

**I'm
MORE**
than that!

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Chapter 1: Understanding Your Intuition

Learning about intuition and using it are two totally different things. You may have heard the word intuition so often that it has been watered down in your perception. Remember, there are many ways to learn about intuition. I'm going to give you a basic definition to allow you to build upon it in your own natural way. The general definition for intuition is "a direct perception of an inner knowing, without any direct facts or knowledge about the situation." However, there are many ways to define it. We will discuss several ways in which to start finding your inner voice in this chapter. My hope is for you to find your own way of acknowledging your own intuition.

Your first goal is to connect to your inner self. Finding your inner voice can be done in a multitude of ways, and each person will discover their own inner voice in their own unique way.

- My suggestion is to start with meditation or just be quiet and let go of all thoughts and listen to the stillness in the air and start connecting to your body.
- You can begin connecting to your body by closing your eyes, and begin to feel the different parts of your body. Start by feeling your feet and then move into your legs and come up your entire body part by part, and begin to feel the vibration, maybe the blood flow, or whatever you feel is right.

There are many books, audios and more available to help you

begin understanding meditation. For now, we're going over the basics to get you in tune with your own body. In doing so, you will begin to connect to your inner self. We will change the goal as we move along so that the end goal will result in you finding your own inner voice and learning how to connect easily and effortlessly while eventually staying connected at all times.

- Now that you've done your full body scan from your feet to the top your head, you are getting in touch with the sensations that lie within your body.
- The feeling that you feel is the kinesthetic part of you; this is your feeling part.
- Some of you may have done the body scan and visualized each aspect of your body; this is the visual part of you.
- Others of you may have heard the vibrations within your body; this is the auditory part of you.
- Some of you may have tried to make sense of the feelings from head to toe. This is the audio digital part of you.
- There is one last part of you that we'll begin to discuss in deeper detail as you go throughout this book. Some refer to this as your Third Eye, intuition or inner knowing.

Laying out the different parts of your body in this way will allow you to begin to use all of your senses, (or parts) together, for maximum results in understanding your intuition. I suggest repeating the above exercise daily until you are in tune with

each and every part of your body. Referencing which part of your body you are using will allow you to understand where the feeling, thought or emotion is coming from and how to use it with the guidance of your inner voice.

Here I will show you another way of finding your inner voice by using light colors and energy. This will assist you in being totally in tune and connected with your inner voice. There are seven Chakra points located in your body that is in alignment with your spine.



If you are unfamiliar with the seven Chakra points, not to worry, I am going to outline them here for you starting at the Root Chakra all the way up into the Crown Chakra. There are colors, emotions, feelings and meanings that lie within each Chakra. This is a simple way of knowing the basics without complicating the purpose.

I. The Root Chakra, (color red) is located at the base of your spine or between your sexual organs and anus. The action behind this Chakra is for grounding and having the sense of identity and survival instincts.

II. The Second Chakra is your sexual Chakra, (color orange) is located in your lower abdomen. The action behind this Chakra is emotion, feeling states, and imagination which are connected to your sexuality.

III. The Third Chakra is your Solar Plexus Chakra, (color yellow) is located an inch or two above your naval. The action behind this Chakra is power and will, with confidence and success to fortify the ego.

IV. The Fourth Chakra is your Heart Chakra, (color green) is located in the center of your chest. The action behind this Chakra is love. The balance of this Chakra says, "I am love (d)." Within this Chakra lies the ability to forgive, express empathy and unlimited compassion for others.

V. The Fifth Chakra is your throat Chakra, (color deep blue) is located in the center of the throat near your Adams Apple. The actions behind this Chakra are communication



and creativity with the sense of being able to communicate and being heard.

VI. The Sixth Chakra is your Third Eye Chakra, (color indigo) is located in the center of your head between your eyebrows. The action behind this Chakra is intuition and imagination. This is when you sense something that you may not understand how you know, but you know it comes through this Chakra.

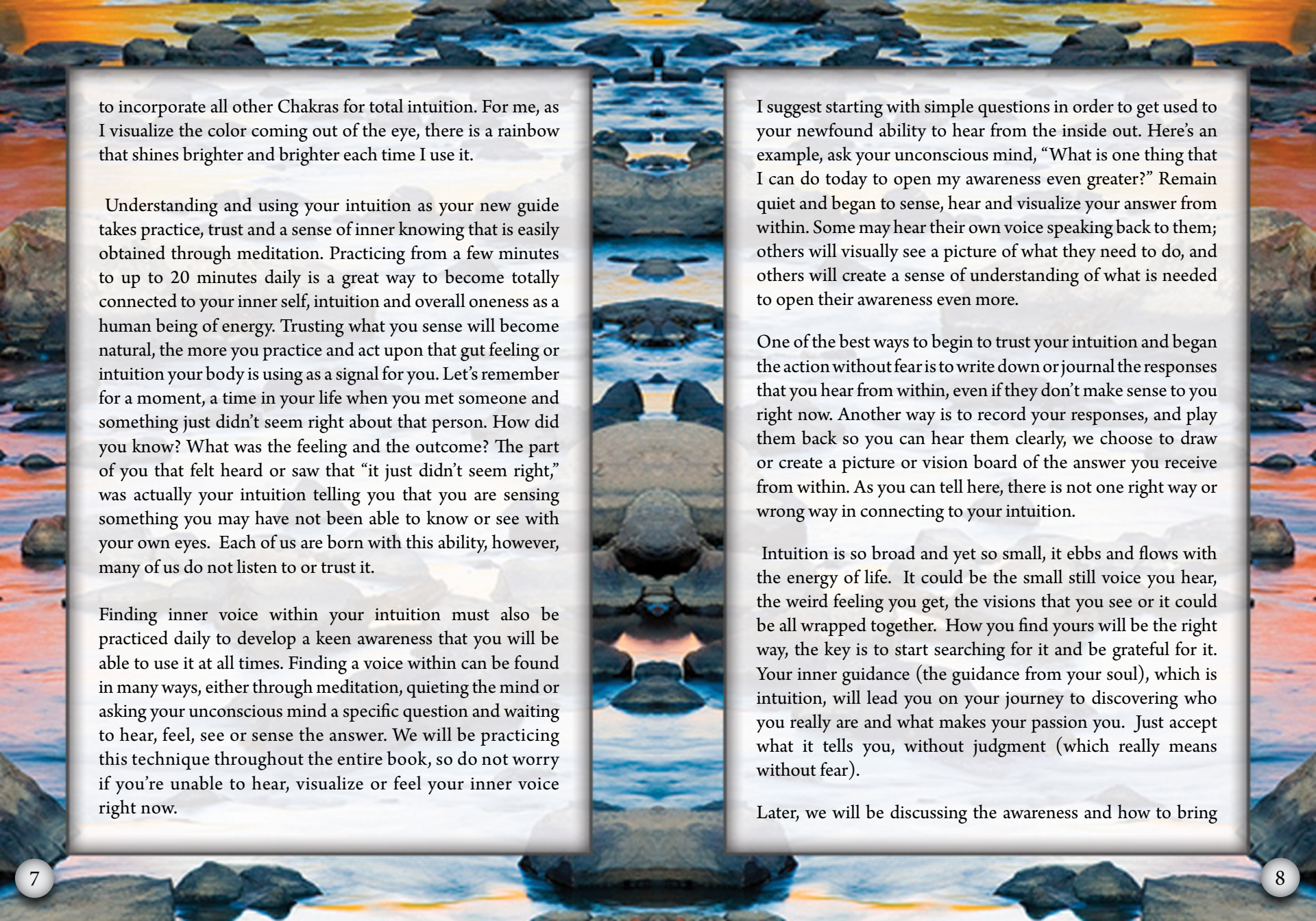
VII. The Seventh Chakra is your Crown Chakra, (color purple) is located at the top of your head. The action behind this Chakra is oneness, wisdom and connection to the universe, which is the enlightenment element of the Chakras.

Again, this is a very brief overview of each of the Chakras. However, it contains enough detail for you to understand how to access your intuition or oneness.

Understanding and opening each Chakra allows your body to begin to balance the energies of the body. The reason behind opening and understanding the Chakras and the energies in your body is to understand your body's energy field, physical ailments and/or mental aspects of your mind (really to let you become whole...as one). It also allows for you to understand why some areas of your life are not as developed as others. For instance, if you have experienced sexual abuse in any way, your Sexual Chakra may not be as open as other Chakras in your body. There are ways to open each Chakra, however, for this book, a general understanding of each Chakra is sufficient.

Discovering how to find your inner voice has to do with the Third and Sixth Chakras while being grounded in your Root Chakra. To make this simple and easy to understand, I want you to imagine your Root Chakra, where it's located, what color it is, and think about how it is you're grounding your Chakra. There are many ways you can do this.

Here is one suggestion... imagine a bright red ball at the base of your spine. Now, imagine there is a tiny piece of string coming off of the ball connecting it down into the earth... keeping you stable and grounded at all times. You may even begin to sense the pull of gravity pulling your spine down into the ground. Once you've experienced this grounding, then move up to the Third Chakra... now imagine a bright yellow ball that permeates light in every direction inside and outside your body. You can imagine this ball to be as big or as bright as you need it to be. This is the core of your being, where your inner light shines from. You may sense a warm fuzzy feeling within your belly or your entire body. Moving to your Sixth Chakra (your intuition Chakra or Third Eye Chakra), imagine a bright indigo ball in the center of the ball is a beautiful eye. Remember, this is all using your imagination so you can make the eye, whatever color and size you would like it to be. For instance, when I imagine my Third eye Chakra, I imagine it opening between my eyebrows and covering the middle part of my forehead and expanding out to each side of my temples. I then include, in my imagination, the bright yellow indigo ball from my Third Eye Chakra shining through as a bright light that permeates the unknown. I suggest you become creative and envision your own Third Eye Chakra. The key is



to incorporate all other Chakras for total intuition. For me, as I visualize the color coming out of the eye, there is a rainbow that shines brighter and brighter each time I use it.

