

# ***Vision To Results Masterclass***

*“There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium and will be lost.” ~ Martha Graham*



## Introduction

*“The biggest adventure you can ever take is to live the life of your dreams.”*

~ Oprah Winfrey

Welcome to the “Vision to Results” Masterclass and congratulations on deciding for You and an even greater version of Your life and expression in the world!

Over the course of the next 12 weeks, you will learn how to deepen your relationship with the most powerful part inside of yourself – your True Self and live more and more from that place of power within.

However clear you are on the life you long to create, know that you are in the right place.

At this place, I’d like to give full credit to the DreamBuilder system that is embedded in my “Vision to Results” program. The DreamBuilder System was developed by one of my main mentors, Mary Morrissey, who tested and proved the principles and tools that are contained in “Vision to Results” by working with thousands of people. This process is available to you now and I merged it with the wisdom and techniques of transformation I have gathered and created over my own journey as a modern medicine woman and transformational coach and teacher over the many years of my practice. I am thrilled for what is in store for your future because this works if you work it.

The underlying principle of this work is this:

What is within you is far greater than anything that is in your surroundings, and your history does not need to determine your destiny, unless you decide that it does.

This principle is true because, as you will learn, your capacity to create is unlimited. Your imagination is infinite by nature and you can create in your mind

whatever life you would love to live. Learning how to use the full power of your imagination and your other mental faculties to manifest your dreams, grow in your awareness and step into your full power is what this program is about.

The “Vision to Results” Masterclass has three distinct phases – Blueprinting, Bridging, and Building – and each phase has a few steps for you to take:

### Blueprinting

- Discovering your dream.
- Learning to listen for and identify your longing and discontent.
- Writing a list of what you would love more of and what you would love less of in your life.
- Designing and testing your dream.
- Creating a written blueprint of a life you would love living in all four domains of life: Health & Well-Being, Relationships, Vocation and Time & Money Freedom.
- Testing your dream with five specific questions to determine if your dream is worthy of you.
- Increasing your sense of deserving of your dream.
- Redefining your sense of deserving of your dream.
- Increasing the amount of good you will allow in your life.

### Bridging

- Befriending your fear.
- Learning the source and meaning of fear.
- Discovering that transformation of fear has nothing to do with eliminating fear completely.
- Acting in your own best interest even when afraid.

- Welcoming a greater flow of abundance.
- Developing a higher awareness of the ever-present abundance that is in the universe.
- Learning to work in harmony with the Law of Circulation by giving generously.
- Practicing forgiveness.
- Releasing long held resentments and deep hurts to free up your energy to create your dream.

### Building

- Listening to the still small voice.
- Learning to recognize the voice of inspired insight.
- Activating more awareness and answers through the art of asking empowering questions.
- Harnessing the power of believing.
- Understanding the definition and power of a true partner in believing.
- Deciding to create at least one true partner in believing.
- Creating a support system between you and your partner in believing.
- Turning failure into feedback.
- Discovering the purpose of what is commonly called “failure.”
- Learning to turn any failure from a stumbling block into a powerful stepping stone.

### Harvesting your dream

Discovering that the real gift of building your dream is way more than the dream you called into being. The real gift is who you became in the process.

As you go through the three phases of the “Vision to Results” Masterclass, many ideas will come your way. Make a decision right now to take action on your ideas because that is how real transformation occurs.

You have already put your stake in the ground by saying YES to this program, so now put another stake in the ground by saying YES to your dreams. Get ready to transform your life and the lives of others.

## WEEK 1

### Lesson 1:

#### What Is Within You Is Greater Than Anything Outside of You

*“Our life always expresses the result of our dominant thoughts.”*

Soren Kierkegaard

Sometimes in our lives we are disconnected from our dreams and we treat them more like fantasies that will never really come true. We may have tried many times and failed to make our dreams a reality, just to give up once again. We may have yet to even attempt to manifest our dreams because of the fears, doubts, and worries that stand in our way.

What if we shifted our thinking, connected with our dreams, and began to accept these thoughts and ideas as viable possibilities for our lives? Consider how different our lives would be if we believed in ourselves more and lived our dreams by refusing to give up.

Would you be in the best shape in your life, feeling happy and healthy in your body and mind? Would your relationships with your loved ones be deep, meaningful and fulfilling? Would you be running that business you have always wanted to open, writing the book you have had in your heart for years, or working at your dream job enjoying every minute of the day? Would you never have to worry about money again because of the immense financial freedom you created for yourself and your family? Would you be travelling the world in your free time, relaxing on the beach, or taking road trips to discover new places?

Give yourself space to imagine the possibilities of what you would love for every area of your life, no matter what your current circumstances are.

Recall how baby elephants are trained in India – as an infant, their leg is bound by

rope which is to a stake in the ground. At this stage of development, they cannot break free from the rope around their leg, so eventually they give up trying. Later in life, when they are fully grown, they do have the capacity to break free of the ropes that bind them, but they are conditioned to believe more in the power of the constraint. These adult elephants do have the capacity to break free, but they are not AWARE of their power. Similarly, we all have the capacity to break free of the conditions in our life that are not in alignment with our dream. All we have to do is become aware of our true power.

Begin the process of re-training your mind today! If age, gender, time, money, education and experience were not restrictions, what would you really love to do, be, have, give, or create?

As you begin to explore the life you would love to live, thoughts of how it will happen may surface. However, just for right now, suspend the need to know how it will all work out. This is the blueprinting phase, so give your full focus to discovering and then shaping your dream. You do not have to know how it will all work out yet, so just turn your attention toward what you would love.

In this first lesson, you learned to keep a corner of your mind open to the possibility that there is so much more in you and for you than you have known. Now as you are expanding your dream, keep a corner of your mind open to this possibility: all that you have dreamed of already and all that you have yet to dream can in fact be your future reality.

### Exercise One

Everything is created twice; first in thought and then in form. So, take a moment to think of what your ideal life would look like. Allow your imagination to come alive as you picture in vivid detail what you would love.

Then write down whatever comes to your mind no matter how impossible it may appear or how different it is from your current reality. Do not worry about the “how”, for now, we are going to put the ‘how’ on ‘hold’ and release any limitations while allowing yourself to dream as freely as you can!

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Exercise Two

Do you know anyone in your life who is affected by toxic thoughts on a regular basis? It could be the person who gets sick often or the person who complains of being tired and drained. Or someone who is consistently negative about anything and everything. Sometimes, we can relate these symptoms to what they have been thinking, so write down three people whose results in life are being affected by their negative thinking and how this affects others around them.

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### Exercise Three

Have you ever noticed yourself being affected by toxic thoughts? Could it be possible that the people you mentioned in exercise two are an influence to your thinking? With this in mind, write down three steps a person can take to transform their toxic thinking to thoughts that can create a happier and healthier life (ex. one step that a person can take is to move their thoughts to a place of gratitude).

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#### Exercise Four

Remember, everything is created twice.

Can you identify times in your life when your thoughts affected your physical being?

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### Exercise Five

We have seen some amazing accomplishments in the past 100+ years. We have put men and women into space. Mother Teresa started charitable organizations in over 123 countries in just one lifetime. The first African American President of the United States was inaugurated in 2009. People of all different socioeconomic areas have continued to achieve what many would see as impossible. They continue to raise the bar. There is no limit on how big an idea can become. In light of all of these tremendous feats, what causes us to shelve our own dreams and accept our circumstances as the defining factor for our lives? The answer is the limiting beliefs that we create from our internal voice of judgment.

Identify three limiting beliefs that you are currently holding onto that prevent you from manifesting your full potential (ex. I lack a formal education and because of that I cannot succeed). Then identify what would be the opposite that would support you in your dream (ex. because I did not spend four years in college, I have gained many life experiences that have given me the knowledge to succeed).

Limiting Beliefs ---- Supporting Beliefs

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Exercise Six

Close this lesson today by listing five things you would love to do, be, have, give, or create if age, gender, time, money, education and experience were not restrictions.

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*“What you want to do and what you can do, is limited only by what you can dream.”* Mike Melville

## Lesson 2

### Defining What You Would Really Love

*“Develop your imagination – you can use it to create in your mind what you hope to create in your life.” Stephen Covey*

This lesson is all about deciding for a dream. The problem many people have is that they want to make sure their dream is absolutely perfect before they act on it. Procrastination then kicks in. Sometimes we get so caught up in the very idea of thinking differently that we freeze and revert back to what we know is most comfortable. This comfort zone is not where we truly want to be and, if we are honest with ourselves, it is probably not even that comfortable!

Making the decision to dream big can be a daunting task for many and can quickly become a prison. The truth is that we do not get to NOT create; if we live another 365 days, we will create another year of life. This life will either be created out of the design we choose, or it will be created out of default through our old pattern of thinking. So, it would be for our greatest benefit to decide for a possible life we would love to live.

