibilities.

Switch from resistance to flow.

Switch from comparing yourself to others to comparing your current self to future self.

MODULE TWO

SWITCH INTO WEALTH

SECTION ONE:

YOUR MONEY MIND

“ I ALWAYS KNEW I WAS GOING TO BE RICH.
I DON'T THINK I EVER DOUBTED IT FOR A MINUTE. ”

- BILL GATES

What are your beliefs around money? Do you believe that money comes to you easily? That money is the root of all evil? (the actual quote is “the LOVE of money is the root of all evil” – there’s a big difference there!)

What patterns around money do you repeat that you want to shed? What story have you created around money? A common story is, “money is never in my life, I never have enough” or “I’m just not destined to have money.”

What you believe about money is probably manifesting itself exactly in how you are currently experiencing your financial life.

So let me ask you to begin...

Are you happy with how your financial flow is flowing?

Would you want an increase of flow – as in – right into your direction? Into your bank account?

Well, I have good news. You create meaning with your ideas, and your ideas create your stories.

If you want to change the flow of money in your life, you have to change your made-up stories about it. And to do that – you start with an Instant Switch – and continue with the Switches I show you in this part of the program...

All great achievements begin from a decision being made.

Let's get started by changing your story...

When people are asked what would make their lives better, the majority will say "more money".

So, it's important to get a handle on what are the habit-stories around money running your life right now.

Exercise 1: Preparing for your Money Switch

Complete the following sentences:

Money is

When I think of money, I feel

We all have preprogrammed beliefs about money. We absorb our family's, religion's, and culture's beliefs about money. And all are fictional. All are made-up. All are partial and all have some truth.

So the Instant Switch is to CHOOSE what you are going to believe about your life and money.

What do you think and feel about money? If you are replaying non-serving beliefs about money, it is time to change those beliefs.

Remember, we don't attract what we *want*, we attract what we *are*.

If you believe earning money is a struggle, it *will* be a struggle.

Let's change your mind set. I am giving you the Instant Switch exercises to help open up your relationship with money.

So many of us have hurt or negative feelings around this subject. Money is not like oxygen or water – it's created by humans and by society. It's an agreement. We created money and gave it a function. Originally, money was created for the intention of having people trade fairly with each other. It's meant to help.

Our society, sadly, has gone way off track. Money now can be used for control and even used like a weapon.

It is no wonder that so many of us have negative associations with money.

Example: My divorce left me in debt. I had a divorce bill that was probably over \$100,000. I had credit card debt from this failed marriage. My financial struggles limited my vision of what was possible because I was trying to keep my head above water.

All I could think about was getting back to even.

That's not an abundance mentality – that's a *survival* mentality.

And all that will reap is mere survival.

Do you see that difference?

I am going to help you break open new possibilities for abundance by moving you up the ladder from mere survival to a thriving life of abundance.

Even though I was swimming in debt, I knew at my core that money represented freedom. Money gives you opportunities. Money gives you the chance to invest in new knowledge.

I sought great teachers and transformative modalities to help me make the Switch to what I knew – at core – was true.

Instant Switch: Into Specific Abundance

How To Manifest Money: The universe is literal. You need to be clear with your thoughts, beliefs and words. For example, if someone simply says, "I want financial freedom," that could translate to bankruptcy. Or if someone says, "I want more money," that could translate to an extra \$10.00.

Instead, you can say, "*I am in the process* of increasing my income by \$100,000 within the next 24 months."

Notice I did not say, "*I want*," the word *want* implies lack. Make sure you say/write "I am" instead.

Once a day, find some time to focus on manifesting. Find a comfortable place to relax. The most effective method is to get yourself in a Theta state...

Instant Switch: Manifesting From Theta State

Theta state is deep relaxation of perfect calm. This is considered a subconscious state that directs your feelings and behavior.

While you are in Theta state, visualize with clarity what you want.

The easiest way to do this is to – and this is what I do – jump onto YouTube and search "theta binaural beat."

Put on a track and close your eyes.

Release all thoughts and open your mind – you can imagine all the light rays of the universe flowing from the furthest corners right into your crown...

Open up to the belief that your intention is coming to you. If you stay in the energy of want or doubt, you send the message to your subconscious that your desires are not truly meant to be for you.

Now begin to slowly visualize the life you will have once you have specific amount of money you are in the process of manifesting...

...Picture yourself driving the new car you desire or the new home remodel. The look on the face of your kids or your mother when you get that new house or gift... Create the vision in as much detail as you can...

Finally, SEE and FEEL this vision as happening right now, not in the future. The more you believe in the reality of this beautiful vision, the more likely you will begin to manifest it in your actions and your life.

Now breathe that vision in deeply for at least 60 seconds.

When you open your eyes – make one decision that moves you toward that vision.

Maybe it's setting aside savings.

Maybe it's registering for a new training course.

Maybe it's learning how to create an online store or blog.

The important thing is to take that one action.

“ CREATE THE HIGHEST, GRANDEST
VISION POSSIBLE FOR YOUR
LIFE, BECAUSE YOU BECOME
WHAT YOU BELIEVE.

- OPRAH WINFREY

Maybe it's registering for a new training course.

Maybe it's learning how to create an online store or blog.

The important thing is to take that one action.

Instant Switch: The Jim Carrey Switch

This is an amazing story about a homeless person who used the power of the Instant Switch to create a dream life, a personal fortune, and a life of contribution.