Understanding and using your intuition as your new guide takes practice, trust and a sense of inner knowing that is easily obtained through meditation. Practicing from a few minutes to up to 20 minutes daily is a great way to become totally connected to your inner self, intuition and overall oneness as a human being of energy. Trusting what you sense will become natural, the more you practice and act upon that gut feeling or intuition your body is using as a signal for you. Let's remember for a moment, a time in your life when you met someone and something just didn't seem right about that person. How did you know? What was the feeling and the outcome? The part of you that felt heard or saw that "it just didn't seem right," was actually your intuition telling you that you are sensing something you may have not been able to know or see with your own eyes. Each of us are born with this ability, however, many of us do not listen to or trust it.

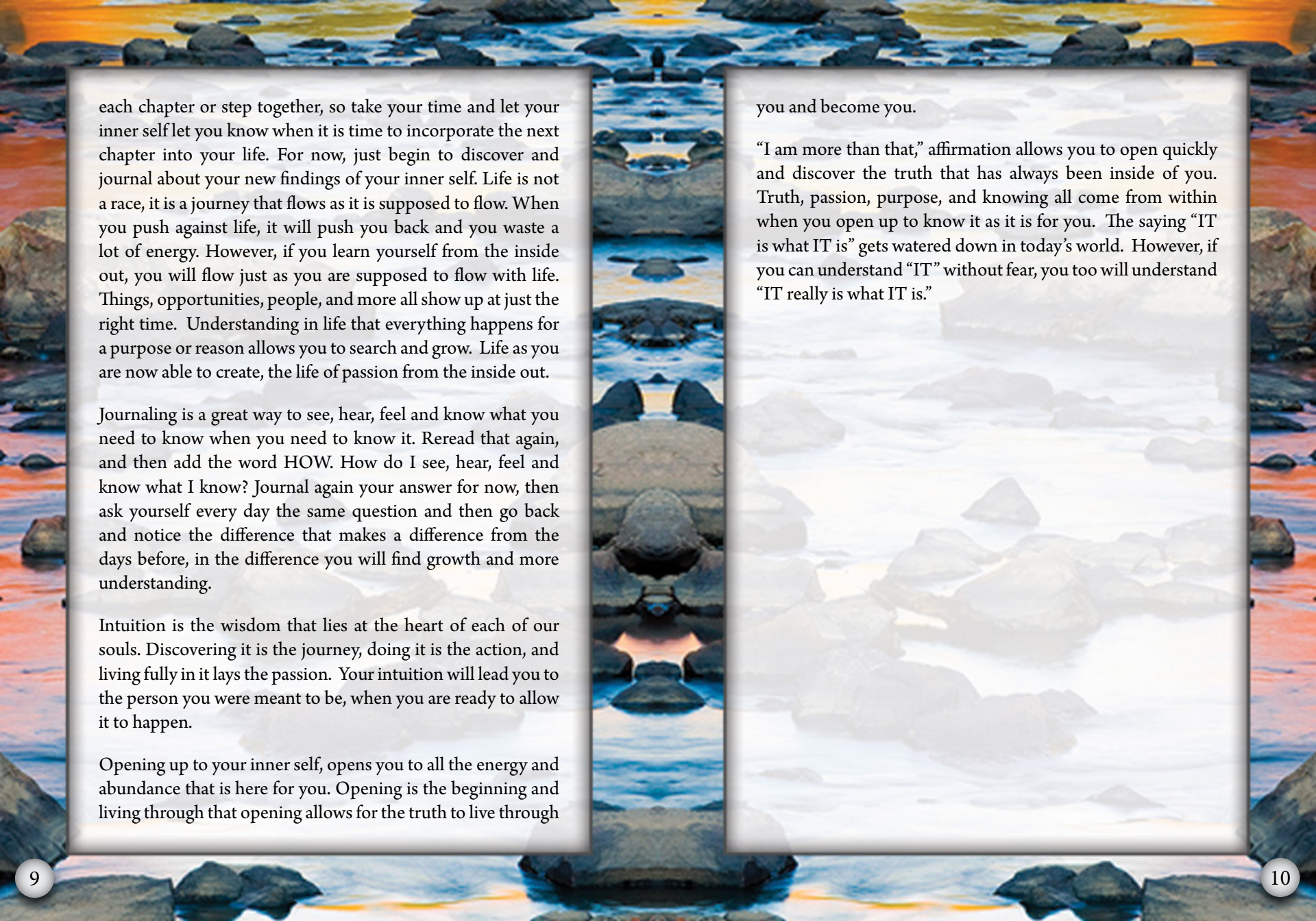
Finding inner voice within your intuition must also be practiced daily to develop a keen awareness that you will be able to use it at all times. Finding a voice within can be found in many ways, either through meditation, quieting the mind or asking your unconscious mind a specific question and waiting to hear, feel, see or sense the answer. We will be practicing this technique throughout the entire book, so do not worry if you're unable to hear, visualize or feel your inner voice right now.

I suggest starting with simple questions in order to get used to your newfound ability to hear from the inside out. Here's an example, ask your unconscious mind, "What is one thing that I can do today to open my awareness even greater?" Remain quiet and began to sense, hear and visualize your answer from within. Some may hear their own voice speaking back to them; others will visually see a picture of what they need to do, and others will create a sense of understanding of what is needed to open their awareness even more.

One of the best ways to begin to trust your intuition and began the action without fear is to write down or journal the responses that you hear from within, even if they don't make sense to you right now. Another way is to record your responses, and play them back so you can hear them clearly, we choose to draw or create a picture or vision board of the answer you receive from within. As you can tell here, there is not one right way or wrong way in connecting to your intuition.

Intuition is so broad and yet so small, it ebbs and flows with the energy of life. It could be the small still voice you hear, the weird feeling you get, the visions that you see or it could be all wrapped together. How you find yours will be the right way, the key is to start searching for it and be grateful for it. Your inner guidance (the guidance from your soul), which is intuition, will lead you on your journey to discovering who you really are and what makes your passion you. Just accept what it tells you, without judgment (which really means without fear).

Later, we will be discussing the awareness and how to bring



each chapter or step together, so take your time and let your inner self let you know when it is time to incorporate the next chapter into your life. For now, just begin to discover and journal about your new findings of your inner self. Life is not a race, it is a journey that flows as it is supposed to flow. When you push against life, it will push you back and you waste a lot of energy. However, if you learn yourself from the inside out, you will flow just as you are supposed to flow with life. Things, opportunities, people, and more all show up at just the right time. Understanding in life that everything happens for a purpose or reason allows you to search and grow. Life as you are now able to create, the life of passion from the inside out.

Journaling is a great way to see, hear, feel and know what you need to know when you need to know it. Reread that again, and then add the word HOW. How do I see, hear, feel and know what I know? Journal again your answer for now, then ask yourself every day the same question and then go back and notice the difference that makes a difference from the days before, in the difference you will find growth and more understanding.

Intuition is the wisdom that lies at the heart of each of our souls. Discovering it is the journey, doing it is the action, and living fully in it lays the passion. Your intuition will lead you to the person you were meant to be, when you are ready to allow it to happen.

Opening up to your inner self, opens you to all the energy and abundance that is here for you. Opening is the beginning and living through that opening allows for the truth to live through

you and become you.

“I am more than that,” affirmation allows you to open quickly and discover the truth that has always been inside of you. Truth, passion, purpose, and knowing all come from within when you open up to know it as it is for you. The saying “IT is what IT is” gets watered down in today’s world. However, if you can understand “IT” without fear, you too will understand “IT really is what IT is.”

Chapter 1: Intuitive Insights

1) What does intuition or intuitive mean to you? _____

2) How do you know the difference between your thoughts and your inner voice? _____

2a) Do you see, feel or hear your inner voice? _____

3) How do you notice the differences in your body when doing a body scan? _____

3a) How do you know the difference between when your energy is open or closed in parts of your body? _____

4) How does your Chakras relate to your body? _____

5) How do you know when you trust something in your life? Do you see, feel, hear, taste or smell it? _____

6) How many times do you need to see, feel, hear, taste, or smell it to know it is true? _____

7) How do you remember what you just felt, heard, seen, tasted, or smelt?

8) Journal your experiences when reading/living this chapter.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Chapter 2: Understanding Awareness

How do you know when you are aware of something? Is it because you are seeing it, feeling it, hearing it, smelling it, tasting it and making sense of it? Understanding awareness goes even deeper than the physical awareness. Awareness at the soul level is true awareness. How does your soul become aware? Remember to journal your answers to the questions as we go along, there is a reason for the building of the foundation that you stand on or for. The soul is always aware, but our physical senses may not be paying attention to the soul because of fear, emotions, beliefs, or values.

Opening the awareness from the inside out is part of your journey in discovering who you are and what you were meant to be; your passion or your purpose. Begin to open your awareness even more by understanding what your intuition is telling you. When meditating ask a specific question that you really would like to know the answer to, then just begin to meditate, get quiet to hear, see, feel, taste, smell, sense or understand the answer. Meditating is an action word; it is quieting the mind to hear the soul. Journal what you experience, hear, see, feel or understand. Go deeper by asking yourself "What does that mean to me?" If it is not clear, stop and ask for clarity, and begin journaling without intention and be aware of the meaning or answer that you asked. Awareness is the key to journaling, to begin to develop from the inside out.