Remember, your dreams speak to you in two ways, first through your longing and secondly through your discontent. It is actually a good sign if you are feeling discontent, or if you find yourself wondering, “Is this all there is?” This is life speaking to you because life is always seeking a freer, fuller, more expanded expression of itself by means of you. You are a part of life, so honor these callings.

When you pay attention to your longing and discontent, they will help you shape your dream. Allow yourself to pause, take a deep breath, and explore what it is that life is saying to you. Then open up to imagining what you would love and picture yourself living that life. Remember, it is possible to be grateful for all the good you already do have and still long for more.

Begin to let these images of what you would love shape themselves at first in the chamber of your own thinking, and then the important thing is that you will write down your dream. There is scientific evidence that proves there is amplified power towards a dream when you actually write it down. In order to build your dream, just like building a new house, you first need a blueprint. Writing down your ideas and images of what you would love is the blueprint you will use to create your dream.

You can always work with the process to shape a higher order dream as you move along, but make sure you have written down something that you would love to:

- Be
- Do
- Have
- Experience
- Create

Once you dream and write down what you would love, your human nature will try to dissuade you that you do not know HOW to do it. It is not your business to know how just yet! That is the Universe's business. Just like it is not your business to tell a corn seed to become a corn stalk. Your job is to select good seed, nurture the soil and water it. A field can only grow based on the seeds that are in it, so plant great thought seeds today in the field of your mind.

### Exercise One

We are creatures of habit – most of the time we take the same route to the store, we shower in a certain order, and we manage our daily activities in the same way every day. Did you relate to the story of the fisherman and his belief that he was limited to only catching a certain size of fish to fit in his frying pan?

What are five habits you know you express each day that are not in harmony with the dream you have for yourself?

How are these habits limiting you?

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## Exercise Two

If we live another 12 months, each of us will have a total of 525,600 minutes to live. Regardless of who you are, if you live another year of life, you will have the same amount of minutes as your neighbor, your successful friend, and even the person you admire the most.

Since we all have the same amount of time, investing your time effectively in what you would love to do is the first step in release any limiting habits. List five things you would love to invest your time in, and list five outcomes you would love to receive from your new investments.

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### Exercise Three

Your dreams speak to you in two ways; first through your longing, and second through your discontent. If you are longing for something more or if you are feeling discontent, this is actually life seeking to express itself in a freer, fuller way through you.

So, take a moment to identify both your longing and your discontent in each domain of life.

| Domain of Life       | Longing | Discontent |
|----------------------|---------|------------|
| Health & Well-Being  |         |            |
| Relationships        |         |            |
| Vocation             |         |            |
| Time & Money Freedom |         |            |

Exercise Four

Now that you have touched on your longing and your discontent, describe what you would love in each of these domains of life if there were no obstacles in your way to achieving them. What are some possible answers or solutions to your longing and discontent in each domain of life? (Do not be discouraged if you do not know any yet.)

Health & Wellbeing

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Love & Relationships

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Vocation

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## Time & Money Freedom

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### Exercise Five

Consider someone very close to you: a spouse, friend, relative or child. When we look at those close to us, it becomes very obvious what they long for and what they are discontent about. Write down the names of five people and list what they long for and what they are discontent about. Do you find those same longings and discontents in yourself?

Name. Why they are discontent? Are my longings or discontents similar?

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## Exercise Six

Most of us have believed that we need the right education, income and body image to ensure the predefined perception of success. Some of these limiting beliefs are programmed into us at a very early age by our family and friends. Other limiting beliefs are acquired throughout our lives by our co-workers and the media. Regardless of the source, what common beliefs have you seen expressed by the people whom you interact with that perhaps you now question as limiting, or not in harmony, with your dreams? List three.

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## Exercise Seven

Close this lesson today by listing five things you would love to do, be, have, give, or create if age, gender, time, money, education and experience were not restrictions.

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3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*“Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it.” Johann von Goethe*

## WEEK 2

### Lesson 3:

#### Discovering Whether Your Dream Is Right for You

*“The very best thing you can do for the whole world is to make the most of yourself.”* Wallace Wattles

In this lesson, you will go through the process of testing whether your dream is worthy of your life. In order to do that, you have to decide for a dream or a possible future for your life. Remember, we do not get to NOT create a life. If we keep breathing another 365 days, we will create another year of life. Geoffrey Avert said that “The most important thing about having a goal is having one.” The same goes for your dream. So, at least make up a possible life; something that you would love to experience or be or do or give or express.

Once we decide for a dream, then it is time to test it. The reason we test our dream is to determine if the dream we put our energy into is worthy of us. The way to determine if your dream is worthy of you is to make sure that it:

- Gives you life
- Is in alignment with your core values
- Requires that you grow
- Is one that you need help from a higher power to create
- Has some good in it for others

The first criteria to determine if your dream is worthy of you is to notice if it gives you life. This means that when you imagine living this dream life, you feel more alive. Your life force will never lie to you. So, if you imaginably move into your vision and you feel containment or constriction, then it is not your dream. Your dream will be for a more expansive life and the forms of that will be unique to you. The specific way that your dream is expressed is as unique as your thumbprint, but that your dream gives you more life, is universal. If you are happier and more fulfilled as you imaginably live this life, then this dream is worthy of you.

Next, your dream is only worthy of you if it is in alignment with your core values. Your real dream will never ask you to be out of alignment, or to mute or to sacrifice your authentic core values. When your dream is in alignment with everything you care about, your commitment to manifesting it in your reality will be stronger than ever before. Furthermore, the happiness and fulfillment you will experience when you manifest your dream will be worth everything you gave to receive it.

As you continue to test your dream, the third determining factor of whether your dream is worthy of you is if your dream requires that you grow. The Talmud says, "Every blade of grass has an angel leaning over it whispering, 'Grow, grow, grow.'" Life is all about growth; it seeks to expand through every outlet and since you are a part of life, that same pull of "becoming" is in you. So, your dream is going to require that you step into a larger dimension of yourself.

The fourth requirement is that you need help from a higher power to create your dream. By definition, a dream is something that is beyond your knowing of how to bring it about. If you already knew how to bring your vision about, then you would already be living that life! Your dream comes from the pull of the discovery of your authentic self, and part of that is exploring the unknown aspects of really who you are. So, in order to find out what you are truly capable of, you have to allow your dream to build you, not just you build the dream.

Finally, your dream must have some good in it for others because the Universe cares very much about experiencing a fuller, freer, more expanded life through everyone, not just you. We are all connected. There is one presence, one life, one "UNI-verse." So, your dream, in order to have the full support of the Universe,

must in some way make a difference for good in the world.

In essence, we are asking ourselves, “Is this really the life I want to live?” We only have one life to live and we are not promised tomorrow; all we have is today and the present moment. The blessing we have is the ability to choose how we invest our time and what we invest our energy into today. So, choose a dream and test its worthiness of your life.

### Exercise One

In order to be able to go through the exercises in this section, you will need to be very clear on what is important to you. If your dream is out of alignment with what truly matters to you, there is a high possibility of being derailed off course. In addition, even if you stay the course and achieve what you set out to do, you may find that it was not worth all of the effort and sacrifice. So, take a minute to write down some of your core values. An example may be “my family is an important part of my life and my dream must align with maintaining strong relationships with my spouse and children.”

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### Exercise Two

Now it is time to decide for a dream. What would you love to be, do, create, express, and experience? The vast majority of people cannot answer that question. They really do not know what they want. Even if they do know what they want, they determine their dream for their future by looking at their past



## Exercise Two

At this point, you have decided for a dream. Now it is time to test it to see if the dream is worthy of you! Write down the answers to the following questions to test your dream. Write down why you are giving each question a yes or no. Remember, you are not asking, "Am I worthy of this dream?" You are asking, "Is this dream worthy of me trading my life for the building of that dream?"

|  |        |
|--|--------|
| Does my dream give me life?                                | Yes/No |
| Does my dream align with my core values?                   | Yes/No |
| Is my dream going to require me to grow?                   | Yes/No |
| Do I need help from a higher power to accomplish my dream? | Yes/No |
| Is there some good in my dream for others?                 | Yes/No |

If you can answer yes to all of the five questions above, then this dream is worthy of you moving toward it.

If your dream did not pass the five-point test, then go back to the dream chamber because there is a dream for you! It is just that the discovery of it is not yet complete.

## Exercise Three

After putting your dream to the test, is it EXACTLY as you would love it to be? Are there aspects of your dream that need to be changed or expanded? How can you alter your dream to align with all of the questions listed above?

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### Exercise Six

Close this lesson today by listing five things you would love to do, be, have, give, or create if age, gender, time, money, education and experience were not restrictions.

