

21 DAY BRAINWAVE MEDITATION PROGRAM

YOU'RE STEP BY STEP LIFE COACHING SYSTEM
FOR FULFILLING HEALTH, WEALTH, LOVE AND ONENESS
BY SAGE L. HOPE

Introduction and Agreement

When you ask the questions; "Who Am I?" "What Is My Purpose?" "Can I Have Enlightening Success?" "Does my soul deserve love and happiness?" you embark upon an inward journey of personal and professional growth. It is a rewarding yet difficult journey.

You will be asked tough questions throughout this workbook. If you are to benefit fully from this process, you must have the utmost personal integrity in and for yourself when you ask the question: "Will I commit to completing the work and exercises thoroughly and honestly?"

If you take the process I disclose in this workbook seriously, you will discover things about yourself that lead to significant changes in your life. People report of a profound heightened awareness, business deals coming through, a new job offer call, a contract signed, a land deal coming together, a long needed talk with a loved one occurring, a forgiveness of the past, attracting a loving relationship, their mind surrendering to now and deeper more fulfilling meditations.

The process I lay out in this workbook is extremely challenging. Though you will complete all the exercises that follow and the book will come to an end, your growth and passion will continue for the rest of your life.

If you are willing to face yourself at this intimate level of oneness, I will support you in your journey.

Committed to Your Enlightening Fulfillment in life,

Sage L. Hope

I Consciously Agree to the Terms of this Agreement.

You're Name _____ Date _____

The journey of a thousand miles begins with the first step

First, may we suggest that just like reading a great book, become familiar with the material by scanning the 21-day program and getting a feel for the contents.

Next, review the support Library of mp3s, the 60 guidance lessons. pdfs and the 255 ebooks that will be used throughout the 21 Day Brainwave Meditation Program.

Finally, begin the day by day journey by journaling, revisiting the past days and Library's as necessary for greater depth, balance and clarity.

The red line marks an exercise to complete.

Settle back, have fun and enjoy your journey...

DAY ONE OVERVIEW - Do you believe you can change your life for the better in 21 days? Well you can. It is a well-known fact we can change a habit and our life in only 21 days.

We are all creatures of habit and habits determine what we think and feel and what we do and have. It is this simple. Some habits are deeply implanted in our subconscious and when we seek to change our lives old habits pull us back into the same situations, and conditions, repeating the same old experiences.

Because of this, many give up believing it is not possible to be, do, or have what they desire. You can often hear people say, *'That's just me, it's the way I am'*.

Success is a habit and so is failure. Happiness and misery is a habit. Enthusiasm, dejection, negativity are all habits. Wealth is a habit and so is poverty. Science tells us *'it takes only 21 days'* to change from being a smoker to a non-smoker or to change any addiction, bad habit or belief.

Why only 21 days? Maxwell Maltz (1899 – 1975) was an American cosmetic surgeon and author who developed Psycho-Cybernetics, a system of ideas through which, he claimed; one could improve his or her self-image in 21 days and, in turn, lead a more successful and fulfilling life.

Maltz's 21 day studies showed that a person must have an accurate and positive view of one's self before setting goals, otherwise he or she will be stuck in a continuing pattern of limiting beliefs. *His ideas focus on visualizing one's goals:* a simple idea, which some cognitive-science research has validated under certain conditions. He believed that self-image is the cornerstone of all the changes that take place in a person. If one's self-image is unhealthy, or faulty, all of his or her efforts will end in failure. For as the old saying says, *'as it is inside – so will it be outside'*

Read - 29 Ways to Break Habits

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” --

Aristotle

“We cannot rise higher than our thought of ourselves.”

-- **Orison Swett Marden**

Our daily lives are often a series of habits played out through the day, a trammled existence fettered by the slow accretion of our previous actions.

But habits can be changed, as difficult as that may seem sometimes.

I'm a living example: in tiny, almost infinitesimal steps, I've changed a laundry list of habits. Quit smoking a few years ago, stopped impulse spending, got out of debt, started yoga, began running and waking early and eating healthier and becoming frugal and simplifying my life and becoming organized and focused and productive, started a new company... you get the picture.

It's possible.

And while I've written about habit change many times, I thought I'd put the best tips all together in one cheat sheet, for those new to this and for those who could use the reminders.

Keep it simple

Habit change is not that complicated. While the tips below will seem overwhelming, there are really only a few things you need to know. Everything else is just helping these to become reality.

The 3 simple steps of habit change:

1. Write down your plan.
2. Identify your triggers and replacement habits.
3. Focus on doing the replacement habits every single time the triggers happen, for 21 to 60 days.

That's it. We'll talk more about each of these steps, and much more, in the cheat sheet below.

The Habit Change Cheat sheet

The following is a compilation of tips to help you change a habit. Don't be overwhelmed — always remember the simple steps above. The rest are different ways to help you become more successful in your habit change.

1. Do just one habit at a time. Extremely important. Habit change is difficult, even with just one habit. If you do more than one habit at a time, you're setting yourself up for failure. Keep it simple, allow yourself to focus, and give yourself the best chance for success. Btw, this is why New Year's resolutions often fail — people try to tackle more than one change at a time.

2. Start small. The smaller the better, because habit change is difficult, and trying to take on too much is a recipe for disaster. Want to exercise? Start with just 5-10 minutes. Want to wake up earlier? Try just 10 minutes earlier for now.

3. Do a 21-day Challenge. In my experience, it takes about 21 days to change a habit, if you're focused and consistent. This is a round number and will vary from person to person and habit to habit. A recent study shows that 21 days is a great place to start. Your challenge: stick with a habit every day for 21 days, and post your daily progress updates to a forum.

4. Write it down. Just saying you're going to change the habit is not enough of a commitment. You need to actually write it down, on paper. Write what habit you're going to change.

5. Make a plan. While you're writing, also write down a plan. This will ensure you're really prepared. The plan should include your reasons (motivations) for changing, obstacles, triggers, support buddies, and other ways you're going to make this a success. More on each of these below.

6. Know your motivations, and be sure they're strong. Write them down in your plan. You have to be very clear why you're doing this, and the benefits of doing it need to be clear in your head. If you're just doing it for vanity, while that can be a good motivator, it's not usually enough. We need something stronger.

7. Don't start right away. In your plan, write down a start date. Maybe a week or two from the date you start writing out the plan. When you start right away (like today), you are not giving the plan the seriousness it deserves. When you have a "Quit Date" or "Start Date", it gives that date an air of significance. Only when you're ready tell everyone about your quit date (or start date). Put it up on your wall or computer desktop. Make this a Big Day. It builds up anticipation and excitement, and helps you to prepare.

8. Write down all your obstacles. If you've tried this habit change before (odds are you have), you've likely failed. Reflect on those failures, and figure out what stopped you from succeeding. Write down every obstacle that's happened to you, and others that are likely to happen. Then write down how you plan to overcome them. That's the key: write down your solution *before* the obstacles arrive, so you're prepared.

9. Identify your triggers. What situations trigger your current habit? For the smoking habit, for example, triggers might include waking in the morning, having coffee, drinking alcohol, stressful meetings, going out with friends, driving, etc. Most habits have multiple triggers. Identify all of them and write them in your plan.

10. For every single trigger, identify a positive habit you're going to do instead. When you first wake in the morning, instead of smoking, drinking or some other habit, what will you do? What about when you get stressed? When you go out with friends? Some positive habits could include: exercise, meditation, deep breathing, organizing, de-cluttering, and more.

"Habit is habit, and not to be flung out of the window by any man, but coaxed downstairs a step at a time." - **Mark Twain**

11. Plan a support system. Who will you turn to when you have a strong urge? Write these people into your plan. Support forums online are a great tool – get a coach - don't underestimate the power of support — it's really important.

12. Ask for help. Get your family and friends and co-workers to support you. Ask them for their help, and let them know how important this is. Find an AA group in your area. Join online forums where people are trying to quit. When you have really strong urges or a really difficult time, call on your support network for help. Don't smoke a cigarette, for example, without posting to your online quit forum. Don't have a drop of alcohol before calling your AA buddy.

13. Become aware of self-talk. You talk to yourself, in your head, all the time — but often we're not aware of these thoughts. Start listening. These thoughts can derail any habit change, any goal. Often they're negative: "I can't do this. This is too difficult. Why am I putting myself through this? How bad is this for me anyway? I'm not strong enough. I don't have enough discipline. I suck." It's important to know you're doing this.

14. Stay positive and be the watcher. You will have negative thoughts — the important thing is to realize when you're having them, and push them out of your head. Squash them like a bug! Then replace them with a positive thought. "I can do this! If Leo can do it, so can I!" :)

15. Have strategies to defeat the urge. Urges are going to come — they're inevitable, and they're strong. But they're also temporary, and beatable. Urges usually last about a minute or two, and they come in waves of varying strength. You just need to ride out the wave, and the urge will go away. Some strategies for making it through the urge: deep breathing, self-massage, eat some frozen grapes, take a walk, exercise, drink a glass of water, call a support buddy, post on a support forum.

16. Prepare for the saboteurs. There will always be people who are negative, who try to get you to do your old habit. Be ready for them. Confront them, and be direct: you don't need them to try to sabotage you, you need their support, and if they can't support you then you don't want to be around them.

17. Talk to yourself. Be your own cheerleader, give yourself pep talks, repeat your mantra (below), and don't be afraid to seem crazy to others. We'll see who's crazy when you've changed your habit and they're still lazy, unhealthy slobs!

18. Have a mantra. For quitting smoking, some people use "Not One Puff Ever". When I wanted to quit my day job, it was "Liberate Yourself". This is just a way to remind yourself of what you're trying to do.

19. Use visualization. This is powerful. Vividly picture, in your head, successfully changing your habit. Visualize doing your new habit after each trigger, overcoming urges, and what it will look like when you're done. This seems new-agey, but it really works.

20. Have rewards. Regular ones. You might see these as bribes, but actually they're just positive feedback. Put these into your plan, along with the milestones at which you'll receive them.

21. Take it one urge at a time. Often we're told to take it one day at a time — which is good advice — but really its one urge at a time. Just make it through this urge.

22. Not One Puff Ever (in other words, no exceptions). This seems harsh, but it's a necessity: when you're trying to break the bonds between an old habit and a trigger, and form a new bond between the trigger and a new habit, you need to be really consistent. You can't do it sometimes, or there will be no new bond, or at least it will take a really, really, long time to form. So, at least for the first 21 days (and preferably 60), you need to have no exceptions. Each time a trigger happens, you need to do the new habit and not the old one. No exceptions, or you'll have a backslide. If you do mess up, regroup, learn from your mistake, plan for your success, and try again (see the last item on this list).