The practice of journaling is to find or become aware of the deeper meaning in the words or symbols you have written.

Begin breaking down the words we use, because words are symbols of how we communicate what we want, feel, need and more. Underneath the word is a deeper meaning.

- Let's take for example the word "CAT," ask yourself what the word "CAT" means to you, then go deeper and say well what does that mean?
- You can go deeper and deeper and find the true meaning behind the word "CAT" for you.
- Here is the example in action: "CAT"- What does that mean to me? It means, animal, companion, furry, fun, curious and so on.
- Then take each word you used to describe the word "CAT" and break it down. So, for example, "CAT" means animal and animal means to me, wild, loving, 4-legs, and so on.

Now, do this exercise with the word "LOVE" and watch your awareness grow. The words we use mean to each of us something different, from our own representation of it. This is why communication can be hard, misunderstood, unknown and downright difficult at times for each of us. When we do break down to the true meaning it gives us wisdom from the inside out. Yes, "CAT" was just an example.

The goal is to break down "FEAR" what does it mean? Keep going until you get to the root and then ask "Is that true?" 100% of the time it is false. There is no truth in fear, getting to this awareness allows your soul to evolve even more which

allows for more energy to enter your world. We will go into more detail on this in a later chapter, for now just keep doing the exercise above and start creating awareness and journal what is not true about the fear, so what is the truth? The truth “just is” with no explanations, no good or bad, truth is simply the truth. So, when you hear the old saying “The TRUTH will set you free,” that is because there is no fear, judgment, beliefs or values related to truth, it just is, the TRUTH. Truth becomes your neutral ground of understanding what is, is.

Why do you need to be aware? What does it do for you? What is the purpose behind awareness? These are some of the questions you may be asking yourself as you go through this chapter. Awareness allows for falsehoods to drop away and opens your energy field to receive energy where it was not present before. As it does, it raises your inner vibration which allows for more energy to flow through you. Why would you want this? The vibration of your energy field directly relates to what, where, when, and how your life is; what you give out you get back. For example, if you are low energy, you probably also have low motivation and things are coming into your life as you would like them to, as if they never come. Now think of someone that everything just flows for them, at the right time. What is the difference? Journal it! Yes, you are going to journal throughout the entire book, to enhance your awareness. No point in reading if you do not gain anything from it. Now, look at your answer, most of you will notice the negatives, but the truth is they just have less fear than you. Fear keeps your energy vibration low and truth raises it to the truth of the truth degree! Yes, you may have to reread that one again. Go ahead

it's worth it.

The benefits of living in awareness are infinite. You begin to understand yourself from the inside out and understand others without judgment. When in awareness you begin to live in “It is what it is” attitude and your vibration within begins to vibrate even higher because you are beginning to live in truth. The old jealousies, lies, hate, resentments and all negativity begin to move away from your awareness as you begin to uncover the lies and discover your truth. Begin to think of the world in front of you as a mirror, and what you perceive or see in the mirror is what you will get from the world. Perception is Projection, remembering this allows you to reframe the world you live in easily by understanding the perception of the lie and reframing it to the truth, then carrying the truth forward with you. This again changes what you see or view in the world.

Judgment falls away because you begin to understand others' fears by understanding your own fears. Being aware is being fully present in the moment and understanding. “IT is what IT is.”

- Awareness in Love is to know what love is that's all; love is not a verb. We as humans use it as a verb to express ourselves to others and as a society, we have changed the meaning to fit our ego.
- Be aware of how many definitions you can come up with of your own about what love means to you.
- Wow, how many action words do you use to describe love? Make sure you journal your answers and you will begin to

understand that you place action or energy in love that is not necessary.

By going even deeper into awareness of love, you are able to discover that love really is just love. Complete these exercises until you get to truth or love. Take the action word from each of your definitions of love from above and ask yourself; "Is that True?" keep repeating until you get to the truth. Here is an example to help you understand.

- Love means giving them material things.
- Take the word giving, and ask yourself "Is it true, I have to give material things so they know I love them?" No, 100% no, then ask yourself, "What is the fear if you do not give?" You may have said "They won't love me unless I give," yet another fear, so ask again "Is that true?" No, because it's not about them, it is about you and the story or lie, you have told yourself to make it so you "believe" you have to give material things to receive love.
- Is that belief or story true? No, the truth is they will love or accept you just for you, because love just is, not because of the material things they receive. No strings or stories attached, that is truth.

We will dig deeper throughout the book to help make this make more sense for those of you who are still struggling with finding the truth.

Keeping with awareness from within is the greatest gift because it results in Love. Awareness then begins to be the

tool that allows each of us to question our motivations and others.

- When we use awareness in every moment, we are essentially asking "Is that true?" When you develop this as a part of your life, you will begin to recognize your motives as well as the motives of others.
- Are you or they coming from love or fear? When you come from love there is no motive of self-gain in any area of your life.
- When there is a motive, self-gain or secondary gain, then it comes from fear or lies. Fear comes from Ego and truth comes from your soul.
- Whenever you decide to do something, ask yourself "WHY?" What is the motive behind the action? The motive will allow you to discover the truth behind why you are doing something.

For example, you want to give your neighbor a tomato. What's the motive? Is it to feel better about yourself or to help your neighbor eat healthy? If you get any answer that involves yourself (Ego), stop and do not continue with the action until you get to the truth (Soul). Remember to journal and look back often at your growth. Appreciate where you are, you are right where you need to be. Yes, I know it does not always feel like it, but it is true. We all evolve at our own timing, with our own choices, and yes, you choose to be right where you are, either consciously or unconsciously.

Using awareness or being in awareness actually raises your energy vibration with your soul and cells within you. The awareness brings to you what it means to be loved, let go of and allows you to start replacing the fears in your mind and body and at the cellular level to make room for or to replace with peace, purpose and prosperity. The peace, purpose and prosperity are what comes from your soul or your core energy field.

- Fear is a negative that slows down the vibration within you and your energy field. When it is replaced with positive peace, purpose and prosperity, it begins to vibrate again and begins to charge up, if you will, back to the infinite vibration level your soul holds.
- Why do you want high vibration in your energy field?
- Your energy field is a magnet and it attracts only at the vibration that it holds.

Think for a moment, when you are down or feeling low, notice or be aware of how few things of good come into your life. Again, perception is projection, and your energy field is projecting at all times as you are at all times perceiving.

- The higher your energy field is with positive, the more of your wants, desires, goals, and abundance will be pulled or brought into your energy field or your awareness.
- Begin to be aware of what you have in your life, and what your goals are.
- Are they matching? For most, they are not; they are of

mismatched values and beliefs or wants and desires.

- Now look inward, are your beliefs and values in alignment with your wants and desires? Again, no, because what is inward reflects outward in your energy field and surroundings and that explains why you do not have or are not who you were meant to be.

Journaling it now begins by writing down the differences you noticed from your values, beliefs, desire or wants. What is the difference that makes the difference?

- This is not a judgment exercise, this is an awareness exercise to show, feel, hear and understand what choices and changes are necessary for alignment.
- Begin the alignment process by making different choices, changing your perspective or perception; see the truth in the lies or fear.
- Begin to ask why do they not match up?
- What is the fear behind being in total alignment or peace?
- Take your time with this process and begin one by one to come back into alignment with your soul or peace. Be aware of the changes once you begin.

Feel the difference in your body, see the difference in what is coming to you now, hear from within the inner voice more and more and begin to sense the peace in all ways.

Chapter 2: Opening to Awareness

1) What does the word "Awareness" mean? Break it down again and again until you get to root meaning. _____

2) What does the word "Fear" mean? Again, break it down again and again until you get to root meaning. _____

3) Pick one issue in your life, right now, and bring it to mind. How do you sense this issue? Where does it lie in your body? Which of the senses is telling you about this issue? Who would you be without this issue in your life? _____

4) How do you apply the phrase "What is... is" in your life; negatively and positively? _____

5) How do you know when you are in judgment? Use one or a combination of your senses to answer. _____

6) What is love? _____

7) How do you know when you sense the vibration level of your cells? _____

8) Journal the changes that take place when you reframe or change perspective on an issue in your life. _____

[illegible]

Chapter 3: Understanding Gratitude

Understanding Gratitude is the power booster for what you desire or want in your life. The awareness and utilization of being grateful for all you already have and the abundance yet to come raises the vibration level of your mind and body to match your soul's ultimate vibration level.

- Being grateful for the smallest to the largest things in your life allows you to appreciate all of it. Without appreciation, we neglect, take for granted and send a negative vibe out, as if, we do not need it or desire it in our lives.
- Energy flows where and how you focus your thoughts, words, actions and more. The universe or your God will not stand for being taken for granted, just as you do not appreciate being taken for granted in your daily life.
- Gratitude is many things and one thing all at the same time.

You can begin to understand by saying, feeling, hearing and sensing gratitude in all areas of your life. It requires an inner gratefulness for all that you presently have, all that you previously had and all that you have yet to come. Just saying "thank you," is not enough. You have to feel it, hear it, sense it, taste it, smell it, using all the senses together and taking care of it starts the process. The next step is to live it daily in your life by showing, being and hearing it outwardly begins to align with the inward gratitude that comes from your soul.

- Gratitude is more than just that, it is finding the gratitude

from within, which again, raises your vibration level of positivity in your mind and body to match the infinite energy level of your soul.

- Appreciating and taking care of what you already have with satisfaction and knowing all you need is already given to you, creates the awareness of gratitude and then can be placed into action.
- Once placed into action, more desires and wants are created and brought into your awareness of life.