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5. \_\_\_\_\_

*“Make yourself so happy, that by looking at you, other people become happy.”* Yogi Bhajan

## WEEK 3

### Lesson 4:

#### **Perception: Shifting Yours So You Are Ready for Change**

*“You are never given a dream without also being given the power to make it true.”*

Richard Bach

You now have a dream – you have written it down, tested it, and decided for it. The next step in your journey is to fully realize why you are worthy of your dream and why you do deserve to live a life you absolutely love living. This realization will come when you shift your perception of yourself and improve your self-image, which is what this lesson is about.

One of the most reliable ways to improve your self-image and increase your sense of deserving of your dream is by releasing patterns of thinking or behavior that are not in harmony with the image of the life you want to live. Most of us have perceptions about ourselves that are limiting and create in us a sense of doubt about the possibilities for our life. However, the truth is that we have access to the mind of the Infinite, in which there are no limitations and all things are possible. Working with this Infinite mind, we absolutely can release these limiting paradigms to live a life we love.

Simply put, paradigms are a multitude of habits or patterns of thought and behavior. They are the habits that protect the status quo, the mindsets that make positive change feel uncomfortable, and the fears that say we might fail if we try. Since we are human, we all have paradigms that are limiting the expression of our full potential and it is often experienced as two opposing forces. One part of us that wants to live a freer, fuller, more expansive life is opposed by another part of us that wants to stay in our comfort zone.

What we are familiar with is commonly called our comfort zone, even when it is uncomfortable, because we have known that ‘life’ for so long. We often endure the discomfort of our current circumstances because of the fear that comes with changing them. This fear could stem from previous failures, ingrained beliefs about our potential, or an improper use of imagination. When we extend our imagination beyond our current circumstances, when we truly dream, our paradigm will most likely present false evidence of why we cannot live a life we would love.

In order to overcome these limiting paradigms, we need to grow a larger sense of deserving for our dream. This sense of deserving does not come from what we have or have not done in our past; it comes from the infinite potential that is within each one of us. Identifying with our innate potential is how we begin to shift our sense of self from our past to our higher Self and who we truly can become.

When we are introduced to this idea that we are way more than we thought ourselves to be, at first, we may dismiss this information, but then eventually we have our own small roar of awakening. By “awakening our roar” and shifting our sense of self, we can move confidently through the process of building a dream.

### Exercise One

Paying attention to your longing and discontent will develop streams of information into your conscious mind. These streams of information allow you to have access to a more expanded expression of yourself. As you welcome in these new ideas of how you would love to express your authentic self, you will find that you come closer and closer to your true purpose.

Connect with your dream and then write down what you believe is your soul’s purpose.





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#### Exercise Four

Our thought patterns and behaviors may not always be in harmony with the life we would love to live. Sometimes we are focused on lack and limitation, yet we long for abundance; we hold thoughts of resentment when we desire to have more love; or maybe we conduct ourselves in a mental, emotional, or physical way that is out of harmony with the picture of how we would love our life to be.

Identify five of your thought patterns or behaviors that are in direct conflict with the life you would love to live.

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#### Exercise Five

The journey of our life unfolds into a story that we tell ourselves and becomes our truth. This journey has defining moments that we could call “chapters” within our own story. We have been gifted with the ability to create our story and the ability to determine the meaning of our story. Can you see it as a story that means empowerment, courage, self-reliance, sacrifice or compassion? What is a chapter title in your life that you would love to give new meaning to?

List the title and write your new meaning.

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Exercise Six

Close this lesson today by listing five things you would love to do, be, have, give, or create if age, gender, time, money, education and experience were not restrictions.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
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- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

*“Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens.”* John Homer Miller

Lesson 5:

**Laying Claim to Your Sense of Deserving**

*“Your present circumstances do not determine where you can go; they merely determine where you start.” Nido Qubein*

Throughout our lives, we have all had some experiences that caused us to question our own self-worth. If we hold onto these past events, whether it was a failed relationship, a crushing defeat in business, or a childhood trauma that left us feeling empty, we will be out of touch with the dream we say we would love for our life.

The truth is that no matter what has happened in your past, you are still deserving of all the good you could possibly imagine. In fact, you cannot be any more deserving than you are now! You did not create yourself and you are part of life expressing itself in ever more expansive ways. The very concept of you is sourced from the mind of the Infinite, so you are worthy of all good that is possible. However, this does not make you feel deserving; you must cultivate that feeling yourself.

Creating the sense of deserving that is required to build your dream begins by recognizing that you cannot change what has happened in your past. You cannot go back and change the circumstances you have experienced, but you absolutely can change your relationship to those circumstances. You can create a new meaning for your past, so that your attention and focus can be directed constructively toward building your dream today.

As you come to understand that your past does not have to determine your future, you are going to gain the ability to easily make a shift in your perception and easily make a shift in the frequency of your thoughts. We are sending out energy all the time that is in harmony with the images we are holding. So, if you send out energy that says, “I deserve the dreams that are in my heart, not because of anything I have done, but because of who I am”, then you are able to receive your dreams much more fully.

These shifts will become as easy as changing your TV channel from CNN to the

Nature channel or Discovery channel. If you are holding the remote control and you are no longer interested in the drama that is going on in the world, you have the ability to shift the frequency of your TV to something that is way more interesting to you. As easily as you shift the frequency that changes the channel on your TV, you have the ability to shift the frequency of your thoughts.

In physics, we know that everything is energy and all energy vibrates. Every vibration has a specific frequency to it that feels expansive or contractive. By shifting your thoughts to gratitude, rather than rehearsing the pain of your past, you will begin to harmonize with the vibrational frequency of abundance and expansiveness. Gratitude is actually on the frequency that is harmonious with abundance, so as you shift your thoughts to gratitude, you will be able to receive an abundance of ideas that will move you closer to your dream.

In this lesson, you will have the opportunity to release any preconceived beliefs of yourself based on your past that are incoherent with the life you would love to live. You release these limiting beliefs by “changing the channel” in your thinking, so that you can live within a feeling of deserving your dream. Remember, you are deserving because of your divine birthright, but there is a difference between being deserving and feeling deserving. By learning how to accept yourself and move into a vibration of gratitude, you will begin to attract the good your mind and heart desires.

### Exercise One

By moving out of a vibration of gratitude, we move into a vibration of lack and limitation. We sabotage what is good in our life because deep down we really do not believe that this is what we deserve. List five things that you have sabotaged, or were close to sabotaging, due to your lack of belief that you are deserving (ex. a relationship or great job).

If you were close to sabotaging some good in your life, but didn't, then write down what you believe helped you in releasing that self- sabotage.

1. \_\_\_\_\_  
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3. \_\_\_\_\_  
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4. \_\_\_\_\_  
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5. \_\_\_\_\_  
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### Exercise Two

Gratitude is an active, powerful, spiritual practice. Being grateful in even the most difficult situations shifts our perspective and allows us to see and experience things differently. Consider the story of Linda and her mentally ill mother. Linda was able to see beyond her mother's illness and be grateful in the opportunity to care for her mother in whatever capacity her mother would allow.

List five things that you are or would like to be grateful in.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Exercise Three

When we are building a dream, we have to remember that our dream lives in the realm of possibilities. If we allow our inner voices of doubt to challenge and then convince us that we are not worthy or deserving of our dream, we forfeit our power to bring forth the life that we would love to live. The good news is that it does not have to be this way! One of the key principles in manifesting our dream is cultivating the awareness that we are deserving of all the good life has to offer.

List five reasons why you deserve to have this dream that you are in the process of creating.

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2. \_\_\_\_\_
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Exercise Five

Close this lesson today by listing five things you would love to do, be, have, give, or create if age, gender, time, money, education and experience were not restrictions.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

*“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity.”* Melody Beattie

## WEEK 4

### Lesson 6:

#### Befriending Your Fear

*“Fears are nothing more than a state of mind.”* Napoleon Hill

Up to this point, you have identified your dream, written it down, tested its worthiness, decided for it, and acknowledged that you do deserve your dream because life itself deemed you worthy. The next step is to allow this dream to flourish by creating the internal environment necessary for its growth. It may surprise you, but the internal environment that is necessary for your dream to expand in actually includes fear.

The truth is that we all have fears, worries and doubts in our life. In fact, it is impossible to not have some fear in life, because fear is the border of the reality we currently know. It is the edge of our comfort zone and only by facing our fears can we move past them to create the life we would love to live.

Fear is like a weed that can choke out the life of a growing plant. The growing plant is our growing dream, but like a weed, fear never fully goes away. As you continue your journey building your dreams, know that it is normal to encounter fear. The greatest change agents and creators in the world have all been afraid. People who are never afraid are always staying in their comfort zones, and no dream ever comes true there. By virtue of sticking with this course thus far, you are already moving out of your comfort zone.