Jim Carrey had a terrible childhood in many ways – homeless at times, scared, alone, impoverished.

Yet in an astonishing act of faith in himself, he wrote himself a check for 10 million dollars.

Imagine that!

A homeless person acting hopeful, not saying “one day I am going to make 10 million dollars” but rather, “In the act of writing this check, I am telling the universe that I already have the 10 million dollars in my life. My one task is now to collect it.”

Jim Carrey was one of the first actors to make over 20 million dollars per film!

He manifested that money by making the Instant Switch in writing that check.

Your turn.

1. Do your Theta State Instant Switch Practice as described above.
2. When you come out of that State – take out your checkbook and write a check to yourself with the exact amount you are in the process of manifesting.
3. Choose carefully, because you are going to look at this number every day – and what you see is what you get. This simple check has proven to be a very powerful visual and guide for many people.

Instant Switch: Install The Reality

In our first couple of switches, we created the possibility for our money vision and learned to experience in our mind.

Now that you have visualized that state of specific abundance, you can close your eyes and experience it any time you want – even for 5 seconds. I will often do it if I’m waiting in line somewhere or just before a sip of tea or coffee.

In this way, you “install” that experience in your brain.

Now I have another way for you install the experience of Specific Money Abundance in your brain – with actual in-the-world experiences.

Create the experience.

For example, if you are in the process of manifesting a new car, say a Honda Accord, go out and test drive a Honda Accord. Give yourself the experience and absorb all the wonderful feelings. Find the model you want. The color you want. And get behind the wheel.

Instant Switch: Your Wealthy New Friends

Chances are that you’ve heard the analysis that you tend to achieve the average of the five people you spend the most time with.

So let’s upgrade who you spend your time with!
😊

Instead of reading the newspaper’s litany of misery, SWITCH into reading the autobiographies of people like Richard Branson and Oprah. Hang out with them by getting into their lives and seeing how they make decisions.

Go on YouTube and watch Oprah interview people like Pharrell Williams and J.K. Rowling. You will be astonished and inspired by how people rise from trouble into lives of creativity, abundance, and freedom.

If you don't hear these stories, you won't experience the reality that these Switches out of scarcity into abundance is possible. And you will never be motivated to take the steps to make it happen.

In my book – there is no person more inspiring than Oprah Winfrey. When you learn about the terrible conditions from which she emerged and experience her step-by-step advance into being a magnanimous, inspiring billionaire – I guarantee new pathways of possibility will fire off in your brain...

...new SWITCHES will flip in your brain...

And you will continue to make the change from scarcity mindset to unlimited abundance.

Does that guarantee financial abundance? No. You still have to take the actions to make it happen.

But I can guarantee you that it will NOT happen if you don't SWITCH your mindset, your visualizing, and your company.

Similarly, in your personal life...

Attract friends who inspire you and who create a higher level of wealth.

If you associate with people who complain about money and their lack of passion for living, you slowly absorb those messages, and that shapes your life. That group of friends will not motivate you to move forward.

Surround yourself with people who motivate you. If you don't know anybody – find a Meetup.com group that is upbeat or entrepreneurial, maybe even a Tony Robbins or other personal development type group.

We live in an amazing time of information and help at your fingertips. People are remaking their lives every single day by reaching out and making new friendships, learning new skills, and making Instant Switches out of sloth, habit, stuck-ness and limitations.

Make the Instant Social Switch and plunk yourself into a new crowd of go-getters.

Instant Switch: Into Gratitude

That's right.

Back to Gratitude.

Why?

Because it is the bedrock of abundance and success.

Be grateful for the money that you have.

Every day, list 10 reasons why you are grateful for the money you have.

For example,

"I am grateful for having money to buy my meals."

"I am grateful for my home."

"I am grateful for my clothes."

"I am grateful for the money to invest in my improvement and success."

The truth is, you will attract more if you are grateful. Your switch into a positive and upbeat mindset will serve you much better than thinking about what you don't have.

Take it from someone who knows...

“ BE THANKFUL FOR WHAT YOU HAVE;
YOU'LL END UP HAVING MORE. ”
- OPRAH WINFREY

The Instant Switch: Into Forgiveness

Holding a grudge is like putting yourself in jail. Or drinking poison every day.

Do you have a part of yourself that feels you are a money victim of someone else's actions? Did someone steal from you? Did you not get as good an education early on as you wanted? Did a boss short-shrift you?

What we think, we create. What we feel, we attract. What we imagine, we become.

Sure, we've all run into people who did not put our interest at the forefront of their priorities. That's life. As Louise L. Hay says, we are all victims of victims.

Forgiveness releases all the negative space in your being so that new, positive thoughts can enter. You end up releasing your victim mentality and can now start to focus on how to create abundance and wealth, in all the ways I am showing you here today and will continue to show in future programs.

Forgive to open up and free that space within yourself so that we can fill it with abundant possibility.