For example, if you have a car and do not take care of it, talk bad about, and feel bad every time you get in it and you ask or desire a new one, or better one, probably will not happen. The negative energy of "car" in your life will keep you stuck. However, if you appreciate it, take care of it, speak well of it, and feel good every time you get in it, then your vibration is positive and the desire of a new car is sent out into the universe or to your God. Then watch or be in awareness of opportunities that arise in order for your desire of the new car to be fulfilled.

Finding gratitude is part of the process of opening and changing your awareness of all parts of you and your life. How do you start being grateful?

- Make a list of all the things, qualities, people, and places in your life that has brought you to this part of your life. This requires letting go of shame, guilt, fear or Secondary gain.
- Once you write the list, appreciate it; thank the universe

or God for all in your life.

- Next, write again a list of your present situation and all you things, qualities, people, places, events and more that you have now. This is staying in the present and allows you to let go of the past and to be at peace with you and your past.
- Honor the things you have now, in the ways talked about earlier in this chapter.
- The last step in finding gratitude is journaling, which creates awareness for your conscious mind to begin to understand peace and abundance without scarcity.

Journaling it, is almost like a convincer for the conscious mind, to trust the peace or ultimate vibration level of your soul or unconscious mind. Begin to write down your desires and wants for the future. Remember, even though they are future wants and desires, express them in the now.

Example, I am now grateful for (future want or desire) in my life.

- The reason is in our soul thinking or unconscious thinking we only have "NOW".
- Future thinking comes from the ego or fear. Ego says, out of fear, "In the future," problem is future or tomorrow never comes.
- Think about that for a moment, how many times have you said "I will do it tomorrow" and it never happens.

- That's right, because the unconscious mind, which is where the energy needed to attract our desires, only knows present. So, if you program a distant date for a desire, your unconscious mind does not understand and ignores it.
- The vibration level is not affected, however, place it in the now and it changes automatically.
- Does this mean you cannot future date your desires? No, you just place them in the now.

For example, it is now Dec. 25, 2011 and I now have (whatever you desire). Let it go, and be in awareness and gratitude and it will appear.

- Do you have to repeat it every day? No, it does not have to be reminded; however, you do have to be in awareness of it as the awareness communicates to your Reticular Activating System, or your goal center of the brain, to bring or attract with your energy field your desire, into your energy field or life.
- Awareness is important, many times it is brought in ways we do not expect and we miss it.
- Place the desire out there without intention of how it should come or will come and allow it just to come to you.

Think again about your desire of owning a new car. You have a certain model, color and style, price in mind, or the specifics. Then think about driving down the road and you begin to notice how many people already drive the same car you desire.



That is your Reticular Activating System, bringing the car into your awareness.

- Finding gratitude in a negative situation is sometimes hard for most of us in the world.
- Now begin to think of the positives that can or are occurring out of the negative situation. To do this, one must change the perception in the mind of the negative situation.
- The bottom line is a situation or event is just that, it is not good or bad it just is. This is a great way of understanding how to stay out of judgment. Judgment or ego says it's a "Negative" situation because again, it comes from fear. Take fear out of the situation and watch the possibilities of the positives or soul come to mind. This, my friend, is the most important perception change, which will ultimately allow your energy or vibration level to raise to infinity or total abundance.

Gratitude in action, journal daily or as your soul, not mind, desire of all the new things since the last journal entry that you are now grateful for.

- Then walk your journal, this means, be thinking in every present moment. To do this, literally and so your mind can grasp it, go outside and walk and start naming all that is in your awareness and ask, "What is grateful about whatever it is you see, feel, hear, taste, smell or sense?"
- Then take it one step further and ask "How does it bring

gratitude to my life?"

- In other words, "Why be thankful for it?"
- How does it apply to my life or energy field? The walking gratitude becomes a part or all of your daily life which creates a positive vibe of energy, and you begin to be thankful for everything by creating "gratitude awareness."
- Which results are in your desires and being fulfilled with opportunities to come as easily to you just as the desire to have, create or be in abundance starts in your vision or dreams?

Chapter 3: Why Gratitude

1) How do you know when you express gratitude? _____

2) Bring to mind two different situations; one you are grateful for and one that you are not. What is the difference in your body language? What is the difference in the vibration of your cells and soul? _____

3) What negative emotional attachments do you need to let go of to become grateful for everything or moment in your life? Hint: These negative emotions hold the fear of it ever being the opposite. _____

4) Make of list of things you desire in your life and place them in the "NOW". What changes in your body, mind and soul? Do you sense when you act as if you already have your list? _____

5) How many times do you need to tell God, yourself and the Universe your desires? _____

6) What part of your senses or awareness do you need to use to know that your desires are here now? _____

7) Take “fear” out of your problems. What is the solution? _____

[illegible]

8) Journal a daily gratitude list and do not repeat items already listed from previous day. Bonus: Go outside and do a walking gratitude list of all you are aware of around you. _____

A sheet of white paper with horizontal ruling lines. The background features a faint, repeating pattern of sunflowers and green leaves, creating a textured, floral effect. The sunflowers have yellow petals and brown centers, while the leaves are green and pointed. The pattern is evenly distributed across the entire page.

Chapter 4: Two Choices- Accept or Reject

Moving through life is a journey, a journey that gives you “Free Will.”

- How much time do you spend thinking about your “Free Will?”
- What does it mean to you?
- How do you use it to improve your life daily?

These questions are just to get you started at focusing on the true gift behind Free Will. We hear it, say it, and use the term so lightly that we have forgotten the true meaning behind it.

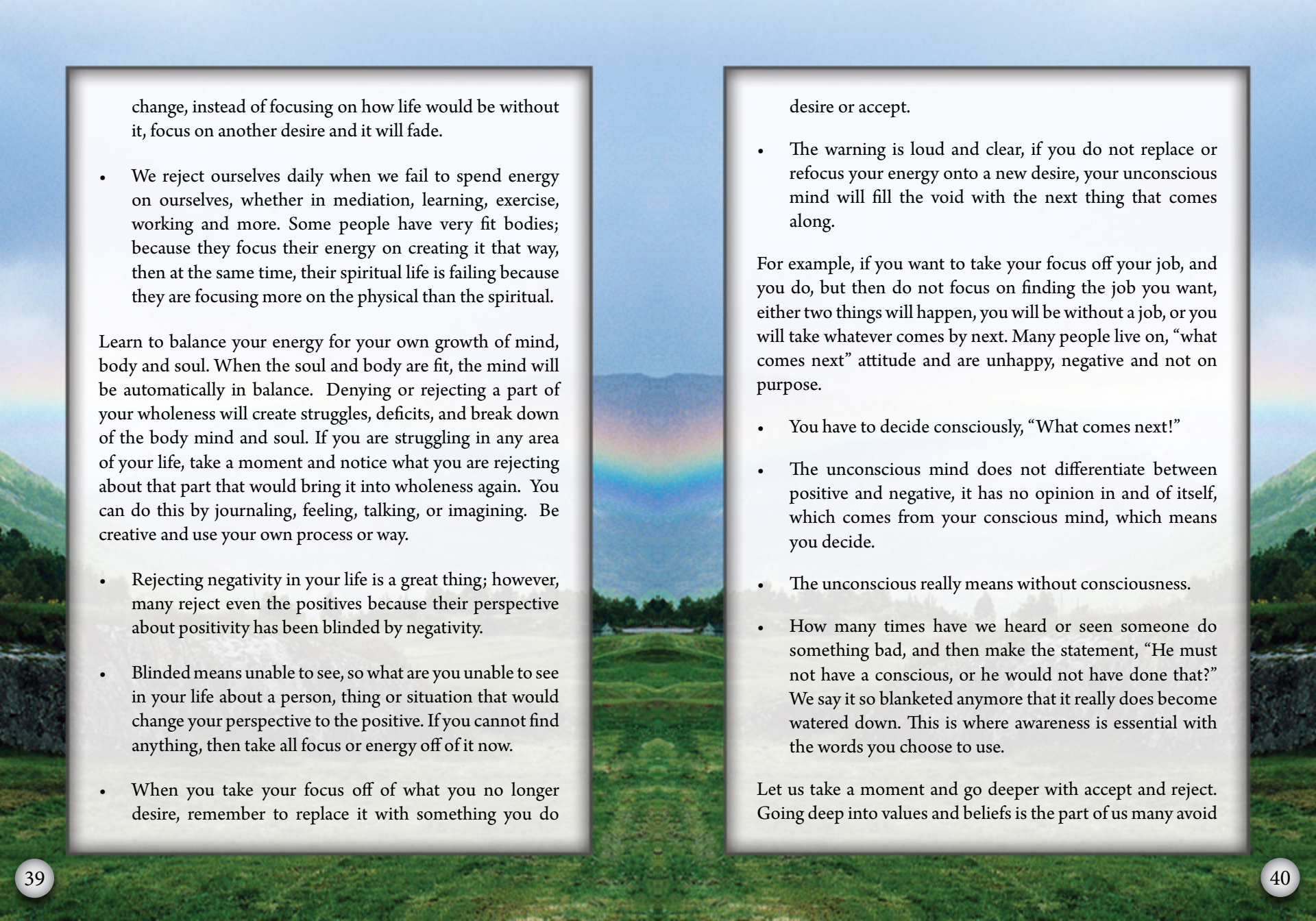
The two choices Free Will gives you are either to accept or reject a thought, action, knowledge, wisdom, people, places, things and more. Even though our daily walk allows us to move into action, many stay stuck in their walk, waiting for someone else to choose for them. Every moment of the day, you have the right to choose what you do, or do not do with it. Accepting or rejecting the moment is totally up to you. It is also up to you whether you allow others to make your moments for you. Choice equals power in all circumstances of life. Are your choices and power aligning with your beliefs and values? Or, are you allowing others to choose for you and you have no idea what you believe or value anymore?