So, fear is the border of the reality that know up until now, but our dream is a life that is beyond that border. As we encounter this border, our fear will say things like, “I am going to make sure you do not lose your money again” or “I am going to make sure you never get your heart broken again” or “I am going to make sure

nobody ever takes advantage of you again". When fear comes knocking, it is usually in disguise.

Most people listen to their fear as a sign that they should stop. They listen to its reasoning and believe that they cannot have their dream. What most people do not realize is that the source of their strength cannot be removed by any fear. The source of who we are is always with us, but the key is that it has to work through us. The Universe can only do for us what it can do through us. We are the ones who have to make a shift in our own awareness and perception to connect with this higher power.

When you realize that you are connected to the infinite presence that has created and sustained the entire Universe, you can then put fear in its rightful place. Instead of allowing fear to drive your thoughts, feelings, and actions, you can learn how to befriend your fear, so that it is not in the driver's seat.

In this lesson, you will have the opportunity to first recognize and honor fear's presence. Once you acknowledge your fear, you can move past it by simply shifting your focus to your dream and doing what you can with what you have from where you are.

### Exercise One

We do not always succeed with our first attempt in something. Sometimes we must try again and again several times before making a breakthrough. Other times we must actually shift our course in order to take steps in the direction of our dream. No matter what though, every time we try again or create a different path, we will come up against fear.

Write down an instance where you started something and did not finish because of fear.

Then write down how you could have tried again or changed your action steps to achieve that dream.



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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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### Exercise Three

I shared with you the story of the man with an olfactory dysfunction, which means he had no sense of smell. After having the first of the two surgeries needed to fix this problem, he temporarily regained his sense of smell and unfortunately encountered a smelly skunk. He refused to complete the second surgery to return his sense of smell permanently because of this one unpleasant experience. His fear held him back from smelling all the beautiful fragrances in the world for the rest of his life. Allowing one bad experience to hinder us from enjoying all the good life has to offer is often a mistake made out of fear.

Now that you identified some of your fears in Exercise Two, write down one positive experience you would miss out on should you choose to allow those fears to control your life. For example, if you have a fear of being hurt in relationships, then you might miss out on the love that you could be receiving from others.

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*“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.”* Anais Nin

Lesson 7:

### **Overcoming Fear with Faith**

*“Thinking will not overcome fear, but action will.”* W. Clement Stone

In the previous lesson, you learned that fear is just the border of the reality you currently know. Now that you understand the inevitability of fear being in your life as you move toward your dream, you will discover how to handle your fear so it does not hold you back.

The key point of the entire lesson is this: What we give our attention to, the Universe reads as our intention. Our attention is where we direct our thoughts, which then determine the vibration we are in, and that vibration is how the Universe determines what to bring our way. Through our vibration, we are given

exactly what is in harmony with that vibration.

If you ever want to know what vibration you are in, just notice how you are feeling. Our feelings are our conscious awareness of the vibration we are in, which is created by the thoughts that we think. For example, if we think an embarrassing thought or remember an embarrassing experience from our past, then most likely our face will turn red and we will create the feeling of being embarrassed.

So, if we keep our thoughts and attention on all the many obstacles or challenges in our path to our dream, then what we create within us is a vibration of fear. A common fear that arises when building a dream is the fear of falling short of what we set out to accomplish. Once we dream a great dream and affirm that we deserve what we desire, sometimes what follows is the worry that it will never become part of our reality. This fear is intensified if we actually experience a mistake or a failure along the way.

First, know that mistakes and failures are just another part of life that we will all experience sooner or later. Even Thomas Edison said this about his inventions: “I have not failed. I have just found 10,000 ways that will not work.” So, embrace having a mistake or failure because that is just evidence that you are taking action and moving closer to your dream!

Second, when we shift our attention away from this fear and onto our dream, the vibration we create is one of growth, expansion, and possibility. Learning to manage the energy that we give to fear allows us to redirect that same energy towards creating our dream. So, feed your faith and starve your fear by keeping your attention fixed on your dream.

To begin this learning, try out this experiment: For the next twenty-four hours, consciously pay attention to what you are paying attention to – notice what you are noticing. If you notice your attention is turned toward a fear, doubt, or worry, then consciously return your attention to the truth that you are part of something that is way bigger than any circumstance or situation that might stop you. You are a part of this infinite presence that we call life; it is everywhere and it knows all things. As long as you keep your attention on this truth, the truth will set you free. As you practice this more and more, you will learn to invest more of your energy

into life giving thinking, rather than fearful or life diminishing thinking.

Exercise One

Our “failures” on life give us an opportunity to learn to keep our attention on faith rather than fear, so do not be afraid of making a mistake. Be more afraid of staying stuck in your paradigms and constricted life!

List five experiences you have had where you chose not to continue due to failure. And write down what do you think might have happened if you tried again?

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- 5. \_\_\_\_\_  
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Exercise Two

You learned how Bernie Segal spent his life researching exceptional cancer patients who beat the odds of their prognosis. He was curious to find out if there was a common factor in what they were doing that kept them alive when the majority of people with the same illness were succumbing to the predicted outcome. His findings showed that the people who overcame these difficult situations did not deny the fact of their prognosis; they denied the power the prognosis had over their lives.

Cultivate this quality of resilience by listing five situations in your life where you beat the odds and describe why you feel you came out victorious.

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### Exercise Three

Thoughts of fear shift the vibration that we are in and often block our ability for us to see our possibilities. This negative vibration holds us back from taking the necessary steps to move in the direction of our dream. If you were to make the shift from fear to faith, what would be the five action steps you would take in the direction of your dream?

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### Exercise Four

Your attention magnifies that which you focus on because thoughts held in mind reproduce after their kind. With this power, you are either feeding your fear by focusing on an obstacle, or feeding your faith by focusing on your dream. By

consciously choosing to direct your attention to your dream, you starve your fear and feed your faith. Practice feeding your faith right now by directing your attention towards your dream.

Choose three parts of the life you would love to live that you will make a conscious decision to focus on today.

- 1. \_\_\_\_\_  
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- 2. \_\_\_\_\_  
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- 3. \_\_\_\_\_  
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Exercise Five

In order to live the life of your dreams, you must first be willing to become the person who is living that life. By focusing on who you have to be in order to live your dream, your next steps will begin to reveal themselves.

Take a challenging situation you are currently facing in your life and ask yourself, "If I absolutely believed that this could all work out, then what would I think right now and what would I do?"

Write your answer below.



2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*“Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy.”*

Dale Carnegie

## WEEK 5

### Lesson 8:

#### Turning a Sense of Lack into the Recognition of Abundance

*“Abundance is not something we acquire. It is something we tune into.”*

Wayne Dyer

The Universe, by nature, is abundant; the evidence being the countless planets, stars, solar systems, and galaxies within it. The scarcity that we experience on Earth is caused by a lack of awareness and a lack of distribution of this ever-present abundance.

This lack of awareness and distribution causes the major dominant broadcast on planet Earth to be a frequency of fear, competition, and limitation. We can see the results of this by what is shared on the news, by what is printed in the newspaper, and by what type of conversations are being held about current events. This is the general tone, but all the while we have access to the Universe’s generosity through the power of our mind.

Since we are all a part of this Infinite power and presence, then by our nature we have access to this richness at any given time. Remember, energy flows where attention goes, so our experience of this overflowing good in the Universe depends on where we put our attention. Wherever we direct our attention, our energy goes. Wherever our energy goes, we will be abundant in that energy, no matter if that energy is expansive or contractive. So, our ability to shift our attention creates our perception and our perception is what determines our experience.

For example, if we are in a bad mood, we can walk into a room and only see what looks wrong to us. We may judge what is wrong with the color scheme, the

arrangement of the furniture, or even the temperature of the room. However, if we go into that same room when we are in a good mood, then we will notice all the wonderful things. We may appreciate the beautiful fragrance the room is filled with, the soft lighting that is just right, or the loving pictures of family and friends hanging on the wall. It is the same room, but what we experience is caused by our own perception.

Taking responsibility for your experience in life, regardless of whether that experience is expansive or contractive, is the first step to tuning into the Universe's generosity. Once you take full ownership of your experience, then you can use affirmations to communicate that you are ready for positive change. Some examples are, "My perception is powerful and I use it to see the good in the world around me" and "I am generating my experience of my current circumstances."

The key is to master the energy of a sense of lack and transform it into an awareness of being in a sea of abundance. By doing so, you will consistently bring your focus back to your dream and you can move confidently knowing that you, by your nature, are enough.

### Exercise One

Life does not happen TO us; Life happens THROUGH us. We attract what we spend our time and energy focusing on. If we focus on hurt, we will see an abundance of hurt in our lives. If we focus on wealth, we will see an abundance of wealth in our lives.

What are five things that you would love to focus on in your life?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## Exercise Four

Instead of looking at what you do not have and what is wrong with it, pause for a moment and begin mentally to accept the great blessing that your life is right now. Take the good that you do have and bless it.