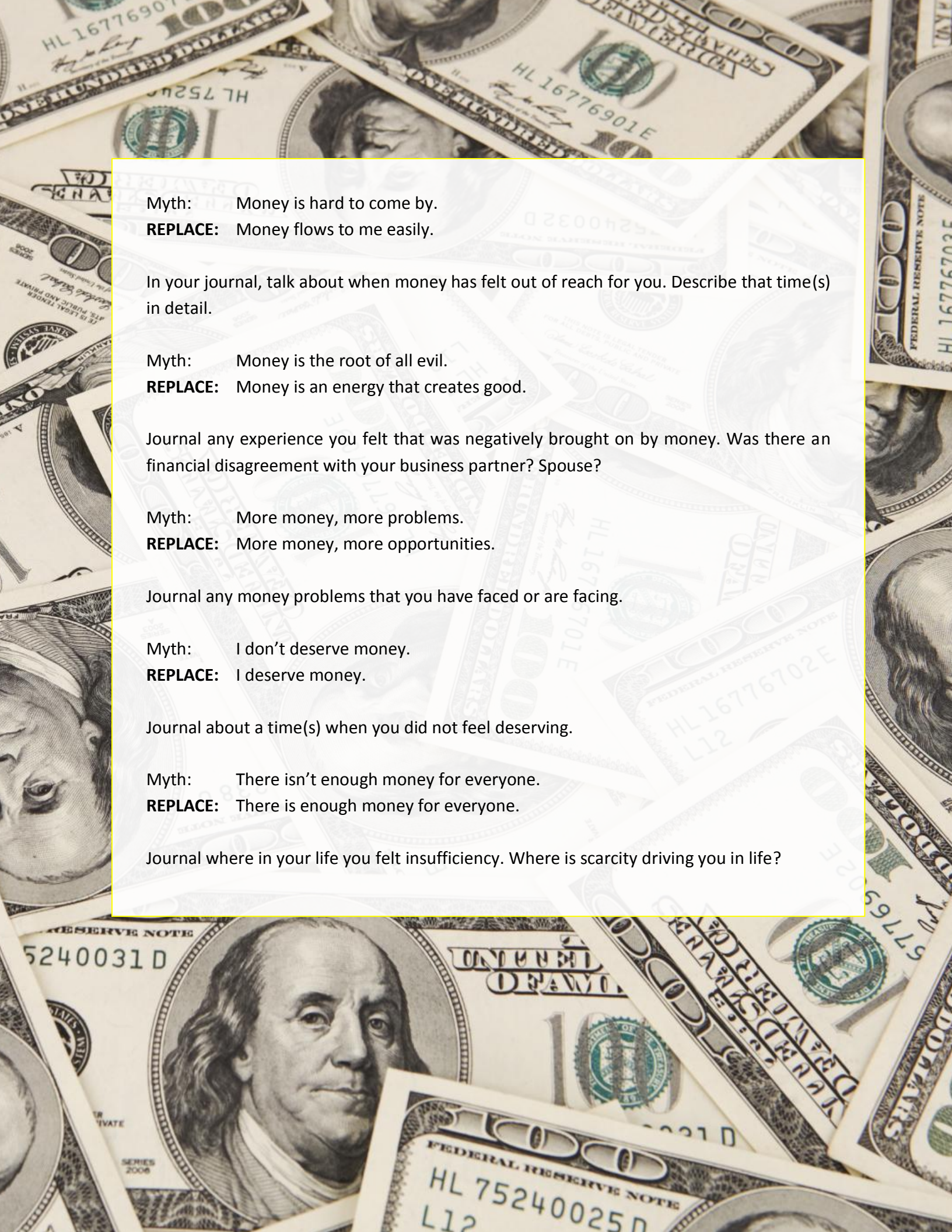


Instant Switch: Into New Money Stories

Release non-serving money myths. I will give you a replacement belief for each of the destructive money myths you might be operating from.

It's not enough to merely release old, bad beliefs.

You must release and *replace*.

The background of the entire page is a collage of various US dollar bills, including \$100, \$20, and \$10 bills, scattered and overlapping. The bills are in shades of green, yellow, and blue.

Myth: Money is hard to come by.

REPLACE: Money flows to me easily.

In your journal, talk about when money has felt out of reach for you. Describe that time(s) in detail.

Myth: Money is the root of all evil.

REPLACE: Money is an energy that creates good.

Journal any experience you felt that was negatively brought on by money. Was there an financial disagreement with your business partner? Spouse?

Myth: More money, more problems.

REPLACE: More money, more opportunities.

Journal any money problems that you have faced or are facing.

Myth: I don't deserve money.

REPLACE: I deserve money.

Journal about a time(s) when you did not feel deserving.

Myth: There isn't enough money for everyone.

REPLACE: There is enough money for everyone.

Journal where in your life you felt insufficiency. Where is scarcity driving you in life?

The Instant Switch: Into Action

Switching your mindset is essential.

It is the foundation of abundance and wealth.

Switching yourself into action is building the house on top of that foundation.

Intentions paired with actions are unstoppable.

As you are setting your intention for increased wealth, make sure you are also asking the universe to send you the right mentors, people, opportunities, books, program, coaches, and then when they appear – take action!

When that amazing mentor appears – ask to take him or her to lunch.

When you hear of a helpful program, a teacher, course, or book – make the commitment in the moment.

For instance, whenever I hear about an important book that changed someone's life – I go to Amazon and just buy it for my Kindle right away. It's always a good decision because – the Law of Attraction is at work here – that will end up being exactly the book I need within the next month or two.

Almost as if by magic.

Some people confuse the law of attraction with just having the desire for something. It's not.

The Law of Attraction is the foundation.

The Law of Action is the house you build where you live.