23. Get rest. Being tired leaves us vulnerable to relapse. Get a lot of rest so you can have the energy to overcome urges.

24. Drink lots of water. Similar to the item above, being dehydrated leaves us open to failure. Stay hydrated!

25. Renew your commitment often. Remind yourself of your commitment hourly, and at the beginning and end of each day. Read your plan. Celebrate your success. Prepare yourself for obstacles and urges.

26. Set up public accountability. Blog about it, post on a forum, email your commitment and daily progress to friend and family, post a chart up at your office, and write a column for your local newspaper. When we make it public — not just the commitment but the progress updates — we don't want to fail.

27. Engineer it so it's hard to fail. Create a groove that's harder to get out of than to stay in: increase positive feedback for sticking with the habit, and increase negative feedback for not doing the habit.

28. Avoid some situations where you normally do your old habit, at least for awhile, to make it a bit easier on yourself. If you normally drink when you go out with

friends, consider not going out for a little while. If you normally go outside your office with co-workers to smoke, avoid going out with them. This applies to any bad habit — whether it be eating junk food or doing drugs, there are some situations you can avoid that are especially difficult for someone trying to change a bad habit. Realize, though, that when you go back to those situations, you will still get the old urges, and when that happens you should be prepared.

29. If you fail, figure out what went wrong, plan for it, and try again. Don't let failure and guilt stop you. They're just obstacles, but they can be overcome. In fact, if you learn from each failure, they become stepping stones to your success. Regroup. Let go of guilt. Learn. Plan. And get back on that horse.

Your net worth to the world is usually determined by what remains after your bad habits are subtracted from your good ones. - **Benjamin Franklin**

Memorize the following quote. Now break down the quote into 5 parts and write down at least 5 things for each part.

“Whatever you can vividly imagine, ardently desire, sincerely believe and enthusiastically act upon must inevitably come to pass.” -Paul Meyer

Remember to include health, wealth and love.

1. What ever you can vividly imagine – Imagine 5 things or images that you would like to have happen in your life.

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2. Ardently desire – Check in with your heart, list 5 things or ideals that you truly want to have happen in the world.

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3. **Sincerely believe** – List 5 positive things or beliefs that you feel you could stand up for and believe in your life.

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4. **Enthusiastically act upon** – List 5 things or ideals that you would be willing to take action on with positive, exuberant energy.

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5. **Must inevitably come to pass** – List 5 realistic things or ideals that you would be willing to go for and that you would suspend doubt about and live in trust that it is suppose to happen and that you and the universe are helping it happen.

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Listen to the Alpha brain wave CD

Review the 60 eguidance lessons and choose one that would help you in this lesson.

DAY TWO OVERVIEW - CONSCIOUS SPEAKING CREATES HAPPINESS and Joy - Become the watcher and observe your thoughts. Carefully select your words, for they become your actions. Direct your actions, for they become your habits. Examine your habits, for they will become the self-image of your character. Becoming the watcher improves your character, for your character becomes your destiny.

When my good friend, Dr. Bruce Lipton, came out with his book "The Biology of Belief", he proved scientifically that our thoughts are creating our reality, and that 95% and more of our biology and reality are controlled by our subconscious beliefs. Suddenly our subconscious minds became key in explaining why we don't have the results we strive to achieve with our conscious minds.

Our subconscious minds are "hardwired" with beliefs and patterns from our beginning time in the uterus till we are 6 years old. The importance of this fact is that within our subconscious, are beliefs we can only begin to decipher from the results in our lives. These "unknown" beliefs affect our self-image, our body image, our weight, our levels of energy, our financial abundance, our relationship patterns...well, every aspect of our lives. Have you ever had a pattern or result in your life you had consciously identified, yet were unable to change?

According to Dr. Lipton, the subconscious mind can process up to a million times more information than our conscious minds, and patterns that are running in our subconscious mind, will at best, only be temporarily refrained from running by our conscious will and thoughts.

So for now expand your awareness and stay conscious as the watcher (the "You" that lives in unlimited possibility) and begin to explore what lies within the subconscious mind and what needs to be transformed to begin to create the life that you want.

Ask yourself, are you happy and joyful? Do other people think you are happy and joyful? Add your comments below.

Ponder and meditate on these insights and see what springs up from within your subconscious mind. Check the ones you are doing or have practiced.

- Living in a happy, joyful state is becoming aware and having your space of love and stillness be first.
- You can step outside of yourself, meditate and take a look inside, eventually all you will see is your profound love of life.
- Be the watcher and know that thoughts, feeling and emotions have no authority over you for you are the space in which these things come and go in.
- Realize that you are the watcher not what is being watched.
- Stop perceiving suffering as real and celebration as optional.
- Ask yourself where I have been, where am I now, where might I be.
- Be authentic, honest and truthful with your self and remember it's never you unless you say so.
- Have your actions be congruent with your heart and your true essence of love.
- Once you get clear, stay clear, happy and joyful – avoid dipping into the minds addictions, negativity and doubt.

- Place your attention on your larger Divine Self and avoid energizing the small ego character, identity or personality.

Success is really a profound individual perception. Not only is there the commercialized notion of success, bred by whatever culture you live in, but individually, success is different for everyone, and changes as you grow older.

It has been my observation that nearly all of us set our expectations too low. I have studied personal development literature for over 30 years now, and one of the more common themes is the agonizing thought of winding up on your deathbed not having at least tried for your dreams and goals. We will get to more about goals and dreams later on.

But there are also certain habits and characteristics that more successful people display than others that should be studied.

This is a great list of qualities that successful people have, which have been noted in many books on the subject. **write a yes, no or sometimes** beside each one you are practicing.

1. They look for and find opportunities where others see nothing.
2. They find lessons while others only see problems.
3. They are solution focused.
4. They consciously and methodically create their own success.
5. They may be fearful, but they are not controlled or limited by fear.
6. They ask the right questions -- the ones which put them in a positive mindset and emotional state.
7. They rarely complain.
8. They don't blame, and take complete responsibility for their actions and outcomes.
9. They always find a way to maximize their potential, and use what they have effectively.
10. They are busy, productive and proactive.
11. They align themselves with like-minded people.
12. They are ambitious.
13. They have clarity and certainty about what they want.
14. They innovate instead of imitate.

15. They don't procrastinate.
16. They are life-long learners.
17. They are glass half full people, while still being practical and down-to-earth.
18. They consistently do what they need to do, regardless of how they are feeling on a given day.
19. They take calculated risks.
20. They deal with problems quickly and effectively.
21. They don't believe in, or wait for, fate, destiny, chance or luck.
22. They take action before they have to.
23. They are more effective than most at managing their emotions.
24. They are good communicators.
25. They have a plan for their life and they work methodically to turn that plan into a reality.
26. They become exceptional by choice.
27. They work through the tough stuff that most would avoid.
28. They have identified what is important to them and they do their best to live a life which is reflective of those values.
29. They have balance. They know that money is a tool and ultimately, it's just another resource.
30. They understand the importance of discipline and self-control.
31. They are secure in their sense of self-worth.
32. They are generous and kind.
33. They are happy to admit mistakes and apologize.
34. They are adaptable and embrace change.
35. They keep themselves in shape physically.
36. They work hard and are not lazy.
37. They are resilient.

38. They are open to, and more likely to act upon, feedback.
39. They don't hang out with toxic people.
40. They don't invest time or emotional energy into uncontrollable things.
41. They are happy to swim against the tide.
42. They comfortable with their own company.
43. They set high standards for themselves.
44. They don't rationalize failure.
45. They know how to relax, enjoy what they have in their life and to have fun.
46. Their career is not their identity, it's their job.
47. They are more interested in what is effective than in what is easy.
48. They finish what they start.
49. They realize that not only are they physical and psychological beings, but emotional and spiritual creatures as well.
50. They practice what they preach.

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DAY THREE OVERVIEW – To move forward let us start with questioning where have we been – and why do questions work?

"The quality of one's life is directly related to the quality of questions one asks oneself."
-- Tony Robbins

Why is this? How can we use questions to get more out of life?

When we make a statement, we primarily use our logical, rational, left brain. Statements affirm what is. Questions, on the other hand, **invoke more of our intuitive, creative right brain**. They challenge us to discover what might be. While statements are static, questions lead us into unexplored territory. They open doors to new possibilities!

Take just one moment to do this simple exercise. Say to yourself, "I don't have enough time to get everything done." Experience how you feel after you make that statement.

Now say to yourself, "How can I give more time to what's important to me?" Again, tune in to your feelings. Don't you feel stronger and more open, powerful and energized by the question?

And here's the really good news. Your question **mobilizes the immense power of your subconscious** mind. Your subconscious acts on whatever your conscious mind tells it. If you say you don't have enough time, your subconscious will ensure that you won't. If you ask a question, your subconscious will always answer it, drawing from unlimited resources and wisdom that are not directly available to your conscious mind.

Now ask your subconscious mind: What is the best use of my time right now? How did that feel?

If you want to clear those problems in your life, remember to ask constructive, open-ended questions that cannot be answered with a simple yes or no. A great question to use often is, **"What** can I learn from this situation?"

Many people use positive affirmations. Why not change the words around to form empowering questions that draw out creative helpful ideas and solutions. Change your critical self-talk to empowering question asking.

So think more on questions and not answers. If you focus on a wrong answer, you have to start over again. If you focus on a question, there are still options left and your mind is still working.

Once you have asked a question, you then need to listen and watch for the answer. Be alert for the answers can be subtle and indirect. They can also come from anywhere at any time. The key is to be aware. To watch and listen, and be open to new possibilities.

"It is not the answer that enlightens, but the question." -- Decouvertes

So talk to yourself with lots of expansive, empowering questions. Open up to your own power to actively create with consciousness. Question your life!

Scan the ebook library and find a book that calls to you to read.

Setting and Meeting Goals or Ideals Leads to Happiness

People stuck on a downward spiral of unhappiness may be able to alter their course by simply doing "**what you believe in, what interests you**, or both.

Setting goals that fit with your personality -- self-concordant goals -- and resisting the temptation to do something you feel you ought to, is key in the pursuit of happiness.

The idea that people can make themselves permanently happier is controversial, but this new data suggests that this is so. **People can make themselves happier**, by doing very well at self-concordant goals.