Being able to make choices for yourself, gives you the power to create your life in all ways, always. When others choose for

you, you have just given your power away. Choose to take your power back and start making choices that are for you, not because someone else told you to.

To accept a thought, person, place, or thing in your life, says to your value and belief system, “This is what I choose, please value and believe in it with me.” Your unconscious mind will always align with what you choose; it is there to please and protect you. The key in accepting whatever it is you choose to accept in your life is to do it consciously or in awareness, thus making the alignment of your beliefs and values come to balance. When you are accepting outside of conscious choice, unconsciously you have just unbalanced or come out of alignment with your beliefs and values. Alignment brings more energy and power to do that which you desire to do, naturally. When something or someone you choose seems more like a doing or task, ask yourself “What was great about this desire in my life?” If you do not find any positives that can make it go back from a being to a doing, refocus your energy on another desire, and this one will soon fade.

- Accepting means you will be grateful and give energy to whatever you have or desire in your life. Yes, all you have now in your life, you have accepted it there and given energy to it to stay. Once you take the energy off of it, you are now rejecting it in your life. What you accept and have gratitude for will stay and grow in your life.
- Rejecting is just the opposite of accepting. Rejecting something or someone means you do not place your energy into it. When something in your life needs to



change, instead of focusing on how life would be without it, focus on another desire and it will fade.

- We reject ourselves daily when we fail to spend energy on ourselves, whether in meditation, learning, exercise, working and more. Some people have very fit bodies; because they focus their energy on creating it that way, then at the same time, their spiritual life is failing because they are focusing more on the physical than the spiritual.

Learn to balance your energy for your own growth of mind, body and soul. When the soul and body are fit, the mind will be automatically in balance. Denying or rejecting a part of your wholeness will create struggles, deficits, and break down of the body mind and soul. If you are struggling in any area of your life, take a moment and notice what you are rejecting about that part that would bring it into wholeness again. You can do this by journaling, feeling, talking, or imagining. Be creative and use your own process or way.

- Rejecting negativity in your life is a great thing; however, many reject even the positives because their perspective about positivity has been blinded by negativity.
- Blinded means unable to see, so what are you unable to see in your life about a person, thing or situation that would change your perspective to the positive. If you cannot find anything, then take all focus or energy off of it now.
- When you take your focus off of what you no longer desire, remember to replace it with something you do

desire or accept.

- The warning is loud and clear, if you do not replace or refocus your energy onto a new desire, your unconscious mind will fill the void with the next thing that comes along.

For example, if you want to take your focus off your job, and you do, but then do not focus on finding the job you want, either two things will happen, you will be without a job, or you will take whatever comes by next. Many people live on, “what comes next” attitude and are unhappy, negative and not on purpose.

- You have to decide consciously, “What comes next!”
- The unconscious mind does not differentiate between positive and negative, it has no opinion in and of itself, which comes from your conscious mind, which means you decide.
- The unconscious really means without consciousness.
- How many times have we heard or seen someone do something bad, and then make the statement, “He must not have a conscious, or he would not have done that?” We say it so blanketed anymore that it really does become watered down. This is where awareness is essential with the words you choose to use.

Let us take a moment and go deeper with accept and reject. Going deep into values and beliefs is the part of us many avoid

because change will take place. The comfortable becomes uncomfortable, and then the decision is made to either leave all as it is and be miserable or change what is no longer working and be in peace.

- Change is as simple as refocusing the energy to create a new positive.
- In the world and in our daily lives, we hear. “I hate change,” “Change is hard” and so on.
- For one, anything in life is only as hard or easy as you choose to make it.
- If you are pushing against something that needs to change, it will push back, however, if you just be the change, it will. When we push against energy it will push back even harder.
- Change is energy, allow it to be and change as you be and change.
- The mindset does not change overnight, it changes constantly.
- How many times can you change your mind in less than a second? Hey, and that is consciously, can you imagine if you were not focusing on it how easily it changes on its own?

In changing a behavior or action, replace it with the exact opposite and that is change. For example, those who struggle with addiction, if they keep focusing on what they can’t do, or

no longer choose to do, why do they relapse?

- The unconscious mind does not hear the word “NOT” and will skip right over it and do the very thing you said not to do. Drug interventionist will say “Do not do drugs,” to the addict; the addict repeats it to him/herself and does drugs.
- How puzzling is that to the interventionist? Very, because most do more harm than good. So, here is another way of saying the same thing.
- The drug interventionist says, “Do great things with your life, focus on your abilities, and open your mind back up to the possibilities of your life.”
- The addict repeats the same to him/her (self) and begins to dream again and focus on his/her life again.

Amazing, how we can say the same thing in two different ways and get different results. Choose, or accept and reject, your words wisely and the outcome will amaze you.

The values and beliefs you hold are because you choose to hold them.

- Do you judge them?
- Judging something or someone places a false value on it or them.
- Once you judge yourself, others or things, you have just

limited the potential to change.

- Do not be the judge of you; you be, the “YOU” of you and let others be the “YOU” of them.
- Each person in their own uniqueness is discovering, learning, growing or dying, they do not need you to tell them about them, they know.
- You start telling you about you. When someone asks for advice, place it back upon them.
- What would the “YOU” of you do?

This begins to open up the trust in your choices, the belief that you can make choices for you again.

Take a moment to journal about your values and beliefs about a subject or thing you would like to change in your life. Then advise yourself by asking the following...

- “What else other than this could I begin to focus (change) on that would bring peace in place of this now?”
- Do you understand how easy it is to change? Some of you will need to start with the word “change” and how you define it.
- What is the meaning of change? Write down or listen to your answers.
- Are they negative words such as hard, yuck, negative, lack

of, or are they simply, easy, refocus, can do?

- How does your body react to the word change?
- Does it tighten or relax?
- The kinesthetic part or feeling part of you has just as much effect or energy as the definite or spoken word. Link in your vocabulary change means easy, now say “change.” I bet your body is not as tight. Redefining the meaning or value of a word instantly changes the energy of the word.

Chapter 4: The questions of choice

1) What does "Free Will" mean? Break it down to get to the root meaning. _____

2) What does "Choice" mean? Break it down to get to the root meaning. _____

3) How do you know when you accept or reject something in your life? _____

4) What changes in your awareness when you accept or reject? _____

5) What are you rejecting, that if you changed the perspective of, would allow you to accept? _____

6) How do you know when you value what you believe? _____

7) What values do you have deep within you that you no longer believe in? _____

8) Journal your beliefs and values as they come to you. Question how much you value or believe and whether you need to change that belief and value in order to have peace within. _____

Chapter 5: The Truth behind Fear

What does the word fear mean to you? Did you notice your answers are all negative and/or from a scarcity mind set?

- To define fear, and there are many ways, is to ask yourself what word do you have attached to the meanings of words that you use to explain fear?
- Going deeper than just knowing what fear is, is to open the mind to encompass that all fear comes from “without.”
- The way you represent fear is internal and the external is the projection of the fear. If you believed you had everything within yourself to take care of you and your desires, then fear would be absent.
- The belief is internal the care and desires are external.

Are all fears negative? No, fear can be used as a protection against a threat. Just as animals have their instincts about them, so do humans.

- When someone or something is threatening against survival, fear and motivation kicks in to say, “Protect self or run.” For most in today’s world, they run from the fear of fear. They believe everything is a threat and keeps them running in the wrong direction, focusing on the wrong agenda and more.
- Those who do not get in touch with themselves physically, mentally and spiritually have a fear of what they might

discover about themselves.

- There is no fear in ignorance; however ignoring who you are or someone else is, will be the cause of suffering.
- We are called to be aware every day in every moment of our thoughts, surroundings, people, time and more.
- How many of us actually do it? Maybe 3% of the population is consciously aware of all of that, for most, they are running onto the next great thing, person or place. Still they have no clue or awareness of themselves.
- Getting to know you is a fear in itself, because then responsibility is now in the picture.
- You are not responsible for that, which you do not know, but once it is brought into light or awareness; then you are responsible for the change, or outcome.

The truth is, there are only two fears you are born with, the fear of loud noises and the fear of falling.

- All other fears are man-made; the fear of raising a family, scarcity in the economy, crossing the street, leaving the house, the list goes on externally and internally.
- Where do all these fears come from?
- They are created by you or someone you gave your power over to that allows the thoughts of these fears to be true.

- Growing up, you gain or receive fears from parent programming, then you create your own fear, some are passed down from generation to generation through cellular memory.
- They come from everywhere.

Protection is needed from these fears so you do not live out your fears.

- You can protect yourself in many ways from fear. Here are a couple of examples; imagine a white light around you and all man-made fears bounce off the light, (this is protection from taking on others' fears).
- You can also start challenging your own fears by using this simple technique; Think of a fear you have, and ask yourself, "How do I know that fear is true?"
- Now, take the action word of the answer and ask the same question again.
- When you get to the "I" statement, ask again the question and 100% of the time the fear is false.
- You can then ask, "What is the opposite of the fear?" or "Who would I be without that fear?"
- I will give you a short example to show you how it works in action. Example: I have a fear of failure.
- What is the fear behind failure?

- It won't work out.
- What is the fear behind "Won't work out?"
- I am not good enough (value) for it to work out or be a success (Belief).
- Who would you be if you were good enough for it to work out?
- I would be without the fear of failure, so I would be a success (Opposite of fear).
- You can use this on any fear or to get to the root cause of all fears. Ask yourself, "What is the fear behind Peace, Prosperity and Purpose in your life?"
- You can do those one at a time if it works better for you.
- When you change the fear, you change your belief.
- The truth is, there is no such thing as failure, there is only feedback.
- When something seems as if it has failed, ask, "What can I learn, or what is another way of doing this for success?"