The Law of Attraction wakes you up and makes you alert. The Law of Action follows up. For example, if you hear about the same book from more than one person, go read that book! There must be a reason you keep hearing of it!

If you have debt, attend debt-eliminating classes or go to Debtors Anonymous. Take an action.

If you want to learn how to grow your money or gain secondary income, research that. Enroll in classes, attend an entrepreneur's Meetup.com group, and learn how to create secondary income - or hire a financial coach.

Instant Switch: Into Happiness

Happy, positive energy allows flow of ideas, creativity, and attracts positive people into your energy circle.

If you find yourself feeling negative and stuck in stagnant energy, it is your responsibility to climb out of it and back into the sunshine of happiness. Don't feel embarrassed if you need to ask for help.

And the amazing thing is that this Instant Switch is available to you every day and all the time.

In earlier chapters we spoke about the "pencil" exercise to create a smile.

We talked about exercise and dance as ways of releasing your happy hormones.

You want to know my secret?

It's a trampoline. I have a little trampoline in my house and I've discovered that when I jump up and down for 5 minutes (for exercise) – I become incredibly happy.

My friend, Adam Gilad, a teacher of love and inspired living says that “it's impossible to be unhappy on a trampoline.”

And he's right. It's the science of happiness.

TRY THIS!

1. Our subconscious always wants to prove us right....even if it doesn't benefit us. If you are associating money with heartache, difficulty, and scarcity... then that is what you will find. Start making positive associations with money. There is enough money for all! More money flows in than out. I am blessed in all areas of my life, including financially. Get out of survival mentality and into abundance mentality.
2. Get specific! Get clear with what you want financially. If you say, "I want more money"... is \$5.00 enough? \$50,000? Take time to really think about how much money you would need. For example, I will earn \$100,000 or more within the next 24 months. I personally like to add “or more” so that I don't limit the universe!
3. You can effectively change your subconscious by getting into Theta State and envision your new life with money. Where are you living? What are you doing? How are you feeling? What kinds of experiences are you having? Create your own movie in your head and allow for it to unfold in your life.
4. The universe responds to action. Just like Jim Carrey, write yourself a check you would want to cash. What would that amount be? 1 million? 10 million? Take your desires into reality - go test drive the car you want and take photos of you in the driver's seat. Go to open houses on Sunday and walk into home you would want to live in. Give your mind the end result of what you want so that your mind can come up with the how's.

5. Old ways don't open new doors. If you want to learn how to achieve another lifestyle, what better way than to attract new friends in the energy circle you want to circulate in. Your new friends will teach you new ways of thinking, talking, and behaving. This will be the best motivation and support for you to have on this journey.

6. If you are not grateful for what you already have, how do you know that you will be happy with more? We start with gratitude for what we have. You can start small, like how "I am grateful for a sunny day." Energy flows to where your attention goes. If you keep thinking of how little you have, you will create more scarcity, but if you focus on all the good in your life, more goodness will flow your way.

7. So many people mentally beat themselves up for having false and limiting money beliefs, once they discover this formula. Forgive yourself for believing thoughts that did not serve you. Forgive others for passing on these limiting beliefs. Replace all the myths that swirl in your mind with new, positive beliefs that will propel you forward.



SECTION TWO:

THE INSTANT SWITCH

OF TAPPING, OR - TAP THAT!

Emotional Freedom Techniques (otherwise known as EFT) has shown itself in recent years to be one of the most effective ways to help you instantly switch beliefs and behaviors into those into which you desire.

EFT is backed by both the psychological and medical fields. Tapping, an EFT method, helps you switch your thought process and is faster than years of therapy. You can use EFT anytime and anywhere, whenever you feel stressed.

Nikola Tesla explains everything in the following quote, "If you want to discover the secrets of the universe, think in terms of energy, frequency, and vibration."

Everything is energy. Our bodies are energy. Negative thoughts and behaviors disrupt our natural flow. EFT works on tapping the acupuncture meridian points and changes the energy flow.

About a year ago, I met a psychic who raved about EFT. She told me that whenever she feels internal discord, she just taps on her karate points.

Here is how you do it:

- (1) First, find a quiet place and relax your body. Think about your financial situation and then pick an affirmation from above to counteract your negative feelings. Remember, affirmations help prepare your mind to receive wealth.
- (2) You will use all your fingers and start with a karate chop tap along the side of your hand.

Here is an example of a tapping exercise:

In this exercise, our goal will be to release any negative thoughts and replace it with the target goal of earning \$100,000 within the next year.

Start with a karate chop and say, "Even though I feel anxious about my financial situation, I deeply love and accept myself."

All change starts with self-love and self-acceptance.

Karate chop, " Even though I feel anxious when I think about earning \$100,000 a year, I switch to relaxation and self acceptance."

Karate chop, " Even though I feel anxious about my financial situation, I deeply love and accept myself."

Tap at your eyebrow (close to the bridge of your nose) and say, " This anxious feeling"

Tap at the side of your eye and say, "I'm feeling unsure."

Tap under your eye and say, "This anxious feeling."

Tap under your nose, "In my head."

Tap under your mouth and say, "I feel pressure to achieve this goal."

Tap your collarbone and say, "I feel anxiety in my head."

Tap under your armpit and say, "All this anxiety."

Tap the top of your head and say, "All these negative feelings."

Keep tapping until you feel calmer and ready to start the positive affirmations.