Investigators found that students who set self-concordant (**congruent**) goals were **more likely to achieve their goals** and in doing so, heighten their sense of well-being (i.e., happiness).

Goals listed by the undergraduate students included getting good grades, getting involved in campus organizations, and not gaining weight.

So, one can't 'spiral upwards' indefinitely, but one can get oneself to a higher level of happiness, and then keep oneself there, if one selects appropriate goals and then continues to do well at them.

Yet, the researcher acknowledged the challenges involved in setting self-concordant goals. We assume that it is a difficult skill to perceive yourself well enough to know what is best for you to do -- there are a lot of things that get in the way of that.

The researchers offered the following advice: Stand back and take stock and **figure out what's really most important to you** and start going after that. Stop wasting time doing what you think you're supposed to -- that can start this whole positive process.

Here are 20 things that you can start doing now to make you happy. Check off the ones that you will start practicing now!

1. Choose to be happy rather than right.
2. Repeat aloud or under your breath: "Nothing matters except when I say so" and "It's not me unless I say so."
3. Pay it forward. For every kind deed offered to you, do a kind deed for someone else.
4. Write thank-you notes frequently. The energy of gratitude feeds happiness.
5. Smile—even if you don't feel like it. You eventually will!
6. "Tap-out" your sad feelings. Using your fingertips, tap all over the top of your head while repeating: "I am free of this sadness. I am now feeling happy." Tapping on the nerve endings on the top of your head will start to lift this heavy, sad energy.

7. When you think a complimentary thought about someone—tell them.
 8. Refrain from making judgments—think something positive instead.
 9. Whistle and sing.
 10. Skip around your house.
 11. Turn on your favorite upbeat song and sing along.
 12. Ask your angels to flow to you the energy of happiness.
 13. Cover your right eye and look in the mirror if you are thinking negative thoughts. When you cover your right eye, you quiet the left brain and its negative chatter.
 14. Hug someone—tightly.
 15. Ask your children to tuck you in bed and read you a story for a change.
 16. Stay in the present. Let the future be just that: the future.
 17. Hold a newborn baby and welcome them into the world.
 18. Give some service to someone who is needier than you.
 19. Exercise regularly.
 20. Pray and meditate.
- And, just because I like to give a little extra, because it makes me happy,
21. Love yourself and make the choice to "BE HAPPY."

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Listen to the Theta brain wave CD

Scan the guidance lessons for helpful direction.

DAY FOUR OVERVIEW – Master the questions and master your life through the follow 7 step personal Performance Process.

Journaling questions catch your blind spots, keep you on track and improve your habits. Become more focused, clear, creative, purposeful, aware and balanced.

There is magic in taking time to ask yourself **the right questions that will pop out the right answers for you.**

At least monthly spend about an hour and answer all of these questions. Be brutally honest with yourself. Once you have answered the questions, create a list of action steps for your next week or month. Do this process regularly and **watch your life change.**

1. Patterns, processes, procrastination, habits:

- Where can I be more efficient in my life?
- What 5 things have I been procrastinating?
- What are my time wasters?
- What excuses keep me stuck?

2. Problems, past, pain:

- Where am I vulnerable?
- Where do I hold myself back?
- What am I afraid of?
- What stresses me?
- For what problems must I ask for solutions?

3. Perceptions and perspectives of myself and others:

- What are the needs/desires of my boss or partner or family?
- What is God's agenda for me?
- What contacts or friends do I want to develop more?
- What negative or limiting thoughts keep jumping into my mind?
- What key choices am I ready to make?

4. Prosperity:

- How can I create another or larger or easier income stream?
- In what areas do I want to receive more learning?
- How can I be more productive and effective?
- Where are some opportunities for me to give?

5. Principles and values:

- What 3 areas in my life do I want to recommit to?
- Where do I need to clarify my stand or position?
- What deeds or actions need my forgiveness or acceptance?
- What can I do to increase balance in my life?
- What value is most important for me to express now?

6. Purpose, potential, passion, power, possibilities, path:

- What are my deepest heart-felt desires, dreams and visions?
- Where are my life purpose and goals unclear?
- How can I experience a greater sense of meaning in life?
- What new ideas are teasing me these days

7. Peace of mind, play, pleasure, pamper:

When do I feel the greatest happiness in my life?

What can I do to have more fun in all areas of my life?

How can I get more stillness, solitude and peace in my life?

When you have completed the answers and the resulting action steps, ask yourself, "What am I missing? Is there anything else?" Use questions often. The subconscious mind is always answering. We must only practice asking and then listening.

Note: Before you go on to conquer the world in 2008, don't you think it's important to take a little time to **celebrate** how far you have come this last year.

Look back on last year and ask your self..

1. What have *you* accomplished?

2. What are *you* proud of?

3. And so importantly - what are *you* grateful for? (Because gratitude not only feels good - it generates growth.)

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Scan the ebook library for another book.

That is both good and bad news! The bad news is how big and out of control stress and anxiety has become. The good news is now we know that common ailments caused by stress, such as migraine headaches, neck pain, back pain, digestive disorders, insomnia, panic disorder and other anxiety states, irregular heartbeats, constipation and high blood pressure can now be easily shifted.

There are many ways of dealing with stress and anyone can do it. We were born with the solutions and they can be applied anywhere, at any time, for quick, immediate and complete results. This simplest solution is breathing and meditating away the stress and stinking thinking by lowering your brain waves into a powerful and peaceful Alpha state. This can be done by listening to brain wave cds along with simple breathing.

Try this as needed - a simple breathing technique is to breath in and out through the mouth, about two in and out breaths per second, for about 21 breaths, then take a deep breath and hold it for as long as it feels comfortable. During the breathing process you can cover one eye with the palm of your hand while looking into your uncovered eye in a mirror or another's eye. Alternate eyes with each set of breathing. This will help balance your brain's hemispheres and increase the rapid reduction of stress, improve clarity of thought, as well as centeredness of being. You can also do the breathing exercise with your eyes closed. Either way will increase the light force within your body, remove the stress and slow down that stinking thinking.

Read these ten Insights – They Will Positively Change Your Life

Tip # 1

Evolution Requires Energy Mastery Of Our Brain Waves!

Never in modern times have our human abilities been so imbued with such raw unconsciousness while our conscious innate intelligence goes so unnoticed and asleep. The Universe is an expanding frequency that demands we stay up with it or perish. Most of us use the surface of our mind, said by many to be 10 percent or less of our true capacity. This surface, often rapid-fire thought process, consists almost entirely of thoughts of stress, upset, fear, anger and sadness. The brainwave state associated with this type of thought process is known as beta. The rapidity, intensity and constancy of this brain wave pattern obscures a peaceful, powerful and much more pervasive reality lying just underneath it. There are nearly 6 billion people sharing the beta mind's airwaves causing a huge overload of 60,000 thoughts per person in an average day, 85% of which is considered to be negative and 90% carried over from yesterday.

Rising up out of this cauldron of resistance and turmoil are new strains of bodily disease promising to destroy millions maybe even billions before science can catch up with cures. Then stir in war, countries unconsciously killing their own people and others in the name of God and now you can begin to see why conscious energy mastery of our brain waves to lower alpha, theta and delta frequencies is so important. We must evolve into peace makers or perish in our unconsciousness. These lower frequencies allow us to access the very intelligence that underlies the universe. Look at a flower, the human body, a piece of fruit, or outward the the solar system and our galaxy and you can see an amazing, harmonious intelligence at

work. This intelligence is palpable and accessible when we lower our brainwaves. When we begin to access this intelligence we enjoy lower stress, greater clarity and sweetness, improved relationships and careers, and healthier more vibrant bodies and appearance. At greater levels of access we can experience deep trust, bliss, psychic abilities, synchronicities, lucid dreaming, miraculous healing, and a sense of connection to all of life. These experiences are real, replicable and well documented and lead to a state of consciousness in which true inner and world peace is possible. Many wars and disagreements are simply not possible when we truly see and the interconnectedness of life.

Tip # 2

You Have Within You The Fountain Of Youth!

What if you could live to be age 100 or more in an awakened, vital, healthy and vigorous condition beyond where you are now? Or if you are already suffering the too often ill effects of energy disconnection, negative attitude, mistrust and aging, you could turn back the clock 20 years and begin feeling even more vital, energetically alive and younger until your 100th or 200th birthday? Would you be interested, does it stretch your imagination to far or is it just too late for you to think outside the box?

And what if you could add those extra 20 years or more to your life span right now! Thereby allowing you to enjoy living long enough to take advantage of new scientific, spiritual and energy breakthroughs so that your healthy functional life span could be extended to 120 years, 150 years...and maybe even immortality? What would you do differently? How would you conduct your life, your relationships, your work, your view of the planet? What if these enlightening wonderful breakthroughs also caused your mind/ body/spirit to take on an ageless, timeless wisdom, a deep connection to the evolution of humanity, a vibrancy that harmonizes with the Human Spirit around you, inspires a beautiful, healthy, youthful body with revitalized organs, improved heart & lung activity, increased sexual interest, desire and pleasure?

And what if this grace of life gave you the energy, awareness and sacred spirituality to live a peaceful and abundant life with a wonderful sense that you, the world, the universe and everything and everyone in it, is connected forever as a living oneness? What then would be missing or would you be able to live in the question of, how does it get better than this? And what if you could stand in that state of being right now? Read on "Oh Liberated Gods Of Forever", read on.

Tip # 3

You Are The One You Have Been Waiting For!

You are here in this body because you chose to be here! Ever have a nagging sense that something is missing, that you feel incomplete, uneasy in your skin or that you're waiting for something or someone to fill up a soulful emotional black hole? What if what you were waiting for was really you? What if you discovered who you really are is the one you really want to fall in love with, that you are the one that will be ageless/timeless, that you are the one you can really have fun with, that you are the one who is passionate about their work and you are the one that can lead the transformation of the world from fear to peace?

Well guess what, you are the one you have been waiting for and we have been waiting for you! For when you come out, everybody and everything comes out around you. And what if it was as easy as lowering your brain waves to tap that light force energy, would you do it?

Tip # 4

The Power Of Intention!

The Main Thing Is To Keep The Main Thing The Main Thing! What if the main thing is simply to keep our every day brain waves rolling lower through alpha, theta and delta in order to transform the frequency of our energetic life force? And what if creating a transformed life was as simple as staying in those lower frequencies, developing the awareness, power and the intention & attention to be, do and have it all?