Changing your perspective about yourself or an event, even slightly will change the outcome entirely.

The definition of insanity is doing the same thing the same way expecting a different result. We are all guilty of this, we say, "I will try harder" or "I can do more."

- First, let's clarify the word "TRY," it is a made up word. You either do or not do.
- For example: try to pick up a pen, if you picked it up then you "did" it, you did not "try" it.
- It is a passive, people pleasing word, which we use as an excuse or cop out, so we are not responsible.
- There is no commitment either way.
- When we do not want to tell someone "NO," we may say "I will try to come," when in reality you already knew you did not want to come.
- Start saying the truth from the start and people will respect you, however, many of us think we need to people please and end up hating ourselves.

Honesty is so under rated in today's world. Honesty starts from within and saying or showing it from without. Again, perception is projection.

There is a deeper way to release fear in the cellular memory if you are ready to really start fresh with life again.

To start your journey for true peace and respecting who you are, just because you are you.

- Cellular memory gets passed down from generation to generation, so that means the fears of your ancestors may still lie within you.

- To erase fears from the past, get in a quiet state or meditative state by focusing on your breathing and using the exercise early in the book.
- Ask or tell your unconscious mind, "Unconscious mind, in my body allow every part that has fear or the memory of fear within it to tighten as tight as possible."
- Allow the parts of your body to tighten on their own, you just continue to breathe.
- When your body is done tightening, ask "Release all the tightening and fear at the same time and allow my conscious mind to trust the process, and my body to fully relax again."
- Note: you may hear, feel, see, make sense of, taste, or smell something in the release process.
- Take note and give gratitude for all you sensed in any way.
- Some of you may hear "Let go" or "You can do _____." Whatever you experience is right for you.
- Do not judge the process or the outcome.
- Trust that your unconscious mind has done its job as you asked.
- You can do this process as many times as you like.
- Here is the truth, you trust your unconscious mind to

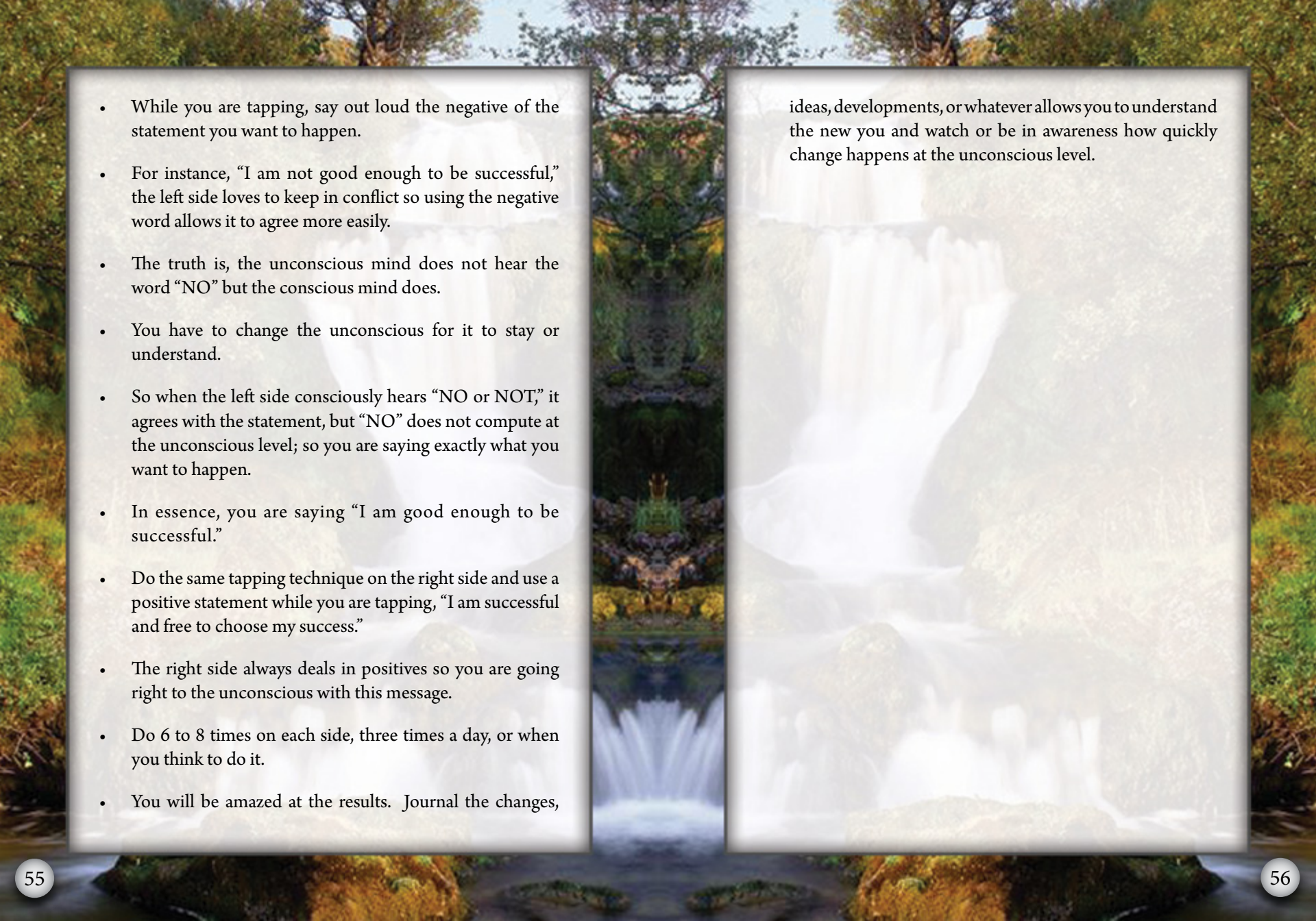
breathe for you all day, without consciously thinking about it, so trust it to do what you ask when you ask.

This is a step or leap of faith for most, then it becomes a reality. The reality of it is the beauty that will change your life forever.

I suggest journaling after each technique to broaden your awareness about you even more. Journaling makes it concrete to the mind as if the conscious mind needs to read, see or feel it again to make sure or to make it true. The more truth, the more belief, the more empowered you are.

Fear is the ego base of our consciousness.

- I like to use as an example and is true, all fear is located on the left side of the brain, and all truth is located on the right side of the brain.
- To get the left side on board with the right side is part of the journey to wholeness; to get them to become one, as in whole.
- There are several ways to work with the left and right side in this manner.
- A quick technique is to ask yourself, "How would I make my left and right side become whole or as one?"
- On the left side of your head, at the temporal area, start tapping back and around your ear clear back to the bottom of your head.

- 
- While you are tapping, say out loud the negative of the statement you want to happen.
 - For instance, “I am not good enough to be successful,” the left side loves to keep in conflict so using the negative word allows it to agree more easily.
 - The truth is, the unconscious mind does not hear the word “NO” but the conscious mind does.
 - You have to change the unconscious for it to stay or understand.
 - So when the left side consciously hears “NO or NOT,” it agrees with the statement, but “NO” does not compute at the unconscious level; so you are saying exactly what you want to happen.
 - In essence, you are saying “I am good enough to be successful.”
 - Do the same tapping technique on the right side and use a positive statement while you are tapping, “I am successful and free to choose my success.”
 - The right side always deals in positives so you are going right to the unconscious with this message.
 - Do 6 to 8 times on each side, three times a day, or when you think to do it.
 - You will be amazed at the results. Journal the changes,

ideas, developments, or whatever allows you to understand the new you and watch or be in awareness how quickly change happens at the unconscious level.

Chapter 5: In Depth of Fear

1) How do you know when you fear something? What sense do you use to sense fear? _____

2) What is a healthy fear? _____

3) How do you know when a fear is true? _____

4) What is the opposite of that fear? What is the positive? _____

5) What does failure mean to you? _____

6) What the difference in the meaning of a belief and a value? _____

7) What perspective can you change that would change your fear of finding your true beliefs and values? _____

8) Journal the differences that makes the difference when you change your perspective to a positive? How does the value and belief change when the perspective changes? _____



Chapter 6: Removing Your Limiting Beliefs

Beginning with the belief system you currently have, let us discover together how you have the beliefs you currently have.

- We as humans begin at Soul Level Belief and go to Cellular Level Beliefs. Some beliefs are passed down in the cellular memory from past generations or lifetimes.
- When a soul comes into being of the physical body it chooses, according to its “soul” purpose what it believes would be the best environment to be its purpose.
- Soul chooses every detail from parents, location, and more.
- While in the womb and with the cellular memory passed down, you begin to create a belief system that may be different than the original blueprint.
- For a moment, for simplicity reasons only, think of your unconscious mind knowing what it needs to know in order to survive. You breathe all day without consciously telling your body to breathe; thinking of that in the same way is how our belief system works at the same time.
- For example, do you challenge what you believe every day?
- Probably not, do you ever wonder where you got the belief that you hold about yourself or about a situation?

We are so surface level in our speaking in today's age; we take what others say or what our minds (thoughts) say to us and

believe it as truth.

I want you to take a moment and begin to challenge your beliefs, words and thoughts behind the truth of that belief.

- For example, if one holds the belief of always having to please others, they will please others automatically or unconsciously.
- Challenge that belief by asking, “How do I know I have to please others?”
- Is it something I heard, saw, felt, or made sense of?
- These are the questions to start self-discovery.
- Go deeper; for example, the answer is, “I watched mom please everyone and she was happy and I want to be happy.”
- Do you see the correlation between pleasing others and happy?
- If happy means people pleasing, then one will be very unhappy because it is based on someone outside themselves.
- Happiness comes from within.
- In this example, to get rid of the belief or definition you have, go deeper and ask, “What is the fear behind pleasing oneself?”
- Whatever your response is, listen for the “I” statement and

challenge it with “Is that really true?” 100% of the time the “I” statement will be false, because it comes from fear.