Tap your eyebrow (closest to the bridge of our nose) and say, "I switch into relaxation now."

Tap side of your eye and say, "And safely release these negative feelings."

Tap under your eye and say, "I release and let go."

Tap under your nose and say, "From my head."

Tap under your mouth and say, "All this anxiety."



Tap your collarbone and say, “Releases now, safely and gently.”

Tap just below your armpit and say, “All my fear surrounding my goal.”

Tap your head and say, “Releases now, safely.”

Tap your eyebrow and say, “I release my negative feelings.”

Tap side of your eye and say, “I switch to feeling positive/happy/confident.”

Tap under your nose and say, “And I continue to release my anxiety.”

Tap under your mouth and say, “I am successful person and I achieve my goals.”

Tap your collarbone and say, “And the right people and opportunities come to me.”

Tap under your armpit and say, “I am capable in every way.”

Tap the top of your head and say, “I am confident and I am successful.”

Here is a list of example you can use while you tap. Or create your own. In order for it to work, it has to feel true to use, so please use the words that fit you.

- I am prosperous and successful.
- I have abundant wealth.
- I am earning money to easily afford my needs and desires.
- I attract money easily.
- My bank account is always increasing.
- I am a money magnet.
- I am debt free and money constantly flows to me from expected and unexpected sources.

Start tapping away!

SECTION THREE:

THE INSTANT SWITCH:

SELF-HYPNOSIS

Self-Hypnosis is another essential technique you can use when you feel any stress and to remove money blocks.

Hypnosis works at the level of the sub-conscious, which you need to understand is like the enormous bottom of an iceberg. Your conscious mind is the little visible peak – but your subconscious mind is where most of the life-deciding work is done.

What a lot of people don't realize is that we are in semi-hypnotic states all the time. Driving. In conversation. When we sing. When we do repeated routine work. And that's just for starters.

People who succeed and produce abundance CREATE their hypnotic states with intentionality – so that we operate at full power.

When it comes to money - if your subconscious has any negative associations, it will block the flow of money and abundance toward you.

So rather than spend years and tens of thousands of dollars in therapy, let's make some Instant Switches and replace old, bad thought habits with positive and useful new ones...

Exercise:

1. Find a quiet place and relax your body. Take at least three deep nasal breaths to the bottom of your belly and release the air slowly through your mouth.
2. Visualize all the good that the money you will get can do for yourself and others.
3. Now picture either a shredder or a fire. Take all your negative thoughts about money written on a piece of paper. Now place that paper either into the shredder or fire.

Here are some examples I had on my index cards:

"I don't have enough money."

"There is never enough money."

"Money is hard to earn."

"There is no money in my field."

Before you destroy the paper, say in your mind or out loud, "Thank you for having served me in the past. I now release you easily, effortlessly and safely."

You can burn or shred up to three thoughts per session.

You may need to shred a stubborn thought more than once. It is ok if you find this to be the case. It has taken YEARS for these thoughts to form, so it may take several weeks to release.

If you find yourself feeling angry or sad, please also burn or shred these feelings and ask to release all non-serving beliefs safely and easily.

4. Taking those three deep breaths again, bringing your body into deeper relaxation, repeat the affirmation that you want to become your reality. For example: *"I am currently in the process of creating 1,000 extra dollars a month"*, and say it 20 times, gently, softly – and with absolute conviction.

5. After your session, remember to repeat your positive affirmations throughout the day with great feelings of happiness and conviction and calm. By installing this new belief into your subconscious, watch how you will start to discover new opportunities and ways to make your dreams into realities.

6. After all, old ways do not open new doors.

7) If you find yourself having negative feelings after your session, please know it is ok. Do not beat yourself up over this.

Simply say (as soon as the thought appears), *“I release these non serving beliefs about money easily and safely. I burn/shred all these negative thoughts here and now.”*

Hypnosis often seems like magic to people, because it works “under the surface” and the seemingly magical results of your efforts.

Remember the process: calm your mind and body, release negative non-serving beliefs, install new useful and supportive beliefs, rinse and repeat...

...until you start seeing results.

Then...

... you can raise your goals ever higher.



SECTION FOUR:

INSTANT SWITCH:

WITH ABUNDANCE AFFIRMATIONS

When I first became interested in financial affirmations, I spent hours on creating the perfect stash!

I am going to share the top affirmations I have created and used in my daily life. Feel free to use them in the following ways:

- During self-hypnosis sessions
- Write out by hand several times a day (this helps install the new belief into your subconscious mind)
- Copy out and attach to your bathroom mirror
- Create a beautiful card with these words and frame it on your desk or place of work
- Tape it onto your car dashboard so you always see it

1. "I am now open to receive a flow of financial abundance. Money flows to me from expected and unexpected sources. I will share my abundance with the world to keep the flow moving and spread positivity."
2. "I am limitless in my capability to earn, attract, and bring in more wealth. I am happy. I am grateful for my life. I safely and gently attract money from only positive sources."
3. "I respect money as an energy. My relationship to money is based on love. I use money for love and only positive experiences for myself and others."
4. "My bank account increases all the time. More money flows in than out. I can easily afford all my needs and desires. I am grateful that my blessings are increasing."
5. "More money comes my way. My freedom increases as more money flows to me. I make wise choices with money. I respect the money I have and the money that is flowing to me."

TRY THIS!