What if by simply being awake and present to your brains lower frequencies, you could begin an ageless & timeless, stress less life, adjusting at will the body's DNA/physiology, clear up the mind's attention/attraction abilities and fulfill the spirit's need for connection to the life force? Would you go for it?

Tips # 5

What You Resist Will Persist And Then You Become It!

Resistance to change, to hanging out in your natural enlightened state makes the resistor live in an energetic paranoid and negative beta brain wave frequency. It shuts out loving and allowing and among many other things creates a fear that something is wrong, an anger that this isn't it and a sadness that you're not good enough. Energy mastery will help repair and regenerate the aged, diseased and damaged mind/body/spirit to a stronger more youthful, timeless/ageless radiant function. Lowering your brain waves energy frequency has shown to have profound effects on mind/body/spirit/psyche healing afflictions that have gone on for years.

Tips # 6

You Can Create A Timeless Mind, Ageless Body & An Immortal Spirit!

First of all you are an everlasting life, you, that which is the spark of life, cannot die even if you want to! In the grace of death you may easily transition back into your non-physical state of pure energy but staying here for extreme and happy longevity requires continuing practice and commitment to living in a lower brain wave energy, belief in your immortality and all of this accounts to about 80% of the longevity game. The other 20% is our great body's machinery!

For thousands of years, millions of people have happily and safely used various sacred and ancient Yogi breathing/meditating and conscious energy awareness exercises that have shifted their mind/body/spirits to operate at energy levels found in illuminated beings and claim they feel young and immortal again.

And now we have modern science on our side helping us reach such great depths in record time. However, I want you to know that the death urge has a strong desire to live. Thousands of years of death and dying have created a belief system that will fight you to be right, that destruction, death, disease and dying is inevitable. So remember to continue to practice both your work and your intention. Here is a question for you. How would your relationships, life and work change if you had 200 more enlightened, healthy and youthful years left to live?

Tip # 7

We Came Here To Find The Needle In The Hay Stack!

Imagine finding the proverbial needle in the haystack and then going through the eye! In this case the needle is the very specific energy frequencies of your brains Alpha, Theta and Delta fields of energy. Living in this crossed over state of being fully aware, conscious and present as the observer, we get to experience the miracles in our life that comes from the awaken power of our intention and attention.

This state is distinct from the brain's specific high rev Beta energy intention and frequencies that causes degeneration, darkness and what looks like and feels like death. Once guided to these remarkable brain wave frequencies by someone who has already been led there and discovered it for themselves, your mind/body/spirit will want to stay in connection with this immortal fountain of youth, for it is a forever enlightening, pleasurable and transforming experience. The experience is one of being home again in loves trusting arms, much what it was like as a baby.

Tip # 8

Our Genes Are Not In Control We Are In Control Of Our Genes?

If you are a health conscious person who is starting to feel old, tired and worn out before your years or have fallen prey to the old stories, genetic programs, beliefs and life sapping entities you made up or attracted, the good news is here! Everyone can vibrate at their own frequency; you don't have to vibrate where the world vibrates. As a matter of fact what makes the world a boring monotone is that everyone is trying to vibrate at the same frequency even though the world frequency leans more towards stress and fear than love and peace.

Even when our brain waves are the same, your essence is uniquely you. Harmony is the game! By consciously tapping the source energy of our own life force, lowering our brain waves and becoming comfortable in our own skin, we bring harmony to everyone and everything around us bringing to us an improved quality of life, a sense of love, belonging, allowing, forgiveness and connected family. It is then that we fall in love with our self and have a direct access to our own personal genetic code that will now take instructions from us, generating an ability to make a healthy, positive and lasting, mind, body, spirit shift.

Tip # 9

Knowing That "Who You Are Is The Space Of Life Verses Being Something In It" Will Set You Free!

"Once known, known forever and forever" is only found in the now. Staying in space, that enlightened experience, requires the distinction that you are not your body/mind/spirit, that who you are is the space in which your body/mind/spirit shows up in. So when old familiar habits, emotions of fear/anger/sadness, psychological patterns, made up or attracted entities, personalities, beliefs or addictions show up and you are living in the power of being here now with brain waves and body tone to match, these things lose their power over you. It only takes a couple of times of being in alpha as the observer, as the space of life rather than something in it, to get free forever!

Tip # 10

Passing On Energy Transmissions Is How Consciousness Evolves! Once You Get It, You Can't Help But Pass This Source Energy Frequency On!

Every so often we come across fellow seekers who have learned how to lower their brain waves to live in a quiet, powerful, peaceful, enlightening state. Hanging out with these modern day sages awakens our Human Spirit and shines light on the Soul's next evolutionary level, igniting an inherent burning fire of Tantric energy and the self-responsibility to live life with greater dignity, passion, excellence, love and freedom, profoundly transforming ordinary life into an extraordinary adventure.

This transformation reveals our divine passion and purpose in life, realigns our energy to be in the flow of irresistible attraction and produces a healthy union of sensuality, sexuality and intimacy in our loving relationships. This sacred energy transference produces profound awareness and empowerment to the facilitators and seekers of all walks of life. Intuitively they are irresistibly attracted together, they feel the energy wave, breathe and see the light, experience new perceptions of optimism, love, remember why they are here and knowingly trust the synchronicity. Once you feel the energy frequency you can now pass it on for it is remembered and logged into mind, body and spirit memory forever. Enjoy the ride.

Listen to and follow the instructions on the **“Through the Eye of the Needle” MP3** (*it is recommended to use this life changing exercise everyday for 21 days*)

Listen to the Theta brain wave CD

DAY SIX OVERVIEW - Positive rules to make your plan you just did become a living reality

Things to do with your plan.

1. Read the list of what you want three times each day: morning, noon and night.
2. Think of what you want as often as possible – feel the energy of the desire and accomplishment in your body.
3. When new desires, deserving position at or about the top of your list, come to you, then you may rest assured you are progressing correctly.
4. Removing from your list items which at first you thought you wanted, is another sure indication of progress.
5. Put on your list material things, but do not stop there. Be definite. What ever you want, decide what kind, style, price, color including when you want it.
6. Only put on your list the things and habits that you are ready to change. And remember that it will take at least 21 days for your sub-conscious mind to accept the self-image change.

7. Start with the end in mind – act as though it has already happened. Doubt may creep in, disregard these thoughts and remember; thought is just thought and has no authority over you. Instead, be thankfully happy in gratitude, appreciation and praise to the Omnipotent Power within you for the accomplishment.
8. Do not talk to any one about your plan except to the Great Power within you, which will unfold to your conscious mind the method of accomplishment. Remember, nothing can prevent your having that which you ardently desire.

Remember -- “What ever you can vividly imagine, ardently desire, sincerely believe and enthusiastically act upon must inevitably come to pass.” -Paul Meyer

Listen to and follow the instructions on the “Through the Eye of the Needle” MP3 (*it is recommended to use this life changing exercise everyday for 21 days*)

DAY SEVEN OVERVIEW - Sustaining Motivation

The following are some suggestions to follow each day in order to sustain motivation and determination:

1. Make a list of reasons for quitting or stopping your plan.

2. Now create a mental picture of yourself as having already succeeded and write down how you overcame your quitting or stopping your plan.

3. Reward yourself. Make up a list of self-rewards. Reward yourself verbally.

4. Remember to take one day at a time. If you do backslide, don't label yourself as having failed. Get out your list, reasons and questions for going for what you want, quitting or changing and begin again.

Fatigue, boredom, depression, stress can all make it difficult to stick with your program. However, having a relapse is not as important as how you deal with the relapse. If you are so devastated by failure that you call your good intentions into question, that will make change and attraction harder for you. So allow for an occasional relapse and treat it as nothing more than a slight misstep that teaches you something, then you're on the right track.

Listen to and follow the instructions on the “Through the Eye of the Needle” MP3 (*it is recommended to use this life changing exercise everyday for 21 days*)

Listen to the Theta brain wave CD

DAY EIGHT OVERVIEW – It is important to recognize the negative habits that may be stopping you from your greatness. However, after acknowledging them, instead of focusing on what is wrong or what you want to fix, solve, change, start or stop – begin to focus on what you want rather than what you don't want -- remember that these things are only what is rising and falling in your space – you are the space not what is rising and falling in the space.

Check the ones you would like to improve on.

- * Overeating or stress eating
- * Neglecting yourself
- * Stressing out
- * Procrastinating
- * Being a "yes" person
- * Losing your temper
- * Neglecting your family
- * Smoking – Drinking – Drugs
- * Watching too much TV
- * Compulsive shopping
- * Being a pushover
- * Over spending - not saving
- * Being a workaholic
- * Being chronically late
- * Negative thinking -glass half empty
- * Neglecting your health – your body
- * Blaming others for your problems
- * Nail biting
- * Computer addictions
- * Lying

Remember, when these old energy programs habitually “come up” in mind thoughts and bodily feelings – be the watcher – for they are not you, they are just thoughts and feelings and do not have authority over you – you are free to be the space of life, one with the omnipotent power that dwells within you. Place your attention on what you want not what you don't want and you will get more enlightening success in health, wealth and love.

Listen to and follow the instructions on the “Through the Eye of the Needle” MP3 (*it is recommended to use this life changing exercise everyday for 21 days*)

Listen to the Delta brain wave CD

Scan the eguidance library and read a helpful lesson.

DAY NINE OVERVIEW – A life of joy requires a social director and you are it. Here are 40 ideas to enhance your self-image and put more joy, happiness and fun in your life.

Check 7 things that you will start today and see if you can try all of these within the 21 day program.

1. Take a 10-30 min walk every day, and while you walk, smile, it is the ultimate anti-depressant.
2. Sit in silence for at least 10 minutes each day. Listen to a brainwave CD.
3. Record your late night shows and get more sleep.
4. When you wake up in the morning complete the following statement - "My purpose today is to___."
5. Live with the 3 E's -- Energy, Enthusiasm and Empathy.
6. Watch more movies, play more games and read more books than you did in 2007
7. Make time to practice meditation, yoga, tai chi and prayer. They provide us with daily fuel for our busy lives.
8. Spend more time with people over the age of 70 and under the age of 6.
9. Dream more while you are awake. Work like you don't need money, love like you've never been hurt, and dance like no one's watching.
10. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
11. Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli, almonds & walnuts.
12. Try to make at least three people smile each day.
13. Clear your clutter from your house, your car, your desk and let new and flowing energy into your life.
14. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
15. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class, but the lessons you learn will last a lifetime.
16. Eat breakfast like a king, lunch like a prince and dinner like a college kid.
17. Smile and laugh more. It will keep the energy vampires away.
18. Change your self-image to live in the flow – everything and everybody is always acting in your favor – you are always in the right time at the right place – the universe positively supports you everyday in every way.