- You may also look at the other part of you and ask, “What is the intention behind pleasing others?”
- Go forward with the answer by asking; “What is the intention behind pleasing oneself?”
- Do you understand the correlation and why you are outside of yourself?
- Once you understand the reason or motivating factor with the “I” statement and intention statement you have created the awareness needed in order to change.

Going deeper with the above example, I will teach you how to change your definition or belief of any situation you would like to change.

- Challenge yourself to define what the word “Happiness” means to you.
- Write down your definition(s) of happiness; challenge each definition by asking, “What do I now want happiness to mean to me?”
- Redefine your definition to the deepest level by continuing to challenge each new definition to get to the root of what happiness now means to you.
- I will give you an example, and this is only an example,

please use your own words or definitions when you do this exercise.

- Happiness means doing for others, this is the first definition.
- Next, challenge it by asking, “What is the intention behind helping others?”
- Answer for this example, “I make others happy by doing for them.” Pay attention, here is the “I” statement.
- Now ask, “Is that true?” or “How do I know I make others happy by doing for them?”
- I don’t. I just know it makes me happy.
- The last part of the statement just changed back to you.
- Challenge that statement, “Does it really make you happy, are you burnt out, are you doing it for secondary gain, or do you do it so you do not have to focus on you?”
- To change what happiness means, ask yourself; “How do I do for me and make me happy?”
- Many forget about themselves because it is easier to focus on others than work on one self.
- Already some of you will understand that you are really not happy doing for others, but you overwhelm yourself when you think of helping yourself.

- For others, go deeper and ask, “What are three to five words I can connect to happiness that will allow me to have happiness or be happy for myself?”
- Three words may be for this example; happiness means peace, prosperity, purpose and so on.
- This is a process because you will need to go back and define each of the words you have chosen to make sure you understand what happiness really means to you.
- This is getting to the Root or Deep Structure of the word.
- Once you redefine what is not working in your life to a positive definition, it will automatically change your belief of you and the word you use to describe you.
- The process then begins to change your belief system easily and without a fight in your mind.
- By redefining what you desire a word to mean allows your conscious mind to grasp it with ease.
- Almost in the same way you learned vocabulary in elementary school, the only difference is you are now back in charge of your own mind and begin to create your own or new definitions.

There are many ways to blow out a belief; this is only one of many.

- For those who are up for a deeper challenge and wish to use your own uniqueness ask yourself, “How would I get

rid of a belief that is keeping me from being my true peace, purpose, prosperity or self?"

- What you now are experiencing is your own uniqueness technique that works for you.
- A belief or value is simply what you believe and how much of (value) the belief you believe or put into it to direct or guide your entire life.
- We all have underlying beliefs or programming that we are not even aware of consciously.
- The goal is to go in and find and challenge each belief. You have to make sure it is working in a positive, nonjudgmental way for you and the universe at large.

This is your gift to you and others, waking up your unconscious belief and value system to conscious awareness.

- The problem with our belief and values system is that it is labeled or judged for each of us.
- Labels and judgments place a barrier on growth for each of us.
- Think of it as when you judge or label someone you have just labeled and judged yourself.
- Here is the wisdom behind the statement; first, when you judge or label someone in your mind, which is all you now think of them to be, no matter whether the thoughts are

either positive or negative, they are labels.

- Second, you have also limited your mind to understand that they are "More Than That."
- For example, your neighbor is a doctor, and in your world doctors are never right, because you had an experience where the doctor was wrong. However, your neighbor has no clue you hold this value, and begins to explain a procedure, defines an ailment for you or just sharing a general story.
- Are you really going to believe him 100%? Probably not, because you have the word doctor linked with the definition of wrong, never right, and most of the time you will question or second guess him on any subject.
- The neighbor being clueless begins to wonder why you question or never believe his statements and thus chooses to end all conversations with you.
- Was it really about your neighbor or you? YOU, that's right.
- Do you understand how our beliefs in the world cause chaos in so many ways?
- To be at peace, you have to know "you" and believe "you" first, before you can know or believe anyone else.
- Knowing "you" is more than just saying who or what you are, it is truly understanding your own language of your

beliefs and valuing the belief that directs each moment in your life.

- Think about when you are getting ready to tell someone something and it can be anything, what are you really saying?
- What belief, value or representation are you conveying to the other person?
- There is always more than your side, and their side of the story, it is everyone's side of the story that conveys a new and different story about the story you have told. We each hold our own unique belief/value system and with it comes our own way of understanding or making sense of the story. Be in awareness of your words which convey your beliefs and values when speaking to others or BEWARE!

Chapter 6: Removing Your Limiting Beliefs

1) Write down a list of your beliefs and where you believe you received and agreed with that belief. _____

2) From each belief above, why and how much do you value that belief? _____

3) Write out your definition of the words belief and value. _____

4) Using a belief from above, break down what the belief or word means to you. Ask yourself after each definition, "What does that "Word" mean to you? (Example found on first page of Chapter 6). _____

5) What about the beliefs and meanings of words from above, limit, judge or create negativity? To find these ask, "Is it true?" (the belief or judgment you hold). _____

6) Who would you be if you did not have that belief? What would be the new belief to replace it? _____

7) What perspective or perceptions have now changed in your world, since doing the questions above? _____

8) Begin to journal and find the deeper meaning behind each word in your own vocabulary. Challenge each word to have a positive meaning and journal how your whole perspective changes instantly. _____

Chapter 7: Believing in your Imagination

Have you ever questioned what, why, how you truly believe? We all have deep seeded beliefs either passed down through cellular memory, conditioned from others, conditioned from ourselves and then there is a soul belief. Taking the time to weed out old beliefs that do not work to your advantage is being kind to yourself, so new beliefs can grow. Think of your belief system in your mind, as a garden.

- What are you growing or believing there?
- What purpose do the beliefs hold for you?
- Do you have old beliefs you are trying to get rid of (weeds)?
- Take time to weed out old beliefs and plant new ones. We all hear often that we need to change this or that about ourselves.
- The truth is we do not need to change the old belief; we need to rid it of ourselves and plant a new seed (belief), so it will grow and mature into the purpose for which it was planted.
- Each seed of belief that is planted in you will only grow if you give energy or attention to it.
- Stop for a moment and ask yourself, "What beliefs am I giving my energy to and is it in my best interest?"
- If you are giving energy to a belief you no longer want to

have, when you stop paying attention to it, it will die out.

- The most common problem when people want to change a habit, which stems from a belief, is they focus on how to change it.
- Do not focus on how to change it, focus on what you want (new belief, habit) to grow.
- When you weed out your garden, you do not leave the root in hopes it will change and grow into a beautiful flower.
- You simply pull the whole root out, so earth energy can no longer help it grow.
- Pull the root out of your old pattern or belief and plant a new seed and give energy to the new seed to make it form or manifest in your life.
- Remember, when you first saw a garden you probably did not know a weed from a plant. You asked for awareness to know the difference between the two.

Ask for the same awareness to come into you now, to weed out what no longer serves you.

We are going to go deeper and understand how a belief becomes a value (gain) to you.

- When you have a great belief that works for you for a positive purpose, you will keep it.

- However, many of us have beliefs that in reality, are not working but we keep them because they give us a secondary gain.
- A secondary gain means that it pleases or fulfills the need anyway regardless of the true gain.
- For instance, if someone wants to stop smoking, but they know it relaxes and makes them feel better, they will keep it.
- Why? Being unsettled or not relaxed is uncomfortable for the person and they do not want to feel that so they fill the feeling with smoking.
- The secondary gain is being relaxed, and the result is comfortable. You hear people say all the time “You have to get out of your comfort zone to grow.”
- One must really detach the meaning of smoking with feeling relaxed and plant a new behavior that causes or gives the desired result.
- What other behavior that is not harmful to my body, mind and soul, may cause a relaxed feeling?
- Each person will answer this in their own way and when they give energy to the new answer or behavior it will grow while the other one dies out.
- The energy is changed to focus on the new behavior.
- When you value the results of something, you then place

the belief and value of energy on that to make it grow whether it is positive or negative for your life.

Energy does not have a conscious or judgment; it just follows the path you guide it to.

- Where are you guiding your energy?
- Are the results what you desired?

Focusing on beliefs, help us focus on what we believe. Many of us used to believe in our imagination and get excited about what we created in our minds eye (3rd Chakra), and believed it to come true. Then outside programming or a virus, if you will, comes along and shuts us down from imagining and believing whatever is imagined can come to pass. The virus can be from us or others saying “that is not possible” or “you’re not worth it.” Our own self-esteem gets in the way and the imagination shuts down and we are left with a dark reality. Believing in what you imagine again, for most, takes baby steps, we imagine small to see if that comes true. When that comes true, then we imagine bigger each time and our imagination begins to create a new life for us again, because we are placing our energies back into the imagination of what we desire. If no one had the desire to keep their carpet clean, I doubt anyone would have imagined a vacuum cleaner.

Desiring without action is useless. It is to stay in a fantasy state, which many today call their imagination state.

- The difference is the fantasy state stays there because no

or not enough energy (action) is placed into it.

- The virus of the negatives, thought patterns, habits, or other people, takes away from the positive energy that you need to make it come to pass.
- Hence, it stays in the fantasy or unreal state.
- Let's shift gears and go to the imagination state again. Here is where imagination and desire have to come together to create it into reality.