There are many effective ways to prepare the mind for positive changes to draw in more wealth (or more of anything your heart desires). The three methods I find extremely useful are: TAP, self-hypnosis and positive affirmations. These modalities will help you get ready to receive the abundance you desire!

MODULE THREE

SWITCH INTO LOVE

SECTION ONE:

100 ACTS OF SELF LOVE

All great love affairs start with self-love. Many of us spend a great amount of energy and time loving others because we need outside validation and it also keeps us busy and feeling useful.

Then – with whatever remaining energy, we try to take care of ourselves.

In this section, we will learn how to reverse that process and bring all love back to where it begins – with your own precious gift of yourself.

One of the standard pre-flight instructions is that you have to put your own oxygen mask on before you can help the person next to you.

Well, it's the same in all areas of life.

If you are a knot of self-criticism and negativity, you're not going to be much help to others. You're not going to be the best friend or parent you could be – and you won't be much of an intimate partner either.

When I was 29 years old, I was struggling with severe burn-out with my career. I was working with behavioral guidance and shifts for children with special needs, doing seven days a week with no vacation in sight. I didn't know how to say, "no," to current and new clients.

I *had* to please others. It made me SO happy when my clients were happy. I worked myself to exhaustion. I was showing up in my doctor's office every month.

He finally said to me that I needed to cut back at work.

I didn't listen until "it" happened...

I couldn't eat. I couldn't walk outside because all the smells were making me nauseous. I had no energy. I wanted to cry ALL the time. I had nothing left in me to give. I realized I could not run on empty and expect to live a full life. Or any kind of life that felt pleasurable and productive.

I decided to take a two-week vacation and heal myself.

I began looking into what "self-love" really means.

Instinctively, I knew I had to love myself back to health.

I began to place Post-It notes all over my apartment with affirmations like "I am healthy", "I am strong", and "I am getting better every day, every minute."

I had neon Post-It notes scattered in every room – almost like a detective trying to figure out a giant puzzle.

And you know what?

I WAS a detective!

And I was searching for that core of self-love that I had lost.

The reminders definitely helped me keep focused on what I wanted to achieve. And lo and behold, I began to climb out of the funk I had fallen into.

More importantly, fed by my new focus on the positivity about who I was, I began to make the decisions that changed my life from scarcity into abundance, neglect into love and "barely coping" into an inspired life.

What I learned is essential for anybody who wants to have more love in his or her life.

Step 1: Self-Acceptance

If you don't simply say "I accept who I am right now," then you will be working from an illusion. You've got say "I am what I am – and from the reality of what I see, I can make changes and improvements".

Self-acceptance doesn't mean you act like you're perfect.

It means that you stop lying to yourself about who you actually are at the moment.

And it means something else...

That you accept that you are a verb, not a noun.

That you are changing and growing and evolving – and nobody or nothin’ can lock you down and define you as a “static thing.”

You are not the “result” of anything – you are the effort you are putting in now.

The fat lady hasn’t sung.

You are writing your story anew every day...

You are an evolving and complex human being.

Accept it. Then play with it.

Step II: Self Esteem

Self-esteem means you focus on the good in you.

On the capable.

It’s really all the work we’ve been doing until now – switching out of old, negative thoughts and into new positive-focused thoughts.



Step 3: Self Love



THIS DAY, I VOW TO MYSELF TO LOVE MYSELF, TO TREAT MYSELF AS SOMEONE I LOVE TRULY AND DEEPLY – IN MY THOUGHTS, MY ACTIONS, THE CHOICES I MAKE, THE EXPERIENCES I HAVE, EACH MOMENT I AM CONSCIOUS, I MAKE THE DECISION I LOVE MYSELF.



– KAMAL RAVIKANT,
LOVE YOURSELF LIKE YOUR LIFE DEPENDS ON IT

So wrote my friend Kamal Ravikant, who literally saved his own life by making the ultimate Instant Switch: into self-love.

His little book has finally brought into the public eye the Instant Switch that I’ve been teaching for years...

And the best part is, he shows how EASY it is to make this switch once you decide to...

“The truth is to love yourself with the same intensity that you would use to pull yourself up if you were hanging off a cliff with your fingers. As if your life depended upon it. Once you get going, it's not hard to do. Just takes commitment...”

And to those who object and feel so far away from loving themselves, he adds...



WHAT IF YOU DON'T BELIEVE THAT YOU LOVE YOURSELF? DOESN'T MATTER. YOUR ROLE IS TO LAY DOWN THE PATHWAYS, BRICK UPON BRICK, REINFORCE THE CONNECTIONS BETWEEN THE NEURONS. THE MIND ALREADY HAS A STRONG WIRING FOR LOVE. THE BODY KNOWS IT AS WELL. IT KNOWS THAT LOVE NURTURES, THAT LOVE IS GENTLE, THAT LOVE IS ACCEPTING. IT KNOWS THAT LOVE HEALS.



- KAMAL RAVIKANT,
LOVE YOURSELF LIKE YOUR LIFE DEPENDS ON IT

Note how deeply he understands the power of rewiring your brain into a new state – in this case, self-love.

As with everything else, taking control of your brain-plasticity determines the life you will live.

And he has given me my favorite Instant Switch Into Self-Love question of all time...

At any point of the day, especially if you are feeling agitated, anxious, or unhappy, simply ask yourself...

“If I loved myself truly and deeply, would I let myself experience this?”