19. Life is too short to waste time hating anyone.
20. Don't take yourself so seriously. No one else does.
21. You don't have to win every argument. Agree to disagree.
22. Make peace with your past so it won't screw up the present.
23. Don't compare your life to others. You have no idea what their journey is all about.
24. Burn the candles, use the nice bed sheets. Don't save it for a special occasion. Today is special.
25. No one is in charge of your happiness except you.
26. Frame every so-called disaster with these words: "In five years will this matter?"
27. Forgive everyone for everything. Live in the GAP – gratitude, appreciation and praise for everyone and everything.
28. What other people think of you is none of your business.
29. Time heals almost everything. Give time, time.
30. However good or bad a situation is, it will change. So stop complaining about the weather the job, the rents etc. etc.
31. Your job won't take care of you when you are sick. Your friends will. Stay in touch.
32. Get rid of anything that isn't useful, beautiful, or joyful.
33. Envy is a waste of time. You already have all you need.
34. The best is yet to come.
35. No matter how you feel, get up, dress up and show up.
36. Do the right thing!
37. Call your family often.
38. Each night before you go to bed complete the following statements: "I am thankful for ____." Today I accomplished ____.
39. Remember that you are too blessed to be stressed.

40. Enjoy the ride. You only have one ride through life IN THIS BODY so make the most of it and enjoy the ride.

Listen to and follow the instructions on the “Through the Eye of the Needle” MP3 (*it is recommended to use this life changing exercise everyday for 21 days*)

Listen to the Delta brain wave CD

DAY TEN OVERVIEW – Your business and leadership is part of your life and when you are happy and prosperous with your work it positively affects your life. Here are some questions to get you started in the right direction.

Answer these questions on a periodic (weekly, monthly) basis. Keep all answers together on one or two pages. Look over all the answers and identify an action plan for yourself and your business.

Management and Me

- What are 5 things have I have been procrastinating?

- Where can I be more effective in what I am doing?

- What are the hidden agendas of my boss or partner?

- What are 3 areas in my work must I recommit to?

- For what problems must I ask solutions?

- Looking back over the last year, what things would I change?

- What key choices or decisions must I make?

- What are my time wasters?

- In what areas should I obtain more education?

- Where am I or my Company vulnerable?

- If I was Chairman of the Board, what would I do differently?

- In what areas am I or staff or departments experiencing friction?

- What do we do wrong at work?

- Who needs to be rewarded or recognized for things well done?

- In what areas are goals and objectives not clearly defined?

- What rocks must I roll so my (our) staff and clients can move forward faster?

- What deadlines must I set for others and myself?

- How can I delegate more effectively?

- What needs better maintenance to reduce future firefighting?

- What am I willing to sacrifice for the above actions?

- What prospects, customers, suppliers or staff should I (we) develop more?

Money

- What are some ways to increase cash flow?

- What are some ways to cut costs?

- How can I more accurately measure our profitability?

Marketing

- What do our/my clients really want? How can I provide it?

- How can our/my product mix be improved?

- How can our/my Unique Selling Proposition and product positioning be improved?

- What are our/my competitors and industry doing that we must react to?

- How can we improve our/my marketing, sales and service?

- How can our/my sales process be improved for higher closure rates?

Manufacturing

- How can product quality be improved?

- How can we/I improve our/my production control?

- How can we/I better meet our/my customers needs?

Decision Making

- Describe an instance in your life where more resolute accuracy would have made a difference in your decision-making. Explain how well you have typically researched the material you base your decisions on. Are you genuinely pleased with the typical outcome of your decisions?

- Explain what steps you take to ensure accuracy in the information you process or pass along to others. Are you satisfied with the results you receive and/or provide?

"If a person can write a better book, preach a better sermon, or make a better mousetrap than their neighbor, though they live deep in the woods, the world will make a beaten path to their door." – Emerson

Listen to and follow the instructions on the "Through the Eye of the Needle" MP3 (it is recommended to use this life changing exercise everyday for 21 days)

Listen to the Alpha brain wave CD

DAY ELEVEN OVERVIEW – It is time for "Conscious Thinking" -- Trim the Fat -- Cut Out the Junk!

Just like you would want to lose the excess weight by eating better and eliminating junk food - you should want to eliminate the junk that's in your head.

The junk or negative thoughts and limiting beliefs have to be eliminated and replaced with positive and empowering thoughts.

Negative and limiting beliefs have to be replaced with positive and empowering beliefs.

Just as you will have some fat on our body - you will have some junk in our head.

If you have too fat it will slow you down. If you have too much junk in your head it will slow you down, and prevent you from achieving success.

To start eliminating the junk in your head begin paying attention to what you regularly think about.

The next time you're driving, walking or taking a shower - catch yourself thinking. Pay attention to what you were just thinking about and make a note of your thoughts. Write them down if you like. Then take a look at them - **and ask yourself these questions:**

- Are these thoughts helpful?**
- Do they empower me?**
- Do they make me feel better?**
- Do they help me accomplish my goals?**

If you're answer is no - then these thoughts are really just junk in your head - just like the fat on your body - they serve no purpose and just slow you down - so you need to eliminate them.

Become the Watcher - Thoughts have no authority over you unless you say so old master.

Get rid of the junk in your head and changes these useless thoughts by having thoughts that are empowering and allow you to achieve your goals and create the life that you want.

For example: if you find that you're thinking about why something went wrong, or why you can't do something, or what you should have done, or what a friend said three weeks ago - chances are these thoughts are not helping you. They are not empowering you to achieve your goals. So change them. Focus on what you want to achieve and create thoughts that allow you to reach your goals.

If you want to improve a relationship with a friend **ask how** you can improve that relationship.

How? _____

When you carry junk in your head you paralyze your mind - it can't work on what you want because you're sending it in the wrong direction.

Give your mind and subconscious mind the instructions they need by having positive and empowering thoughts.

Be the watcher and start paying attention to what you are thinking.

Eliminate the junk in your head and create thoughts that help you achieve your goals.

You'll then be instructing your mind and subconscious mind to help you create the life you want.

You'll start making the right decisions and you'll begin enjoying success while creating a positive belief system.

Listen to and follow the instructions on the "Through the Eye of the Needle" MP3 (*it is recommended to use this life changing exercise everyday for 21 days*)

Listen to the Theta brain wave CD

DAY TWELVE OVERVIEW– Forgiveness Works. Relationships are healed and moves forward through forgiveness whether it is forgiving you, your parents, spouse, friend or lover.

'If we really want to love, we must learn how to forgive' - Mother Theresa

Forgiveness works! It is often difficult, AND it works!

We often think of forgiveness as something that someone who has done us wrong must ask of US. There is always another way of looking at something. My thoughts on forgiveness suggest that you focus on offering forgiveness to the person who has wronged you.

To not forgive them is like taking the poison (continuing to suffer for what they did or didn't do to you) and expecting THEM to die!

Alexander Pope once said, "To err is human; to forgive, Divine." Believe it!

Forgiveness is a gift you give to yourself. It is not something you do for someone else. It is not complicated. It is simple. Simply identify the situation to be forgiven and ask yourself: "Am I willing to waste my energy further on this matter?" If the answer is "No," then that's it! All is forgiven.

Forgiveness is an act of the imagination. It dares you to imagine a better future, one that is based on the blessed possibility that your hurt will not be the final word on the matter. It challenges you to give up your destructive thoughts about the situation and to believe in the possibility of a better future. It builds confidence that you can survive the pain and grow from it.

Telling someone is a bonus! It is not necessary for forgiveness to begin the process that heals the hurt. **Forgiveness has little or nothing to do with another person** because forgiveness is an internal matter.

Choice is always present in forgiveness. You do not have to forgive and there are consequences. Refusing to forgive by holding on to the anger, resentment and a sense of betrayal can make your own life miserable. A vindictive mind-set creates bitterness and lets the betrayer claim one more victim.

There is nothing so bad that cannot be forgiven. Nothing!

Exercise: Get a picture of someone you want to forgive. While looking at the picture repeat 21 times: I'm sorry, please forgive me, I love you. After all, nothing means anything except what we say and you are forgiving what you have said or done and what another may have said or done.

**"The weak can never forgive. Forgiveness is the attribute of the strong."
Mahatma Gandhi**

What and who would you like to Forgive?

Listen to and follow the instructions on the “Through the Eye of the Needle” MP3 (it is recommended to use this life changing exercise everyday for 21 days)

Listen to the Delta brain wave CD

DAY THIRTEEN OVERVIEW – Clearing the mind and creating creativity.
Are you negative, bored, worried or stuck in mediocrity? Do you want more trust, creativity, understanding, awareness, motivation, direction and clarity?

“You don't have to control your thoughts; you just have to stop letting them control you.” -- Dan Millman

Do you believe you deserve the best?

“You get no more and no less than what you believe you deserve.” -- Dan Millman

Are you are experiencing a lack of something in your life, like money or good relationships? If so, then you probably believe – perhaps unconsciously – that you aren't worthy of having what you want. And if you believe you aren't worthy of having something, your subconscious will not allow you to have it.

Write in your journal your answers to these questions:

- Where do you think you are you not good enough, not worthy enough?

- Picture yourself earning an enormous amount of money - \$100,000, \$1 million, \$10 million per year. Can you imagine this? If not, why not? Why would you not deserve this amount?

As a being on this planet, you are innately worthy of receiving all the riches life has to offer.

Keep exploring to become conscious of any limiting thoughts, feelings and memories that are now unconscious in you. Once you become aware of old beliefs, you can choose to replace them with new ones that will allow abundance to flow through your life.

“Discovering your worth sets your spirit free.” -- Dan Millman

Are you aware of the voice inside your head that talks to you all day long? For most of us, that voice is a critic that ruthlessly judges and condemns our every move. It talks to us in ways we wouldn't dream of speaking to anyone else.

If we pay attention to that inner critic, we'll probably realize that we've heard those same words in other voices - the voices of our parents, teachers, classmates, siblings, colleagues, even strangers. These words keep us stuck - in the past, and in our fears and insecurities. These words influence our experience of ourselves and of life, moment by moment.

Take time to do the following exercise:

- How do you typically talk to yourself? Watch yourself closely for a day and write down the half-conscious mumblings and judgments you routinely make to yourself.

- Is your self-talk destructive or supportive?

- What does your self-talk say about your beliefs about yourself?