What are you grateful for today?

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## Exercise Five

List three things in your past that you may have thought of in a negative way. Bless these three things by writing down a possible good that each one may bring to your life

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Lesson 9:

### **Activating the Law of Circulation Through Giving**

*“Giving is a universal opportunity. Regardless of your age, profession, religion, income bracket, and background, you have the capacity to create change.”*

Laura Arrillaga-Andressen

Circulation is an activity of energy movement and it is required for life to exist. A simple example is how we as humans require the circulation of oxygen and carbon dioxide to live. Trees take in carbon dioxide and turn it into oxygen, which we then breathe in. This comes full circle when we convert oxygen into carbon dioxide for trees to use to continue their process of living. Both giving and receiving are necessary parts in creating this life cycle.

The way the Law of Circulation works is that in order to receive more in any area

of life, we must be willing to give. For example, returning to the topic of breathing, if we want to receive more oxygen to vitalize our body and mind, we must give out what air we do have in our lungs. Only then will there be room for us to receive. This works the same if you want to receive more love, more appreciation, more money, etc.. We must give in order to receive.

However, if we want to give in any area of life, we do not need to receive first. If we think that we must first receive before we can give, then we are coming from a limited state of mind. Remember from last lesson that we are a part of an abundant Universe. Since we are a part of this abundant and generous Universe, the way to demonstrate it in our lives is by giving. You have the ability to give what you have from where you are, no matter how insignificant the amount you give may seem. Giving in any amount will open you to receiving, just as the Law of Circulation dictates.

When we give, the message we are sending to the Universe is that we are grateful for what we have – whether it is peace of mind, financial prosperity, great relationships, or anything else. As we connect with this feeling or vibration of appreciation for what we already have, we attract more of it through our gratitude, just as “like attracts like”. Through selfless giving, we receive abundance in the area of life from which we are giving.

This is the way the Law of Circulation works because in order to receive something, you must match your inner state or vibration to your desired good. Gratitude is on the frequency that is harmonious with abundance and when we give, we generate the most sincere gratitude.

Every single one of us has something to give to others. We can give of our time, our energy, our knowledge and our money. We always have something valuable to give and we must share that before we receive the more that we would love to receive. This is the first step to creating abundance in all areas of your life – find a way to give and do it regularly.

*“In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us.”* Flora Edwards

Exercise One

If you are in harmony with your dream, you will attract what is required to create the life you would love to live, or something even greater still. Do you have a picture of who you want to be, or is there someone who you admire that you can model how they live their life?

Describe how you see yourself living the life that you have imagined. Who are you being? Include your prosperity beyond money (Ex. loving spouse, academic/athletic children, dream job, large circle of friends, etc.).

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10. \_\_\_\_\_

### Exercise Three

Bring to mind the dream you designed in all four areas of life (Health & Well-Being, Vocation, Love & Relationships, Time & Money Freedom) and identify all the many things you would love to receive. Begin to circulate more of those very things right now and give whatever it is you would love to ultimately receive in your life.

Whether it is money, love, affection, approval, or anything else, list five ways you will give what you would love to receive.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

### Exercise Four

The 10% tithe principle stretches you to live at a greater level of abundant thinking, regardless of your income level. Commit to tithing or giving a percent of your income on a regular basis. Write down your plan here – include how much you will give, how often and to whom. Remember, no matter how insignificant it may seem, giving in any amount will open you to the Law of Circulation.

Amount:

How often:

To whom:

### Exercise Five

Giving and receiving applies to more than just our finances – giving and receiving includes love, praise, believing, ideas, etc.. Have you ever withheld giving to someone else or have you ever refused an offering, even if you declined politely? This can include withholding love and appreciation, or simply declining a compliment. We all do this from time to time and most often we do it unconsciously. The practice is to become aware of when we are withholding or refusing anything. Once we are aware, we can then correct our path by giving generously and receiving graciously.

List five ways you have withheld giving or rejected receiving and how you can increase in giving or receiving just that (Ex. praising your children, offering ideas, etc.).

How I have withheld giving  
or rejected receiving:

How I will increase  
giving or receiving

1. \_\_\_\_\_  
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\_\_\_\_\_  
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2. \_\_\_\_\_

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### Exercise Six

Make a commitment to give yourself six months of just focusing on expanding your giving and start right away. This will really give you the opportunity to feel what happens as you begin to move into the sense of yourself in harmony with the generosity of the Universe.

I \_\_\_\_\_ (full name) commit to giving myself six full months to focus on expanding my giving.

My first act of giving will be...

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And I will complete this giving by \_\_\_\_\_ (calendar date in the next five days).

### Exercise Seven

Close this lesson today by listing five things you would love to do, be, have, give, or create if age, gender, time, money, education and experience were not restrictions.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*“The habit of giving only enhances the desire to give.”*

Walt Whitman

## WEEK 6

### Lesson 10:

#### Liberating Yourself Through Forgiveness

*“Forgiveness is not just about the other. It is for the beauty of your soul. It is for your own capacity to fulfill your life.”* Jack Kornfield

Through working with these principles to create what we dream up and desire, we are working with the creative energy of the Universe to manifest the life we would love living. How we use and direct this energy depends on our attention. As we discussed in the last few lessons, where our attention goes our energy flows. So now, we will look at all the many ways we may misuse the power of our mind by investing energy into a resentment or by rehearsing our past. This may occur consciously or unconsciously, but we direct this life energy every moment of our lives no matter what. We will harness this energy to either create our dreams or create more of the life we have been living.

Building the life that we would love to live requires a sacrifice. This sacrifice will not require us to give up anything that we already love, but it will require us to release any thoughts or behaviors that can hold us back from our dream. There is one spiritual practice that liberates us from the constriction of these thoughts or behaviors, and that is the practice of forgiveness.

The spiritual practice of forgiveness is the gateway to our dream. Forgiveness is literally a shift in perception; giving up one limiting perception for a more expansive way of living that is in harmony with what we would love. It is usually easy to forgive small mistakes, but if there is a strong betrayal in our life then forgiveness may be a much more challenging practice.

Our long-held resentments and deep hurts are what need to be given up through forgiveness because to hold onto them takes tremendous amounts of energy. A person who holds resentment is like someone who picks up a hot coal all the

while expecting the other person to be the one who gets burned. We cannot hold a resentment and expect to live a life that we love living. We have to give up one in order to have the other.

The amount of resentful energy invested in a painful betrayal is equal to the amount of energy we will free up to create our dream if we forgive. Forgiveness frees us from being ruled by our own resentment. When we are ruled and fueled by resentment, we push our own good away from us. Remember, according to the Law of Circulation, we must give in order to receive the good that we desire. “For-giving” is one way that we give to others and to ourselves.

We must give up the negative perceptions of people and things that have hurt us in the past to properly grow our dream. Even the best dream or seed, if planted in soil that is toxic with resentment, cannot survive. Through resentment, we poison the field of our mind where our precious dream is growing. By placing our focus on a negative perception about another person or ourselves, we drain our energy that could be used to “water our dreams” so that they can grow.

Through forgiveness, we shift our perceptions and we free up our energy to be used in more positive, life-giving ways. In order to determine if you have any forgiveness work to do, just ask yourself this question, “Am I breathing?” Since the answer is yes, then you have some forgiveness work to do because no human being is perfect.

### Exercise One

Begin the practice of forgiveness by repeating this powerful affirmation several times:

“I make a commitment to experience the freedom of forgiveness. If I really want to experience forgiveness then I am willing to work with my own thoughts about how I am holding people, conditions and circumstances hostage in my own mind.”

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Exercise Two

Even though a puzzle piece may look confusing and uninviting by itself, every puzzle piece is an essential part of the whole puzzle. Write down one thing that has happened in your life which seemed bad at the time, but ended up being part of a bigger and better picture. Then write down the overall good that came from that experience.

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Exercise Three

Forgiveness allows us to be freed of the resentment that often clouds our minds and stifles our vision for our dream if we are unaware. Think of someone who has wronged you, who you have not yet truly forgiven.

List three benefits that you would see in letting go of this resentment.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Exercise Four

Think about somebody in your life who has been difficult to deal with, such as a spouse, a friend, a parent, or a co-worker. Recognize that there is work to do in terms of freeing up the energy that is now being used to hold that resentment.



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*“To err is human; to forgive, divine.”*     Alexander Pope

## WEEK 7

### Lesson 11:

#### Forgiveness: A Daily Practice

*“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”* Martin Luther King, Jr.

Forgiveness can be difficult and should not be expected to happen all at once, but in increments over time. The painful experiences of our past can be strong because we built them up in our minds from all the times we rehearsed what happened. What occurred may be what someone else has done to us, but we must learn to let go in order to be free to build our dreams. Remember, forgiveness is not for the other person, it is for ourselves.