And let yourself be guided by the answer.

Both Kamal and I have developed many practices to cultivate self-love, including that powerful question.



Both Kamal and I have developed many practices to cultivate self-love, including that powerful question.

I want to share with you the most effective of all.

I told myself back in my darkest times, that if I made the Instant Switch into Self-Love over and over and over again – it would become natural... and it would become my natural state.

So I set myself the goal of performing 100 acts of self-love.

Heck, I was doing a zillion acts of love for other people all day long, I had time for 100 just for me!

So I decided to count everything that was good for me as an act, even the simple act of brushing my teeth, as well as every repetition of every affirmation, as we discussed above.

Once you start this momentum, it builds easily – and your life begins to change.

Every night I would journal every act of self-love (journaling counted as 1)! It inspired me to enact even more instances of self love. Life suddenly became so much more fun. Like a delicious game. I felt my soul come alive in my body.

This was definitely the oxygen mask theory presenting itself to me, loud and clear. I have to take care and love myself before I can offer that to anyone else.

And so do you.

During this journey, I discovered yoga, drinking fresh juice, walking, articulating profound feelings of gratitude, and the importance of sitting in silence.

Living in LA, it can be hard to find silence. So I started to walk to a nearby church. No one was ever there in the late morning. I would sit in silence, breathe deeply, and practice my self-hypnosis affirmations.

At that time, I could not sit in silence at home. My mind would drift to what needed to get done. The church provided me silence and peace.

EXERCISES:

1: Start your 100 acts of daily self love; it will be a journey of discovery. If 100 acts seem overwhelming, you can start with 10 acts, then add another 10 until you hit 100... obviously you can keep going... and you will!

Here are some of my examples to get you started!



ACTS TO LOVE YOUR BODY

- Eat healthy foods
- Sleep well
- Wear sunscreen
- Exercise
- Take vitamins
- Breathe deeply
- Nap
- Take a bubble bath
- Get a massage
- Go to your dentist
- Make a doctor's appointment
- Use organic products on your body
- Hug yourself
- Pamper your lotion with a nice smelling lotion

ACTS OF LOVE OF PLAYFULNESS

- Cake decorating party
- Play your favorite sport
- Watch comedies
- Listen to your favorite comedy podcast
- Throw a party
- Invite friends to play a board game
- Dress up and go out
- Go out dancing
- Have a photo shoot with your best friend
- Paint
- Take your dog to the park
- Go roller skating
- Karaoke
- Spend time with children

ACTS TO LOVE YOUR MIND

- Read
- Remove clutter
- Try something new
- Listen to your favorite music
- Listen to nature sounds
- Unplug
- Watch a funny movie
- Add to your vision board
- Say no to negative talk
- Say thank you
- Help others
- Rebalance your work load
- Delegate
- Join groups

ACTS TO LOVE YOUR SOUL

- Increase positive self-talk
- Spend time in nature
- Have alone time
- Meditate
- Forgive yourself
- Forgive others
- Laugh
- Remove toxic people
- Smile
- Hug
- Spend time with your pet
- Catch up with friends
- Read affirmations
- Practice Yoga

Now, list all the reasons of why you are proud of yourself. List any and all accomplishments. Examples include being a good son by calling your parents on a weekly basis, doing kind acts for others, donating blood, and investing in yourself.

SECTION TWO:

MIRROR, MIRROR

ON THE WALL....

During my journey into self-love, I discovered the wonderful Louise L. Hay and her magnificent and transformative mirror work. It is simple, powerful, and transformative.

I am so excited to share this with you.

Basically, you will look at yourself in the mirror and talk to yourself. To some, this probably sounds a little kooky, but when done correctly, it can transform how you see yourself and ultimately transform the way you live.

If you want help with this – I am going to share the most powerful mirror work statement I have ever experienced.

It is by Louise L. Hay...

Look into a mirror either standing or sitting, whatever is the most comfortable to you and read the following out loud...

"I love you, (insert name). I really, really love you. You are my best friend, and I enjoy living my life with you. Experiences come and go; however, my love for you is constant. We have a good life together, and it will only get better and better. We have many wonderful adventures ahead of us and a life filled with love. All the love in our lives begins with us. I love you. I really love you!"

Do not be surprised if you are flooded with emotion the first time you try this. The purpose of this work is to develop and strengthen loving yourself and to connect with your inner child who has been hurt. We all want to be loved.

Allow any feelings to arise.

Do not judge yourself.

Many people find themselves feeling uncomfortable, crying, or upset. If you find yourself in this position, simply allow all the negative feelings to come up and gently release them.

Or you may find yourself dancing in the waves of self love during this exercise. If you do, dance on!

Using the mirror is an ingenious way to help you connect to yourself. After all, we cannot connect to others if we are not connected to ourselves.

I have found that the best time to do this is first thing in the morning. It sort of sets the foundation for your day.

You can also carry a small mirror or use the mirror in your car and do your throughout the day when you feel the calling.

There is no limit on how often you can do this mirror work.

Some other questions you can ask yourself while looking in the mirror are:

How can I make you happy today?
How can I make your life enjoyable?
How can I show you love?

You can also look in the mirror and say, *"I am so proud of you for....."*

Many times we look in the mirror and focus on what we think are our *flaws*. I know I used to look in the mirror staring at my enlarged pores wondering what magical serum I could use to give me a flawless face. I wasn't looking to see all the greatness that lives inside of me.