"The universe never says no to your thought about yourself. It only grows it." - Neal Donald Walsch

You can creatively create creations.

"Creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes, and having fun." -- Mary Lou Cook

Learning to be creative will give you great insights as to how your mind works. Your mind is very powerful. And you can be its master.

Creativity is not a gift you have to be born with. **Most creative people have learned how to be creative.** They do it logically. They look at one perspective and think of another. They appreciate metaphors. They transpose their thinking and make cross-connections easily. They trigger their thinking one way and then apply it to the problem at hand.

One way to become more creative is to practice the art of doing different things and doing things differently. Be off the wall sometimes. Go with those little urges that are asking to be expressed. Be more open, free and easy. **Explore your imagination.**

When you do, you will encounter more coincidences, attractions, the unusual, the mystery! Bring more experiences into your life. Have more fun. Be around more people - creative and expressive people. Try new things. Go to new places. Break out of old patterns.

Think Different - A list of choices for your very own creativity – see how many of these choices you can do within 21 days.

- Eat different food
- Eat at different places
- Fast for a day
- Sit in different places
- Sleep in a different room
- Change your morning routine
- Take a bath instead of a shower or vice versa
- Drink a different beverage
- Drive to work a different way
- Change procedures
- Change jobs
- Take a course
- Shop at an ethnic grocery store, e.g. Chinese, German, Italian
- Go to an opera, stage show or symphony
- Listen to different types of music
- Watch a new sport
- Participate in a new sport
- Don't watch television
- Watch a TV show you've never seen before
- Change your hair style or hair color
- Eat dessert first
- Drive to the country to look at the stars
- Read poetry
- Have a massage
- Read the newspaper for a week
- Don't read the newspaper for a week
- Walk, don't drive
- Use your non-dominant hand to do simple tasks
- Read different types of books
- Volunteer with different agencies
- Visit a new church
- Attend a service of a different religion
- Attend a foreign film
- Socialize with new people
- Listen to different radio stations
- Do deep breathing or stretching at coffee break
- Spend time with people in different age groups
- Take a spontaneous holiday
- Vacation in a new place
- Go on a retreat
- Eat dinner by candlelight
- Try a new hobby

- Take voice or singing lessons
- Take dancing lessons
- Get a pet
- Play games
- Vary your exercise routine
- Contact an old friend you haven't seen in years
- Have your 'fortune' read
- Go camping
- Do some gardening
- Tackle a neglected clean-up project
- Wear different clothes or jewellery
- Match your clothing in new ways
- Give yourself permission to do something 'naughty'
- Do what you fear the most

Listen to and follow the instructions on the “Through the Eye of the Needle” MP3 (*it is recommended to use this life changing exercise everyday for 21 days*)

Listen to the Theta brain wave CD

DAY FOURTEEN OVERVIEW – Developing Spirituality. The spiritual path is one of raising consciousness. Experience for yourself how changing your awareness can bring you a new way of living.

What has held you back from being more spiritual?

"There is no room for God in him who is full of himself." -- Hasidic saying

Ego can be fascinated with spirituality. Ego loves to study techniques like meditation. It loves to go through the motions, to act the part. It loves to imitate our greatest teachers. Ego always wants to be more, do more and have more, because this reassures it that it is safe and valuable and worthy. But it won't let go of its self-consciousness, it's personality - that step is too frightening.

What if we could experience what is in this moment without trying to manipulate it for our own gain? This would involve really listening, observing and being present without relating back to the self. We go beyond ego when we can release its ambitions and just BE with what is. It's a process of dropping ego's perceptions and motives, so we can experience being fully present without an agenda.

We do not have to GET anything to become a spiritual person. We already are spiritual beings - we have only to recognize that.

EXERCISE: The WISE WHYS - This exercise will help you explore your deepest motives for developing your spirituality. Ask yourself the question: "**Why do I want to be more spiritual?**" Listen closely for the answer that comes to mind. Write the answer that comes up, and then ask yourself "Why do I want that?" " ?" When an answer comes up, ask yourself again, "Why do I want that?" Continue with this process until you get no more answers.

"Make your ego porous. Will is of little importance, complaining is nothing, fame is nothing. Openness, patience, receptivity, solitude is everything." -- Rainer Maria Rilke

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Listen to the Delta brain wave CD

DAY FIFTEEN OVERVIEW – How soulful is your life? The soul, according to many religious and philosophical traditions, is the self-aware essence unique to a particular living being.

"People are lonely because they build walls instead of bridges." -- Joseph F. Newton

Soul exists in connection. We experience soul when we open to life - when we stop and become conscious of relationships.

We lose soul with anything that brings separation:

- resistance - to anyone or anything
- superficiality - we skim the surface of experience, and do not seek depth
- control - we try to control the relationship
- selfishness - we remain self-centered.

As you go through your day, pay attention to how you relate to other people and things in your life.

- What do you typically resist?

- Which interactions feel superficial?

- What situations do you seek to control in your life? How does this need to control affect your ability to connect with the other?

After you write a few answers to each question in your journal, review your notes and identify the ways you most obviously block your experiences of soul. Often, just being aware of a block begins to release it.

"Peace is not won by those who fiercely guard their differences but by those who with open minds and hearts seek out connections." -- Katherine Paterson

Listen to and follow the instructions on the "Through the Eye of the Needle" MP3 (*it is recommended to use this life changing exercise everyday for 21 days*)

Listen to the Theta brain wave CD

DAY SIXTEEN OVERVIEW - How long does it take to create a shift in consciousness? Try out 'The Four Awareness' exercise and see.

This is a personality-based question that really has no answer in terms of length of time. It takes as long as one lives. Change is a fundamental reality of life in time and space. Change is occurring constantly, but often we don't recognize it as it may be quite subtle.

The mind, ego and personality is also always trying to keep things the same. Often changes are occurring but we are unconsciously living as if they were not. When this happens, we tend to be out of step with what is happening in our life and in our psyche. As a result something does not work, things go awry and we are not content.

Sometimes the changes that are going on within us and around us are not the changes we want or like. This is because we do not understand them. And this is

why they exist. The insight to why change is happening often comes long after the fact.

There are basically two causes for the changes we experience.

1. One cause is the necessity of subconscious, repressed content to surface into consciousness. These are frequently what we would consider to be negative things – something that exists within us that we are not aware of. It is something that we reject and do not own as ours, something for which we have not taken responsibility for or cleared up.

Because we are not aware of some aspect of ourselves and it wants to come into our consciousness, it is therefore causing many things to occur. We usually become aware of it by projecting it onto people or situations outside of ourselves so that we have the opportunity to see it.

It is a fact of psychological life that whatever is unconscious must in time become conscious. So there is always something from the psyche's shadows seeking the light of awareness. If we do not pay attention to it, it will then get our attention through negative expression of symptoms.

In this 21 day Journey, we explore hidden content deliberately so that it no longer controls us, and so that new pathways for soul development and expression can be created.

2. The other cause of the changes we experience is the soul's activity within us. The soul is constantly emanating its presence in the endless forms of love, intelligence and power. It is the soul's power or pressure that triggers the subconscious content to surface, because if there is something blocking the soul's expression within the subconscious then a pathway for expression in conscious life must be cleared. The principle involved is that the soul can only express itself through the path of least resistance. Removing the subconscious blocks that are selfish, ignorant and fearful eliminates specific resistance to the soul's expression.

When there is no or little resistance within us, the soul will express itself based on our awareness of need within ourselves or around us. The changes we experience through soul expression at those times are greater integration between personality and soul. We inevitably then experience aspects of Beauty, Truth or Goodness. We become more the true Self that we are.

Remember that we are the space in which things rise and fall in and from – and as the watcher we have the opportunity to remain the awareness and not identify with the play of consciousness.

Stop for a moment, close your eyes, become the watcher and let your mind, body and spirit drop into a state of meditation. We are going to create a simultaneous awareness of all four awarenesses at once so that we can move easily among them.

As the watcher in meditation simultaneous take 21 Ham Sa breaths, hold your breath as long as it feels right and now become aware of:

Awareness 1-Your body and its breath going in and out – don't try to stop or change your breath; then simultaneously add-

Awareness 2- Now become aware of any thoughts or feeling you are having without identifying with them or trying to change, fix or solve them; then simultaneously add-

Awareness 3- Now add the overall environment around (the sounds, sights, smells in a kind of holographic field); and then add-

Awareness 4- Feeling the glow of the energy of consciousness, stillness, spaciousness or presence.

You are now in 4 states of awareness – enjoy!

A profound state shift occurs when your four awarenesses come together and your awareness no longer hovers around space, but in fact (as the Buddhists refer to it) crosses over into the vast consciousness of the experience of spaciousness, stillness and a connection to the ever present and undeniable field of living, intelligent energy.

The experience is no longer subtle as your attention gravitates toward the vast inner stillness that is aware of all the content in the moment - the thoughts, feelings, sights, sounds, breath, conversations and environment. You can unmistakably experience the mind, body and spirit reorganizing to allow your true essence to arise as you marvel at the energy radiating out and in simultaneously from all your senses and into the vast spaciousness around you.

Here is another great meditation exercise to deepen your ability to bring back the minds wandering and merge with the body and spirit. Meditation is a simple phenomenon. Whenever you have time, sit silently, doing nothing. Relax, be aware of your breath, close your eyes and focus your eyes between your brow, watch your thoughts and let all images go by without forming a union with them as if you are watching a movie on the screen. You are just a watcher. If you can watch your thoughts just as if they are moving there on the screen, and you are not involved in them, they start dispersing. It is your involvement that gives them life energy. When you withdraw yourself and become just a witness, thoughts start falling, like leaves which are dead start falling from the trees. Soon you will be surprised, the screen is empty.

"Consciousness coming back to the original source is what is called enlightenment. This blissfulness is something that happens here and now."

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Listen to the Delta brain wave CD

DAY SEVENTEEN OVERVIEW – Seven Keys to the magic of health, wealth, love and oneness.

Review each key and write an -- I AM or I WILL comment, commitment or insight about each of the seven keys.

Key One – Energy – Everything and everyone is energy, there is only one energy, energy and matter are one and the same, so therefore we are one with the energy!