Betrayal is one painful experience that can be particularly tough to forgive. Betrayal can create strong feelings within us and can compel us to take a stand. The stand we take and the frame of mind we respond with determines the kind of life we will live. If we choose to hold onto the resentment and keep the grudge, ultimately, we will continue to have constriction in our life. By choosing to forgive, we release being a victim and we fully harness our creative energy to manifest our dreams.

When someone plays the victim, they tell one story after another about what happened to them. A hero is someone who tells one story after another about how they transformed their unfavorable circumstances into favorable empowerments. Most of the time, this transformation occurs through forgiveness.

The opportunity here is that you can bring the power of forgiveness to a circumstance where you were betrayed or felt hurt. It does not change your past,

but it does change your present and your future.

The way forgiveness works can be explained by comparing the mind to a computer. There is only a certain amount of energy storage within the mind, so if we hold a big file full of resentment, that space is not available to be used for our dream. When you practice forgiveness, you change the way you look at things and this opens up an opportunity for you to clear out some contractive energy in your “mental computer”.

Just like clearing out old, useless files from our computer, forgiveness is the process of cleaning out old, useless energy that cannot be used to build our dreams. However, this does not happen all at once. Some “files” of resentment or hurt are substantial because of the amount of time we invested in them, or by the depth of the experience that caused the hurt. Cleaning out large files takes time and repetition, whether it be on our computer or in our mind. So, returning to the practice of forgiveness on a regular basis is how our long-held resentments can be released.

Forgiveness is not something we do just once; it is a mental and emotional cleaning to keep up with our “spiritual hygiene” on a regular basis. In this lesson, you will have the opportunity to expand on your practice of forgiveness in order to free up your life energy for your dream.

### Exercise One

In the story about Jack and his resentment toward his ex-brother-in-law, Jack took up the practice of forgiveness by first thinking loving thoughts of his son when he was young. Jack would then interject a picture of his ex-brother-in-law right after his son for the purpose of bridging the gap from anger to love. The practice is to be able to sustain and hold the frequency of loving kindness when you think of someone you still have regret or resentment with.

This practice only takes a few minutes a day for a period of time, so begin by listing five people you would love to forgive in your life.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Exercise Two

Jack’s image of his son at age five poured unconditional love into his heart.

Describe an image that you can use in this practice that generates the feelings of joy and unconditional love.

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### Exercise Three

Remember Mary's story of being in a grocery store, when the cashier exhibited unfavorable behavior that triggered statements of judgement from her to the bag clerk? In learning that the cashier was under duress about her child, Mary immediately felt compassion and was ashamed of how she was so quick to judge the cashier. Sometimes, while driving, we may yell at the other driver to hurry up, slow down, use a turn signal, stay in their lane, get a clue... Never knowing the circumstances for why the driver is behaving that way. If we had the whole story, we may find out the driver is from out of town and not familiar with the roads, etc..

Compassion requires practice. List five things you could have been more compassionate about this week.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Exercise Four

When we are in a state of rage or anger, we need to become compassionate in the situation to release that negative energy from our lives. One way to generate compassion is to assume that there is a whole story and to assume that this story gives the other person reason enough for being the way they are currently being. Forgive the other person in your mind through calmness and a warm smile.

Describe how you will behave the next time you are in a situation where you feel unjustly treated. Give details to how you will feel, look, speak, and respond to it.



Government as his sacred friend. He used the Chinese Government’s actions as a transformative agent to overcome the spirit of blame, regret and resentment. A sacred friend does not have to be an actual person either; it could be a disease, a circumstance or anything that you notice you may blame.

List three of your sacred friends.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

Exercise Six

Practice the Dalai Lama’s “loving kindness meditation.”

It begins with yourself: say, “May I truly be happy. May I live in peace. May I live in love. May I know the power of forgiveness. May I live in recognition that my life has deep meaning and good purpose.” Then move onto wishing the same for someone you deeply love.

Finally, extend it a little wider and bring some of your sacred friends that you listed in exercise five into that field of love.

Describe your experience below.

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3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

*“If you change the way you look at things, the things you look at change.”*

Wayne Dyer

## WEEK 8

### Lesson 12:

#### Listening to Your intuition

*“Intuition is a spiritual faculty and does not explain, but simply points the way.”*

Florence Scovel Shinn

Our intuition is sometimes called the inner voice or the voice for truth, and it is always ready to guide us on our path in building our dreams. We all have this “voice of inspired insight.” Gandhi said, “Everyone who wills can hear the inner voice. It is within everyone.” In order to benefit from our intuition’s guidance though, we must learn how to recognize and listen to it on a regular basis.

The voice for truth speaks to all of us every single day, but our ability to hear it depends on our willingness to listen. In other words, wisdom is available to all of us at any given time, but our access to that wisdom depends on how open we are to entertaining the ideas that come our way. Since our intuition works through our thoughts, the ideas that pop into our head may actually be the answers to the questions we have. These answers can be the steps we need to take or the pitfalls we must avoid.

However, some ideas may come from the part of ourselves that wants to stay in our comfort zone; this is not the voice of our intuition. If we look at these thoughts and ideas closely, we will see that they were created out of fear, doubt, or worry. Developing a relationship with your inner voice will increase your ability to distinguish which ideas will keep you stuck and which ideas will move you forward.

Building a familiarity with this inner guide is crucial to finding the answers to your

questions as you build your dream. Even if you do not yet have a relationship with your intuition, you can begin by paying attention to the knowing that you have an intuition. Bringing your awareness to the truth that you do have an internal guidance system will allow you to open up to start hearing its voice.

Once you begin to hear your voice for truth and receive ideas that you know will move you forward, it is important to then act on the good you know to do. There is no real power in hearing your intuition and not acting on it; inspiration without action is merely entertainment. In other words, your ideas are not insightful unless you follow their guidance.

Practice making some decisions today by listening to the intelligence system called your intuition. Be a little more respectful of that part of you that seems to be the voice of your intuition. You will not be perfect at it, but just experiment and have fun with this as you are building your dream.

Exercise One

Review your dream that you have written down in Lesson 3 and Lesson 8. Your dream will evolve as you continue to pay attention to your longing and your discontent. Take this opportunity to add to your written dream anything else you would love in your life. Also, make sure that there is no future language in your writing.

Affirm to yourself, “This is the life I am living” by writing in present tense.

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## Exercise Two

The voice of truth speaks to all of us every day, as long as we are willing to listen. What does your voice of truth say to you about the dream that you are building? Ask yourself, "What step could I take today to move me in the direction of my dream?"

Write down a few recurring thoughts that come to mind when you allow yourself to listen to your voice of truth. Act on what is most inspiring to you and what is most in alignment with your dream.

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### Exercise Three

Really listening to our intuition is a skill that has to be worked on and developed. Although we all have an intuition, we may not always pay attention to it. Bring this inner voice for truth into a higher level of your awareness by writing down five times in the past week that you recognized your inner voice speaking to you.

If you cannot think of five instances right now, then schedule a time in your calendar over the next couple of days to come back to this exercise. Pay closer attention to your intuition over the next 48 hours and then write down how your inner voice guided you during that time.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Exercise Four

To start my day, I create a “to be” list before I even think of creating a “to do” list. Write down three things that would go on your “to be” list for today. Continue this each day for the next 7 days with the focus of your dream in mind. You will find that in completing these “to be” lists, you are moving closer to the manifestation of your dream by being the person who is living that life.

1. \_\_\_\_\_
2. \_\_\_\_\_

3. \_\_\_\_\_

### Exercise Five

Knowing that our inner abilities are far more powerful than outside circumstances takes a big leap of faith. Think of a time when all outside circumstances said something was not possible. This could be a personal example or an example from somebody you know.

On the left write down all of the reasons that this idea was said to be impossible. Then on the right, list the ways that you or someone else made it possible.

Impossible:

Possible:

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### Exercise Six

Close this lesson today by listing five things you would love to do, be, have, give, or create if age, gender, time, money, education and experience were not restrictions.

1. \_\_\_\_\_

2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*“The intuition will tell the thinking mind where to look next.”* Jonas Salk

## WEEK 9

### Lesson 13:

#### Establishing Your Partners in Believing

*“You manifest what you believe, not what you want.”* Sonia Ricotti

When we are unable to believe in ourselves, it is not a sign of weakness; it is simply just a sign that we are in need of some support. It is a good practice to surround ourselves with others that believe in us because there comes a time in every great person’s life when their own self-belief is diminished. However, just because our belief in ourselves is low does not mean we are unable to bring forth our dream. By definition, a partner in believing is someone who is not impressed by the challenges you may currently face and someone who fully believes in your potential to manifest your dreams.

Building a group of supporters who have a strong belief in your potential will help you see your conditions and circumstances from a totally new perspective. This perspective will be liberating because a partner in believing has the ability to look objectively at what you are going through. While you may be caught up in all of the many reasons why something cannot work out, your trusted partner can help you discover the countless reasons why it can.