Believing into reality the picture, which you created in your mind's eye, has to come together by desire (energy) and new seed (belief) to grow it into reality. Using old beliefs on new ideas simply will not work.

- Are you catching on to how imagination really works for you?
- Just to imagine is not enough anymore, it has to meet with energy to build the belief of.
- For many, seeing it believes it, but they want to see the whole picture now.
- Why not see, open your awareness, to the small details that form the whole picture as it comes together?
- This awareness is what strengthens the belief! When awareness grows, belief grows. To use only faith, is to lack the energy or awareness of.

- Faith is awesome to add to imagination because it pushes us to grow outside our comfort zone without seeing with our physical eyes or senses.

How to create new beliefs is part of creating your life now, in the now, for the present is all you have.

- Note: if you are not grateful for all that you have in your life now, why would your Source, God or Energy give you more?
- Creating your new beliefs to match your imagination is really how it works for you.
- I will share with you how I do it, then go in and ask yourself, "How would I do it?"
- Start by envisioning with your imagination; seeing it, feeling it, tasting it, hearing it, and/or smelling it.
- You can also use an art or creative outlook; journal it, draw it, sing it, act it out, use whatever means to create it and use all your sense(s) to create it.
- Once you have it, start to place in the details.
- Many of us are big picture people and details are not important to us, then there are those who are just the opposite who want all the details before the big picture is built.
- Find which one you are and use the opposite, this

challenges you to focus on what you normally would not be focused on.

- Again, outside of your comfort zone causes growth.
- Now, that you have the picture (imagination) and the details, begin to ask inside “What is the first thing I need to do or be to bring this desire (imagination picture) to reality NOW?”
- Write down and do/be your steps. Do not cut corners or you will cut your picture.
- Your soul knows what is best for you at all times.
- Be grateful for the steps even when they seem overwhelming.
- The gratitude says in turn, thank you for giving me these steps and giving me the ability to do them NOW!
- Once you’re in action, you are being you.
- YOU are energy and energy is always in motion.
- BEING is using or doing the energy work. You may want to keep a journal of how long it takes for your creation or imagination picture to develop into reality. Each time it will be faster and faster and the imagination will be open to greater and greater pictures and desires in you.
- Why is this? Your belief muscle of you now believes in you much easier without much negativity or any negativity at all.

- It’s as if your conscious mind says; “Yes, I now believe you can do what you imagine or believe you can do.”
- This belief muscle is another word for manifesting what you now desire in your life.
- Why do some use their imagination and there it is now in reality? Because they believe in all of them, to create all of what they desire.

You possess the same quality, “YOU” just have to recognize you, believe you and there you will be.

Chapter 7: Imagination to Believe

1) On a scale of 1-10 how much do you use your imagination to believe? What needs to change about that number? _____

2) What belief/value are you holding onto for secondary gain? _____

3) How much energy is being focused on a negative experience, which you want to go away? What can you focus on in place of it and it will be a positive value to your journey? _____

4) How do you now use energy to let go or bring in what you desire or imagine? _____

5) What areas of your life need an increase in energy to produce more of what you desire? _____

6) Using your imagination, what dream journey do you want to create now? _____

7) In the dream, add the details, make them flexible and then start being in awareness of your dream coming to you now. What details are different than what you placed? How are they being utilized? _____

8) Journal the experience of this dream coming to you in your new reality. How was it better than you imagined? What did you learn from this dream experience you desired? _____

[illegible]

Chapter 8: Motivation of an Unlimited Belief System

Coming down to the end, you can do all I have suggested, but without motivation to have an unlimited belief system you will go backwards.

- How do I know this?
- It happens all the time.
- How many people do you know who start something with great motivation, then let the motivation fade, and they fall back into old ways?
- Here is a nugget of universal soul truth.
- You are energy and energy is always moving forward or backward, there is no such thing as a “STUCK” place.
- You will often hear people say “I am stuck, I cannot decide.”
- The truth is, if you are stuck or indecisive, your underlying belief system will decide for you or you let another make a choice for you.
- When you do that, you’ve given your power away.
- Start making a conscious decision for each choice in your life.

Motivation is the motor that moves you in the direction you desire to go.

- The problem is, some have motivation with no direction, and others have direction with no motivation.
- The purpose for motivation is to move you in the direction you desire to go.
- If you don't know where you're going, you will end up where you have already been.
- Use motivation to get out of the comfort zone, to do what you desire, and to be you.

An unlimited belief system is already inside of you. You just have to believe in it and believe in you to get you where you want to go, to do and to be.

- Once you have tapped into the unlimited belief, remember belief is energy, you will no longer be held back by the labels in your life.
- Removing the labels allows you to tap in to your unlimited belief system.
- The motivation to remove the labels may be scarce in you, because you are comfortable with your labels that define you.
- My challenge to you is to use the affirmation of "I am More Than That" after each label and feel, hear, see, taste, and/or smell the difference outside your comfort zone.
- Here is an example; you have a label of "Parent."

- First, what definition do you now give the label of "Parent?" The label means I have a child to care for, to make sure they are safe and taken care of.
- Second, go deeper with the next question of "How am I more than a "Parent?" Stay within the "Parent" label. I am compassion, love, caring, and keep going. Notice here the difference in the first and second label; one is duties and one is emotional.
- Third, ask yourself "What else am I besides a "Parent?" This is where you open yourself to new identities all at the same time, or releasing just "Parent." You become "I am," (place your name here); I am mind, body, soul, all as one. Each part of you, you place here adds another facet to your life.

Think of a diamond and all its angles. As you move and look at it, see how each degree of movement of the diamond shows as a new color of light? Yes, you are the diamond! When you shine as one with many facets that are not defined with one angle or label, you begin to shine in all ways always. The diamond says to us "I am diamond," we then define what that means to you. Diamond means to me, for example, clarity, riches, beauty, peace, brightness, and so on. Notice, there are no action words listed here. The purpose here is to release the duties or actions of your life that now define you.

Actions are important, however, defining yourself as actions allows room for shame, guilt and judgment. Judgment says I placed this negative value on my action, which defines who I

am; that then leads to negative thoughts and emotions around your definition of you.

- Do you understand or sense how defining you by actions align or allows for negativity in your life? Think of a famous basketball player, we as society define him by his action of skills. Then later we hear he/she is in trouble with the law. We as society, then again change our label of him and his skills as “Not good, or not who we thought/defined him as.” We then create a new negative label for him as “felon,” which in our mind is unable to relate felon (negative) to his/her skills (positive) on the court. Now there is conflict in our mind of how we view or define the basketball player. Since society operates in generals, other basketball players begin to get scrutinized and all the sudden, we as society, know each player's negative faults, which overrides their true abilities as a player. The truth is, we do this to ourselves as we do not have to be famous for ourselves and others to judge our faults. You get focused on the negatives and then you are not “good” (judgment), at being you. This is where judgment has to be released so you can be YOU. You are more than the definitions or actions of who you believe you are. The beauty in being you is you can be all of what you desire to be, once you remove the limits or definitions you currently hold. When you hold on to you as you are, you will limit you to be all you desire to be.

Letting go is a struggle for most because we come from a mindset of scarcity. The scarcity mindset says, “If I let go, I won't have, or know.” The real truth is, you have to let go to

be able to embrace more of the abundance which is all of you, without definition. When you do this you get to be “I AM,” You will then shift to the abundance mindset that says “I AM” all things I desire to be, at all times, in all ways, always. Notice, there is no definite to “I AM.” This is the beauty of unlimited beliefs, the new unlimited YOU! An abundance mindset believes there is more and more and more and it goes on and on or into infinity.

My gift to you in reading this book is to allow you to begin to grasp what “infinite abundance” in all areas of your life, in all ways, means to you.

The golden nugget is to know your mind will skip over what it does not understand. So, instead of having a concrete definition of who you think you are, you get the gift of redefining “infinite abundance” or “YOU” each day, which is the present. Staying in the present is the gift. Many are still in the past or way out in the future. This is taking away the gift of life, because you cannot change the past and are not promised the future, let alone the next moment in your life. Gratitude and awareness of the present will place you in your abundance state of mind, body and soul. Remember, how you define you in the moment, is the same way others will define you.

Perception is projection, so perceive you as “Infinite Abundance” and others will too. Hope you caught the action step within this, if not, I will give it to you in simple terms. Yes, you do have to create a definition of you (action), so your conscious mind can understand what its purpose is to make your definition happen or project (energy) to the world.

However, do not stop at one definition. Keep growing it in each moment to be more than the definition before until you just “BE” You and all actions/desires are just Being YOU.

When you now see, feel, taste, and/or smell, “IAM” or “Infinite Abundance Me” you have just opened up your Sixth Sense of intuition or inner knowing even greater than before. You are now ready to create YOU from the inside out. Wow, that was a process having to let go of the outside world’s definitions of you, which you have accepted over your lifetime. Now you are able to go inside and create “YOU” to share, tell or project to the outside world by saying “I AM.”

The power is in you, go create you now!

Chapter 8: Unlimited Beliefs

1) What does “Motivation” mean to you? _____

2) What is the emotional attachment you have with Motivation? _____

3) What areas of your belief system are limiting you now? What is the degree of motivational emotion you now have to change the limits of your belief system? _____

4) How does using “I am” or the experience “Is more than that” change your perspective and unleash a new belief or perspective? _____

5) How do you know when you are motivated? _____

6) What actions do you think of when you think of being motivated? _____

7) What's the difference in your perspective of being motivated and being busy? _____

8) Journal the new belief system you are now starting to utilize and how the differences are positive in your new perspective.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. In the background, there is a faint, grayscale image of trees, possibly a forest or park setting, which is visible through the paper. The overall appearance is that of a clean, unused piece of stationery.