Insight – We are the pure potential of consciousness in motion

- Stop trying to change the mind and align yourself with the possibility nature of the human spirit
 - Get into the act of flowing with and embracing the energy instead of thwarting it
 - Focus on the person you know you were born to be and have already become inside
 - Seek personal and spiritual growth to assist in the transformation of your tired old stories
 - Master being the space of oneness in life verses thinking your are something separate in it
 - Become aware of the energy for it is the play of consciousness rising and falling in the space
 - Break the patterns of suffering that disrupt the celebration of your life
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Key Two – Philosophy – Is the rudder and the sail for our course in life

Insight – We are the committee of one animating all incarnations

- All energy, thoughts and feelings are creative; they go out and curve back upon you
 - Are your beliefs and philosophy above the line or below the line (positive or negative)
 - Thoughts and feelings are not yours unless you say so old master
 - Thoughts have no authority over you
 - Start with desire, visualize an end, your intent will generate commitment
 - There is only one human upset, which is the loss of the present
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Key Three - Communications

Insight - Things just rise and fall in the moment, beliefs paint the reactions

- Live life in the Gap – an expression of gratitude, appreciation and praise to everyone & all things
 - Stop telling your tired old stories, focus on listening, observing and honoring the space
 - We are helpless to what rises and falls in the moment and can't change it, what a relief
 - To vividly imagine, ardently desire and sincerely believe will create a positive outcome
 - Seek first to understand then to be understood and people will want you around
 - Let go of drama – it's just an attempt to control what is rising and falling in the moment
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Key Four - Commitment

Insight – When one is committed all providence moves in ones favor

- Be willing to discipline your ego self for alignment with your higher self
 - Be teachable by the universe – let grace guide you
 - Harness the laws of attraction, synchronicity and the power of positive thinking
 - Empower the space of pure potential verses control it and you will see that your path is lit
 - Be willing to love the people you work and serve
 - Champion the success of everything and everyone
 - Ardently have a burning desire for life
 - Illuminate the space with the commitment of love to everyone and all things
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Key Five - Balance

Insight - When the impossibility of change of the moment strikes you you become enlightened

- Being where you are when your are there keeps you clear, happy and balanced
 - People are delightfully human – nothing is personal unless you say so
 - Learn the art of unattachment – to move on, want what you have
 - Honor diversity; respect the experiences, values and beliefs of others
 - Have fun – return to childhood passions – do only what you love
 - Have the world be the playground for your games of health, wealth and love
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Key Six - Leadership

Insight – Become the space of life versus doing the space of life

- First be, then the doing comes, followed by having the results (be-do-have)
 - Get free – stay free – nothing in this moment to fix, solve, start or stop – all is perfect love
 - Choose life people are counting on you
 - Do the right thing leadership is your first option
 - Be proactive with the strategy of I win, you win – you lose, I lose
 - Hold the space with an open heart
 - Become a spiritual being without forgetting your humanness
 - Be a passionate supporter of life with nothing and no one left out
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Key Seven - Youthful, Healthy Longevity is our birthright – every thing else is a story

Insight – We live in a physical world and you and everyone else identifies with you through your thoughts and story. You are the master of your story and the best story wins. Create a story of youthful, healthy longevity.

- Be the loving space in which your body lives with a positive expectancy about you and your health
 - Breathe Ham Sa breathing daily with one eyed-meditation to remain centered and balanced
 - Create a death date far into the future for the mind to work towards or it will work towards societies
 - You are what you eat – eat fresh, raw and live – fruits, nuts and vegetables
 - Drink copious amounts of water – supplement food with enzymes, vitamins and minerals
 - Retain a youthful exuberance about life – maintain your awe, wonderment and curiosity about life
 - Eat moderately and routinely and develop the desire to stay in great physical shape
 - Do daily aerobic exercise, lift weights for bone growth and walk wherever you can
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Listen to the Theta brain wave CD

DAY EIGHTEEN OVERVIEW – The boy-girl energy game is what runs all relationships in life. Sexual energy is the fuel that inspires intimacy, companionship, generates a youthful mind, body and spirit and can be used to enhance ones awareness, passion and enlightenment. It is good to be awake and masterful in this life game.

25 Surefire Steps on How To Get A Great New Boyfriend or Girlfriend!

Just follow these quick and easy steps and we guarantee that you will have not just one, but as many boyfriends or girlfriends as you want. **First** you will need to take stock of who you are, your self image, and what you want in a relationship. **Next** you will need to practice some techniques in the areas of communication and honesty. **Finally** you will need to take stock of your feelings about sex and what you really like in that area. This may be a bit awkward to think about, and we provide some quite explicit instructions in this area but sex obviously a very important part of any relationship!

1. Look at yourself in the mirror. Tell yourself that you are sexy, handsome, beautiful and special and any man or woman should be proud to have you as his girlfriend or boyfriend. Do this every day for 21 days and be sure to say it out loud while looking directly into your eyes in the mirror.

2. **Write down** on a sheet of paper your greatest ambition; like losing weight, changing your hair, new job, making money, college, taking a trip or having dinner in a pleasant and expensive restaurant. Anything that you believe will make you feel good at the moment.

3. Whatever you have written above you will have to do or at least start in the next 24 hours. You must make it come true or at least start doing it. But be honest with yourself; sitting and waiting for the phone to ring won't get you anywhere.

4 Be totally genuine with yourself and think about why you do not have a partner at this moment. Allow yourself the time to think and do not let yourself get away with your mind wandering every time you get close to an uncomfortable realization!

5. Describe the right man or woman for you. Be honest and think about everything that you like. What age? What race? What professional field? Is he or she a smoker or a non-smoker? An athlete? business person, artist or lover? How healthy is his or her bank account, family background? Divorced or single? Does he or she already have children? Is he or she particularly intelligent or intellectual, or is this not important? How do you like to spend time? Is sense of humor important? What about sex? Do you want someone who is usually quiet and calm or boisterous and loves to spend time with lots of people?

6. If you already know a man or woman that you would like to be your partner, go after him or her. Call them, set up a date and tell them exactly what your expectations are. Be completely honest. This may be scary but if you get in the habit of doing it you won't have to waste any more time wondering how they feel about you and playing all those stupid games. You will be surprised at how often the person is thinking the same thing about you..and amazed at the level of relief you will feel when you know for sure where things stand! Rest assured that after the first three or four times you've been honest about your feelings for someone it will be almost easy.

7. Ask yourself what your real goal is: to meet many partners and have lots of sexual and intimate experiences that are quick but pleasurable and exciting or do you want

to meet a person for a long-lasting relationship, stable but not less pleasurable and exciting. Be honest. Not everyone truly wants a long term relationship at every point in their life. Most of us have some periods, like after a break-up of a long relationship, or other situations, in which, deep down we just want some fun and variety. We need to be honest with ourselves and with those we are spending time with when this is the case.

8. Think about whether you are ready to change your life completely in order to find a steady partner. Will you move to another city? Will you change your job? Will you accept them if they have children?

9. Set up a plan for yourself: Where can you spend time that you might meet someone? Many people use singles bars or classified ads, but sometimes a great way is to spend time with groups that share your interests - hiking, photography, art, dance, meditation groups, etc. Are you going to find them in the classifieds? Are you going to place an ad? Are you going to use a dating agency? Would you prefer to go to a single's bar? Decide what you want to do and do it, but do it today!

10. Evaluate yourself. Are you happy with your hair, your body, your clothes, and your nails? You have to like yourself above all things, no matter what; otherwise you won't convince any person to like you. Make the first move. If you encounter something that you don't like, change it! Make an appointment and change your hairstyle. But don't worry about your weight, if that is something that doesn't bother you. If you weigh more than the average person and you feel good about yourself - don't change it! Or even if you are too skinny and like being like this, don't worry! The only thing you have to do is to love yourself and accept yourself the way you are. Be honest and always be the real you; don't try to be someone that you are not! On the contrary, you will be making a fool of yourself and will be fooling your partner too. There is someone for everyone, and when attraction hits, the details don't really matter at all!

11. Rethink your wardrobe. Make a list of everything you want to have and need in order to have an interesting wardrobe. If you need to buy something, do it in the next 24 hours. If you don't have any money now, use your credit card or wait until your next paycheck, but make that your deadline!

12. You know those tight leather jeans or sexy lingerie that you have always wanted? Go ahead and buy it now! Don't worry about what other people may think; after all, you are the master of your own destiny and no one else!

13. Girls, how long has it been since you've given yourself a gift? Don't procrastinate any longer and give yourself that beauty treatment you've always wanted. Get beautiful and feel beautiful.

14 Guys and girls, if you are uncomfortable talking and having a conversation, change this situation now! Start reading everything you can, Newsweek, Time, read the paper, Cosmopolitan. Go to the movies, to the theater. Practice possible conversations and opening lines in your head, and practice with anyone you run into - the store, in the street, anywhere so you are ready when that special someone is standing or sitting next to you.

15 Learn about dating...find tips and tricks in magazines and books and try them out on friends or in your mind. You will be surprised at what you find out...and at how many opportunities arise when you begin focusing on what you want - to find a new boy-friend or girlfriend - and taking steps to do that instead for just wishing for one without doing anything differently.

16. Think about your favorite sexual fantasy. If you don't have one, maybe it's time for you to find one. There's nothing to be ashamed about in having sexual fantasies; it is really healthy. What would it be? To have sex with a great movie star? Costumes and role-playing? Sex in odd places? To have sex with two men or women at the same time? Think about it right now!

17. **Write down** everything you have always wanted to try with your sexual partner, like oral sex, sex on a beach or in nature, masturbation, just foreplay until you both have an orgasm....all the things you secretly wanted in past relationships but never spoke up...this is your chance to get clear on what is important to you in the sexual arena.

18. Make a list of everything that you have never wanted to try in sex and why. Think about it. Think how you would answer your partner if he asked you to do something you didn't want to do?

19. Think about whether there are sex toys that you want to try and don't waste time - buy them! If you are too embarrassed to do it, order by mail or through the Internet, but be brave and remember that it is your sex life and nobody else's, and the only opinion that matters is yours. Experimenting and finding out what you like is not only fun but it can empower you when you start that new relationship!

20. Learn about everything concerning your body. Which areas are more sensitive? What excites you the most? Men, masturbate without coming and build up your endurance and ability to hold yourself back. Girls, hold open your vagina and look at yourself in the mirror. This is your body and you must learn about your reactions and sensations. Masturbate in front of the mirror and watch your reactions, the color or your vulva changing, your clitoris. Both of you must learn what happens to your body when you are touched. Learn which touches excite you the most, which position is the best one, so you will be able to show your partner the right path to your passion. Men and women really do appreciate being told what their partner likes.