A partner in believing can be any person you know who supports you and who you are willing to support in return. Pick someone who has dreams and who would love to improve their own life. Once you discover who this could be, then decide to come together in a meaningful way. Commit to uplifting each other on a regular basis, so that as you build your dreams you will have someone to help you find solutions to the challenges you may face.

The solutions to any challenge are easier to find when two or more people work

together. As you mastermind with your partner in believing, you both have access to ideas and information that neither of you by yourselves are able to find. This expanded access to answers comes from thinking of how something could be possible and gaining support in that belief from someone else. By doing so, you are practicing the art of thinking beyond the problem.

Thinking beyond the problem means shifting your attention from the obstacle to what actions you could be taking from where you are with what you have. If we focus our thoughts on what is in the way of creating our dream, we will stop ourselves in our tracks. The challenge for most of us is that we get so convinced that our current circumstances and conditions are roadblocks that we cannot get around. It is difficult for us alone to think beyond these conditions because we are the ones facing them. We require support to realize that these challenges are actually opportunities for us to grow into the person we need to be to create the life we would love to live. A partner in believing, or many partners in believing, help us remember the potential we do have to create our dream.

Exercise One

The first step in the process of developing partners in believing is to make a decision that you are open to giving this kind of support. The highest way you create this partnership is by first becoming a partner in believing for others.

Describe how you will first give of your support to help someone else believe in themselves and their dreams.

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Exercise Two

When you are picking your partners in believing, pick someone who you admire, whose judgement you value and who you know to be generous. Then bring those same qualities to your time with them in order to give even more value than you receive.

List five qualities you would love to deepen and develop in order to support your partners in believing as you would love to be supported by them.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

### Exercise Three

Mastermind groups, or as I call them, partners in believing, are a positive and productive way to build a support team for you as you create your dream. The only criteria is that you decide to come together in a supportive mind to build your dreams and find the answers to your most pressing problems.

List 10 people who you would love to have in this mastermind group.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

### Exercise Four

Consider one person you know that believes that you are a no limit person. Place this person at the top of your list for your mastermind group and reach out to them this week to ask if they would be your partner in believing.

The person who believes I am a no limit person is: \_\_\_\_\_

I will reach out to this person on \_\_\_\_\_ (Day of the week) at \_\_\_\_\_ (Time of day you will call).

### Exercise Five

In the story about Ed and his bankruptcy, his partner in believing asked him what was his most pressing problem; what was causing him the most stress in his life. If someone asked you right now, “What is your most pressing problem? What might be causing you the most stress in your life?” What would you say?

Write your most pressing problem below and then generate some solutions with a partner in believing. Know that the answer to that problem already exists in this abundant Universe because it is infinitely intelligent.

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### Exercise Six

Close this lesson today by listing five things you would love to do, be, have, give, or create if age, gender, time, money, education and experience were not restrictions.

1. \_\_\_\_\_

2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*“The key is to keep company only with people who uplift you, whose presence calls forth your best.” Epictetus*

## WEEK 10

### Lesson 14:

#### Changing the Channel: A Frequency for Answers and Solutions

*“If I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning.”* Mohandas Karamchand Gandhi

Now that you have learned the power of having partners in believing, you will have the opportunity to support your chosen partner in believing and be supported in return. You must build your dream yourself by taking the actions that are yours to take, but you must also welcome support along the way to help you figure out your next best step. The support of a partner in believing provides the much needed perspective of someone from the outside looking in. Remember, it is hard to see the picture when you are the one in the frame.

Discovering the answers to the challenges that we face in building our dreams can sometimes be difficult. However, using the process of Realization, Recognition, Discernment, Letting Go and Gratitude can make it easier. Each step of this process can be done with or without your partner in believing, but the extra support will definitely help you find better solutions faster.

The first step in this process is Realization. In this Universe, there is one Infinite power and presence that is referred to by many of us as God. God can also mean Source, Spirit, or Infinite Intelligence. No matter what phrase you connect with, the important part is that we realize there is a power and presence that is capable of all things.

Recognition is when we acknowledge that we are a part of this ever-present power. We have been given the gift of life and the ability to tap into this power through our mind. Problems or challenges may occur in our life, but we can

recognize that this Infinite Intelligence has answers to anything we are facing. There is a way past our obstacles, even if we do not know the answer at first.

Once we recognize that we are a part of this Infinite life, then we must affirm to ourselves the truth. This step requires that we distinguish the difference between our challenges and the truth that answers are available. We may have to ask questions and reach out for help in finding the answers, but the truth is always that the Infinite presence is greater than any problem we can experience.

Once we remind ourselves that there is an answer available to us, then naturally the next step is to let go of the worry. Letting go is in essence emptying our cup, so we are not so full of the problem. Since we are connected with this Infinite life and all of the solutions we need, we can relax knowing that “this is what it looks like when it is all working out.”

As we release the feelings of doubt and worry, then generating Gratitude comes next. Letting go and feeling grateful are two sides of the same coin. Receiving an answer to our problem is amplified and made easier when we shift to a vibration of gratitude. Gratitude is on the frequency that is harmonious with abundance and included in that abundance are the answers we seek.

We have talked about changing the channel of our TV with a remote to get a new picture. This process outlined above is similar in that you must “change the channel” of your thinking to generate new ideas. These new ideas might be the answers to the challenges you face and they come from the new channel or frequency you choose through your attention. Implementing this process shifts your attention to your dream, but staying on this frequency of answers requires some work. Working with this process and working with your partner in believing will open you up new ways of thinking that can move you closer to your dream.

### Exercise One

List all of the characteristics that you would like to see in your believing partner on the left column. On the right column list the outcome that you would like to see from working with this believing partner.

Characteristics

Outcome

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_

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Exercise Two

Look at your list of possible believing partners from Lesson 13. Look at your list of characteristics in a desirable believing partner. Of these people, write down two or three who are most in alignment with the characteristics you listed.

Make a point to contact these people about working as believing partners by the end of the week.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_

3. \_\_\_\_\_

### Exercise Three

It is important to have the support of others who believe in you, but it is also important to be supportive of others by believing in them. List five people who you believe in, and one belief that you have about each of them. Write this statement as if you are speaking directly to that person. For example, "Susan, I was just thinking about you and what I want you to know is that you are an inspiration to many people."

Once you have these statements written, take time over the next week to call these people and share your belief in them.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

### Exercise Four

The 5-step thinking process involves Realization, Recognition, Discernment, Letting Go and Gratitude. Affirm to yourself, "There is one presence, one power, one life in this Universe and it is infinite. I am part of that life, that power, that presence. It is not far away; it is right here. The truth is that this infinite power is bigger than any problem I am facing. I let go of the feelings of worry and doubt that would keep the answers to my problems from me. I empty my cup so I can receive the solutions in the form of new insights and ideas. I fill my mind and my

heart with gratitude.”

Write down one problem in your life that you are currently struggling with. Read over the thinking process and really allow yourself to move into this frequency of thinking. Read this as many times as you need and then write down any possible solutions or ideas you come up with that would solve your current problem.

Problem:

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Solution:

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## Exercise Five

Close this lesson today by listing five things you would love to do, be, have, give, or create if age, gender, time, money, education and experience were not restrictions.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*“One of the most beautiful gifts in the world is the gift of encouragement. When someone encourages you, that person helps you over a threshold you might otherwise never have crossed on your own.”*      John O’Donohue

## WEEK 11

### Lesson 15:

#### Failure: The Gift of Feedback

*“A life spent in making mistakes is not only more honorable, but more useful than a life spent doing nothing.”*      George Bernard Shaw

Failure does not have to be a step back or an obstacle; it can actually be a learning opportunity that will help you determine your path in building your dream. Failure is one of the most instructive parts of becoming the person that you are capable of being. Having a problem to solve or a failure to redefine is actually a gift because you become a better version of yourself through the process.

We are all human, so there will be mistakes and shutdowns along the way to building our dream. No great success was ever achieved without failure, so expect to have some failures on the way to many, many successes. One example of this is how Thomas Edison tried 10,000 times to create the system of illumination we now use to light our homes. He said “I have not failed once. I have just found 10,000 ways that will not work.” Instead of failure, Edison defined all the many ways that would not work as feedback.

How we define what happens to us is how we will define our life. The key is to redefine our “failures” so that they serve us and the fulfillment of our dreams. One way to define a failure in an empowering way is by seeing the failure as evidence that you are moving confidently in the direction of your dream. The only people who never experience failure are those who never try, those who never risk anything, those who don’t pursue their dreams. So, a failure can mean that you are taking action and you are endeavoring to live the life that you have imagined.

What we perceive as failure can also mean something else; a new direction. Instead of seeing a failure as an end, experiment with looking at it as information.