So let's start looking at ourselves differently.

Let's look at ourselves with adoring eyes and admiring heart.

We all deserve love. And we create our most lovable selves by giving ourselves love first.

Watch what happens.

Others will pick up the clue - and they will love you more too.

SECTION THREE:

LET IT GO!

When I first started doing mirror work, so much of my emotional junk came floating to the surface. I didn't like the feeling, but what a triumph that it was all right there for me to address!

Whenever any negative or non-serving belief comes about, it is critical that we release it. Our beliefs come from repeated thoughts. If we keep repeating negative thoughts, soon they become our beliefs.

We don't want that.

We want positive thoughts that become positive beliefs, so that we can have a positive life.

So, when any non-loving thought comes into your mind, release them as soon as possible and with gentleness.

The mistake people make is they try to beat those thoughts down. But violence, repression and shame only makes you more twisted up.

So we thank negative thoughts for their service (they are usually there to try to make us feel safe in some way) and release them like little butterflies into the wind.

Buh-bye!

EXERCISE: The Instant Switch of Release and Replace

We are going to **release** all negative thoughts and then **replace** them with positive thoughts.

This has been repeated throughout the program because it is key in switching your mind set.

Here are the most common non-serving beliefs that keep people stuck.

1. I am a victim of (insert whatever situation you believe is causing you distress).

Switch to:

I am always victorious.

2. Any thoughts that you can control others.

Switch to:

I am in control of myself.

3. Thoughts that others have it better.

Switch to:

My life grows as I attend to the needs and desires of my life.

4. Any unrealistic expectations of yourself.

Switch to:

I create goals that I can achieve.

5. Having the need to be right all the time.

Switch to:

My highest goal is for peace.

6. Worrying about what others think of you.

Switch to:

I am full of self-love.

7. Belief that there is only one way to live.

Switch to:

There are countless ways to live the life I want.

8. Replaying thoughts of worry.

Switch to:

Create thoughts of inspiration and solutions.

9. Money equals happiness.

Switch to:

My happiness comes many sources.

10. Thinking that your past is your future.

Switch to:

My future is based on what I think and create now.



TRY THIS!

1. Self love is an action that is transformative in all areas of our lives. If you want growth, new powerful experiences, and to live a life of peace, joy, and abundance, self-love is the cornerstone. Every day, throughout your day, sprinkle acts of love on yourself.
2. Mirror work is an experience that can help remove blocks and instill positive, loving attitudes. When you look in the mirror, do you see your flaws or your beauty? Can you look at yourself in the mirror and say, "I love you," and really feel it? If not, let's get started on this journey and heal those wounds that no longer serve us.
3. Imagine yourself walking up a hill loaded down with bags. It's a struggle to walk up this hill with all your bags. You decide to put them down and see what is inside. You make the logical decision to let go of the bags filled with junk and just carry the bags filled with the necessities. Sounds logical right?

But so many of us go through our life journey loaded down with false, or negative beliefs that hold us back from our goals. Give yourself permission to release all non serving beliefs and replace those beliefs with uplifting messages that can help you reach the finish line of your desires. You were given life to be happy, to experience joy and to reach your desires.

SECTION FOUR:

SWITCH INTO

PURE LOVE

In this section, I will lead you through a practice of love as a way of being. Follow each step, and allow yourself to feel whatever comes up for you. Spend as much time as you need.

Let's begin!

Find a quiet, relaxing space and breathe in through your nose and out through your mouth slowly until you are at ease in your body.

Imagine you are in a field planting seeds of intention for all areas of your life.

What is your intention for your self-love?

What is your intention for your love relationships?

What is your intention for your relationship to wealth?



What is your intention for your relationship to your health?

Plant these question-seeds in your mind.

Open up your heart and feel the connection you have to yourself.

Feel the love you have for yourself and the care you have for yourself.

Soak up these feelings.

Find 3 to 5 phrases that you want for yourself.

Some examples can be:

I am safe.

I am healthy.

I live my life with ease and happiness.

Let each of your phrases resonate with your heart.

Feel the connection you have to these phrases.

Now, let's expand our circle.

Think of someone who has been good to you, helped you or inspires you to be better versions of yourself.

When you think of this person, have their image in your mind and whisper their name.

Offer them your loving intentions.

For example, you can say:

You are safe.

You are loved.

You live your life with happiness and ease.

Wish for them what you would wish for yourself.

Absorb these feelings of radiating love.

Next, think of a neutral person - just someone you know without any heightened emotion.

Do this process for this person as well.

We are creating love that radiates out into our energy circle.

Now pick someone who is a difficult person for you to embrace fully.

Set these intentions for this person.

If you experience negative feelings, just feel the feeling and redirect yourself to love. This process is healing for you, even though it may feel uncomfortable at first.

At the end of this step, we say:

We all are safe.

We all are healthy.

We are all living life to the fullest.

We are blessed.

Now say to yourself and feel the feelings that arise.

I am open to all of the goodness life has to offer.

I am open to that greatness in this world.

Thank you.

Thank you.

Thank you.



I thank you for allowing me to be on this journey with you!

You are the creator of your life!

Now you are in the possession of all the powerful switches to achieve your desired life.

Go and astonish yourself with abundance that surpass your wildest dreams.

You have the key now.

Go unlock the treasure chest that awaits you!

Sandy Gilad