By turning our attention to the possible feedback we can gain, we tune into the gifts that our “failure” brings. If the feedback leads you to giving up on this way of manifesting your dream, make sure the decision is not made in fear, frustration, upset or anger. Giving up through these energies will never lead us to a life we would love to live.

Hope, enthusiasm, courage, confidence, and perseverance are all energies that will help you in getting back on track. Through a failure, we may be receiving a new direction for our dream or we may also be receiving a new direction to something that is much greater. Every failure may look like a “no” when it is actually a “not this way.” You may be redirected on your path in creating your dream, but know that it will always be for something better. The Universe has your highest good in mind, so trust in its infinite intelligence to guide your life.

Exercise One

At some point in our lives, we may reach a confusing point of whether to change the direction of our path in building our dream or to persevere through the challenges that seem insurmountable. If or when faced with this dilemma, hold this thought in mind:

“Infinite presence, if this dream is for my higher good, increase my passion for it. I am open to an idea. Give me an idea. If this dream will not benefit myself and others, redirect me. This or something better.” And write own what guidance you receive. (This might not at all apply to you right now.)

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## Exercise Two

There have been times in most of our lives when we did change the direction of our path because of an obstacle in our way. Sometimes this was the wrong decision to make because it was made out of fear, frustration, or anger. However, there may be a time where moving on was the right idea and it later propelled us closer to our dream.

Describe a time in your life where you listened to your inner voice or received help from a loved one in making the right decision to change the direction on your path in building your dream. How did you figure out it was the best move for you to make?

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### Exercise Three

We all come across challenges in life. Some people retreat and decide not to work through their challenges. Others try, fail, and then quit right away. True Dream Builders are those who try, fail, and try again until they succeed. Robert Green Ingersoll explained this well when he said,

“The greatest test of courage on earth is to bear defeat without losing heart.”

Describe a challenge you are facing today and one possible way you can try again.

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### Exercise Four

Denis Waitley once said, “Failure should be our teacher, not our undertaker. Failure is delay not defeat. It is a temporary detour, not a dead end.”

Apply the following questions to a challenge you are currently facing and see if you are able to find a new viewpoint to approach your challenge.

My challenge is...

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- How can I see this challenge differently?

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- What idea could I use to overcome this difficulty?

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- What information might make a difference in solving this problem?

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- Who could I talk to for support and guidance?

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### Exercise Five

Close this lesson today by listing five things you would love to do, be, have, give, or create if age, gender, time, money, education and experience were not restrictions.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

*“One of the secrets of life is to make stepping-stones out of stumbling blocks.”*

Jack Penn

## WEEK 12

### Lesson 16:

#### Harvesting Your Dream: The Beginning

*“Goals are not for getting. Goals are for growing.”* Bob Proctor

Harvesting your dream sounds like a completion, but it is also a beginning. Who you become as a result of building one dream will enable you to discover and then embark on creating another higher order dream. As you continue on this journey, your awareness of what you would truly love in your life will grow. Now that you know all the phases of this work of building your dreams, you are empowered to manifest what you would love in your life over and over again.

Building a dream, no matter what stage you are in, opens you up to living a life of greater aliveness. As you stay true to this course, the natural thought that will rise up in you more frequently is, “I love my life!” Loving your life does not mean that everything is happening exactly as you planned. What it means is that you know you are in the center stream of your life’s purpose by bringing forth your dream.

Most people live in response to conditions and do not know that there is another, more expansive way to live. They often live a life where they believe that what they would love is too far out of reach. They even fail to recognize that what they really want is to be in touch with their own aliveness. So, no matter where you stand in terms of your dream right now, if you have done nothing more than define what you would love, then you have already begun to grow more alive.

Recall the example of the Chinese bamboo. Over the course of the first four years, it grows just an inch per year. In its fifth year, it grows over twenty feet! Some dreams are like that, where it looks like not much is happening for a while and the temptation to give up is strong. If we dismiss the progress we have made, we

forfeit the opportunity to let the huge growth take place later on. So, honor the growth that has already occurred on your path in building your dream.

As you continue on this journey, the laws of life will appear less complex because you are working with these laws more consciously. In addition, with all that you have learned, you can now stand knowing that your history, circumstances, situations, and problems do not have to dictate your future.

It is important to recognize that life is not happening to you, or even by you. When living in perfect harmony with your purpose, life is happening through you and as you. Allowing life to happen through you and as you, opens you up to receiving the true gifts of building your dreams. These gifts are the friendships that you form, what you learn along the way and who you become in the process.

Remember, at the end of this life, all of your triumphs, all the material possessions and monetary gains go “back in the box” except one thing: who you became in the process. The beauty of learning of how to build your dreams this way is that you have the authority to decide who you will become.

### Exercise One

What seems to be a very small amount of growth is still growth. And this growth, no matter how small, is required to reach the end result. Celebrate the growth you have seen in yourself and in the building of your dreams from the beginning of this program up until now.

Write down three things that are different within you as a result of your new awareness.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

3.

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### Exercise Two

When bad things happen, we often ask “why me?” Instead of asking why the bad things are happening, focus on all the good that is happening in your life.

Write down three great things that have happened through you and then write down affirmations for each that say why you are deserving of that great thing.

Example: I landed a great job last year and I am deserving of this because I know that I am worthy and capable of doing that job in such a way that will allow me to grow while benefiting others.

1.

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2.

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3.

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### Exercise Three

There are four stages of awakening – “Why me?”, “By Me”, “Through Me” and “As Me”.

Write down which stage you were in when you began this program and which stage you are in now. If you are not at the stage where you want to be, list action steps that you will take to generate that stage of awakening within. If you are at the stage you would like to be, list action steps you will take to deepen your

understanding of that stage.

The stage of awakening I was in when I began this program was:

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The stage I am currently in is:

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Action Steps:

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Does my dream give me life?    Yes/No    Why?

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Does my dream align with my core values?    Yes/No    Why?

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Is my dream going to require me to grow?    Yes/No    Why?

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Do I need help from a higher power to accomplish my dream?    Yes/No

Why?

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Is there some good in my dream for others?    Yes/No    Why?

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Exercise Five

Now that you have taken a look at how different you and your dream are compared to the beginning of this program, revisit what you would love. As you continue to bring forth greater and greater versions of your dream, you grow in the process. With this growth comes new dreams and more clarity on your current dreams.

Now that you have worked through the entire process, return to your dream to redefine, expand, and specify what you would love in your life. (As a reminder, you can refer back to Lesson 3, Lesson 8 and Lesson 12 for previous versions of your dream.)

I am so happy and grateful now that...

Lined writing area consisting of 20 horizontal lines for text entry.

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Exercise Six

Close this lesson today by listing five things you would love to do, be, have, give, or create if age, gender, time, money, education and experience were not restrictions.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

*“Make today worth remembering.”* Zig Ziglar

## Conclusion

You have now completed this program and fulfilled an important commitment you made to yourself 12 weeks ago. You committed to study and apply the principles within this program to manifest your dream. Congratulations for following through! This means that you have taken many steps that very few people are willing to take, so give yourself the space to celebrate this big win!

By committing to live a life you would love to live, you have now blueprinted what this life looks like to you, you have bridged your thoughts and beliefs to the frequency of your dream already realized, and you have started building your dream by taking action.

Through this entire process, you may have realized that you have become a more expanded version of yourself compared to who you were when you started this course. You also may have noticed some small shifts that you have made or maybe even some dramatic changes since you started. No matter what has occurred for you, know that there is no right or wrong way to go forward from here — but you must keep moving forward. James Austin once said, “Chance favors those in motion.” Small, deliberate steps are better than no steps at all.

It may seem a bit difficult at first, especially if others around you may seem unsupportive or out of touch with their own dreams. Be gentle with yourself, and with others. We all do the best that we can with the awareness we have. Everyone moves at their own pace, so do not compare yourself to others. This is YOUR journey.

Everything you need to build a life you truly would love to live is already within you; the power to create this life for yourself has always been there. Now that you know the proven principles and tools of transformation, you can use them to successfully build your dream life.

This will require practice and repetition on your part to make this work, this way of being an integral part of your everyday life. So, continue to read this material and listen to the audios as often as you can in order to stay in the energy of transformation. It can be easy to go back to old habits and thought patterns if you stop studying and applying what you learn. Keep up with the positive habit that you have now created to invest time in yourself and your advancement.

Please know that I am here to support you and I truly believe in you. I am here to help you become all you are meant to become. You have the power to change your life and the lives of others through creating your dreams! Your dream is waiting for you.

*“If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours. He will put some things behind, will pass an invisible boundary; new, universal, and more liberal laws will begin to establish themselves around and within him; or the old laws be expanded, and interpreted in his favor in a more liberal sense, and he will live with the license of a higher order of beings.”*

~ Henry David Thoreau