21. Believe that this is the day that your life is going to change. Believe that you will find a boyfriend, girlfriend or sex partner and that you have to do it now. You are your own boss; you control your life! Only you know what really pleases you. There are many ways of finding this someone, but you have to try, go for it, everything depends on your will and desires.

22. Don't be ashamed if you don't know much about sex, that's why we are talking about it and there's more available. No matter how long it takes you to be certain about some issues; the important thing is that you start considering them.

23. Be a sex god and goddess and start with yourself. If you feel loved and sexy, we guarantee that any man or woman will feel the same toward you. Go for it!

24. But don't forget about a rather unpleasant detail: Sexually transmitted diseases. You must always have a condom, because STD's and AIDS can happen to anyone. Don't have sex without a condom even if you know your partner. And if he or she says that they won't have sex with you using contraception, don't do it.

25. And never do something that you don't like just to please the other person. Be yourself always!!!

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Listen to the Delta brain wave CD

Scan the sex and relationship lessons in the eguidance library for additional insights.

DAY NINETEEN OVERVIEW – Since men and women are constantly training one another this is for both sexes, however it was written especially for a woman's point of view.

How Women Can Be Irresistibly Attractive Sexually. An Explicit Conversation.

1. You must know, understand and take advantage of your body! A great turn on for a man is seeing how much he excites you, knowing that whatever he does to you in bed will drive you crazy. But the only way for him get the best out of you in bed is if you know which spots on your body really turn you on. You have to know your body and yourself deeply; so the least you can do is start finding these spots right now!

Stand in front of a mirror and take off all of your clothes, looking at yourself very closely. Watch yourself. Observe your body. Look at your breasts, their color and type. Look at your waist and hips. Look at your vagina. Touch yourself and watch your reactions. Scratch all of your body gently. Massage yourself and find out what kind of touching gives feels best; discover the best sensations, what excites you more and what relaxes you most.

The female genitalia are composed of eight areas: the pubic area, the outer lips, clitoris, urethra or "urinary tract", the inner lips, vagina, perineum and anus.

The pubic area is covered with hair and when it is gently touched, you will feel an exciting sensation. There is great sexual energy flowing through this region, however, it is almost always forgotten in intercourse or masturbation. Touch it, feel the pubic area, make gentle circular movements with your fingers and nails. You will surely feel a distinct burning, like a little fireball that starts to grow inside of you - this is your sexual energy flowing through your body.

The clitoris is an organ full of nerve endings. It extends internally along the inner and outer lips, and what we see is just a small piece of it. The clitoris is the same as the penis in that it has the same number of nerve endings, and it is very sensitive to touch. When touched it becomes hard and increases in size. Try touching it with your finger slowly, and keep increasing the speed of the movement. Feel what pleases you the most, either with a strong or soft touch. Discover the way that pleases you most so you will be able to show your partner exactly what excites you. After all, your quality of life and sex life will only improve and be in harmony with one another if you know all the ways to turn yourself on!

The urethra is also sensitive to touch, and if stimulated and touched softly can give you the most amazing sensations. But this area is extremely sensitive and if you rub it the wrong way, you could get a urinary infection. It is important to remember that not all women have the same feelings at the same points on their bodies. Some are more sensitive in some spots than others. This is one of the reasons why it is extremely important to know which are your favorite places and learn more about your body.

The vagina increases in size when excited. The inner and outer lips swell and deepen to receive the penis. It is very easy to stimulate the vagina, just by touching, kissing and sucking it, and it will be lubricated for easy penetration.

The anus is also a really sensitive region of the body. It is irrigated by several nerve endings leading to other parts of the female genitalia. In some women, the stimulation of the vagina is more pleasurable than that of the clitoris, but once again we must remember that not all women are the same and some women may find some forms of stimulation more pleasurable than others.

So, if you don't feel comfortable with certain kinds of stimulation, avoid them and tell your partner that they don't please you.

Now that you know the physiology of your golden zones, it is time to discover the physical reactions of these spots.

Take a long, relaxing bath. Afterwards, don't put on any clothes, lie down in bed and start touching yourself gently. Touch yourself with your fingertips and your nails, see which way pleases you the most. Start with the lower part of your body, touch your feet, your legs, your genitalia, your pubis, your stomach. Move upwards and touch your breasts and nipples. Touching all the parts of your body and find out which ones please you. Put your fingers into your mouth and lick and suck them.

Lick your arms, your hands, and note the importance of the type of touch. Hold your breasts and massage your nipples. See what happens when they are touched, and imagine what could happen when a man sees this type of reaction.

Pull open the outer lips of your vagina with your fingers; notice its color and feel its softness. Gently insert your fingertip (make sure it is clean) into your vagina and make circular movements, so as to touch it all. Squeeze your finger with your vagina muscles and experiment the same sensation as a penis inside your vagina. Take out your finger and rub it on your outer vagina area. Rub your clitoris. Use more than one finger, try using your entire hand. Put some pressure on it, try pressing hard and soft, seeing which way pleases you most. Sit in front of a mirror and look inside your vagina. See the reaction of your body to your touching and stroking, the difference between the outer and inner lips. See your clitoris, its size and color. Examine the entrance of your vagina and see how lubricated it is.

In the beginning you might feel a little embarrassed, but don't worry and move on! If this is your first time doing this, it is perfectly normal to feel a little ashamed. Just don't let it get to you. The more you learn about your desires, the more you can teach your partner how to satisfy you - and of course, how to satisfy him in return. The more you satisfy yourself, the sexier you will feel.

You have to remember that in order to be a sex goddess in all sexual relationships, you have to like and know exactly what you are doing. But certainly sometimes you may have to do some things that don't please you greatly in order to satisfy and surprise your partner, giving him enormous pleasure. Sometimes you even end up surprising yourself with new pleasures. Sometimes, giving pleasure to your partner is one of the most satisfying things that you can do for him, and of course, it will be satisfying for both of you.

2. The power of the eyes. One way of making yourself extremely irresistible to your man is making yourself an active party in the sexual relationship, but making him believe that he is control. This technique has the double effect of making both of you satisfied with your excitement and performance.

Men can easily be excited through visual stimulation. They react in a quicker and more intense way than women do, for instance. That is why men's magazines full of naked women are really popular, while women's magazines with naked men have little success. Just seeing a woman's bottom, breasts or vagina can erotically stimulate men. So women should pay attention to this and take advantage of it in order to tease the men they want. This can be done by exposing cleavage, the height of one's skirt, tight blouses, tight pants, sexy bikinis.

One of the most famous examples of this technique is the actress Sharon Stone in the movie Basic Instinct, in the interrogation scene, when she opens and crosses her legs in front of several male policemen wearing nothing but a tight dress and no panties.

This is just one of the strategies that you may use, but only in certain situations, because we are not saying that to get a good man you should go out without underwear and randomly flash your vagina. But you can use this and other visual strategies to maintain and hold your man's sexual interest.

This panties trick is one of the best, and it can vary. In another movie Sharon Stone used the same artifice of taking off her panties while having dinner in a restaurant and throwing them onto her partner's plate. In fact, you don't have to show your partner that you are not wearing any underwear. All you have to do is whisper in his ear "I forgot to put my panties on tonight", or "I was feeling really hot and had to take off my panties", in the middle of a party, event, or dinner. After saying it, just look at him and watch him go crazy. Believe us, he will not let you go all night long, and will be counting down the minutes to get home and ravage you. If you wish to create a situation where you can show him that you are not wearing any panties in public, **PLEASE DO SO**, because the effect that this single thing can have on him is just unbelievable.

There is also one thing that is imperceptible to most women, as many women don't realize that the smallest things really count for men, just as they do for women; like calling him to do up the last button of your dress. This reminds him that he is needed as a male. Give him the opportunity to demonstrate his sensitivity and tenderness. Another way to excite him through visual stimulation is using sexy lingerie. Most men go crazy with the sight of a woman in black lingerie, with black stockings, with or without panties - that detail is up to you.

Today there is a great selection of lingerie on the market, like the bikini type and those that have an opening at the bottom, allowing him to have a good look at you, especially when you bend over in front of him, on purpose. Other pieces of clothing that excite him visually are skirts and vinyl panties, or other rubber material, especially in black. You could be wondering if all of this clothing and lingerie could give him the wrong idea about you. Of course not! Men don't think that their women are women of disrespect just because they want variety and surprises, giving him the most pleasurable visual stimulation. The opposite is true. Your man will be delighted to know that you are doing something or wearing different clothing just to please him, especially if you say that this is the first time that you are doing it (even it is not really true...). He will love to know that the things that you are wearing and showing him are for his eyes alone.

But you must know that all of these techniques depend only on you. Only you are able to do these things and surprise him. Don't let your body stop you from doing anything; after all, you are not in a modeling contest. So think sexy and you will be sexy!

The man you are with loves you for everything you are and everything you represent. If you dress sexy, act sexy and make the most of situations, there is no excuse! He will be so surprised and impressed that he will not even be concerned if you need to lose some weight or your legs are not perfect or your behind is a little big.

There is one more way of surprising your man: the "shaving fascination".

Shaving your pubic hair should not be thought of as perverted. The visual stimulation that a shaved vagina creates in a man's eyes and body are amazing. The act of shaving your pubic hair will make your man look at you with different eyes. If by any chance you don't like the way your vagina looks; or if you notice that he doesn't like it or doesn't realize what you have done, don't panic, in just three weeks your hair will grow back. There are many ways of shaving your pubic hair, and if you and your partner become fascinated by this, you can find some permanent ways of doing it, such as electrolysis, which will keep your vagina always smooth, apart from being a safe method.

There are at least two good reasons why you should shave your pubic hair from time to time and drive your man crazy. First of all there is the fact that he will be able to look at your whole vagina, with your outer lips and clitoris unobstructed. Secondly, when a woman shaves her pubic area, she insinuates that she is opening herself completely to her man, that she is surrendering to him (but in fact we all know that the real person in control is you!). Because YOU took the first step. Best of all is that all women who shave their pubic area say that their men go down on them more often. The pubic area becomes more sensitive and inviting. You really should try it!!!

It is proven that most men get really excited during oral sex. The smell, taste and technique make it easy to know when the woman is coming. There is no more sensitive way of realizing how hard the clitoris is than having it sucked and licked up and down with the tip of your man's tongue.

But, of all of these techniques, the one that has the best results is something that most of the time you decide to do alone: masturbation.

Try to imagine how it could be for a man to watch his own woman completely vulnerable - in his eyes of course (after all, masturbation is a really intimate ritual in a private moment) - when she touches herself in ways that only she knows. There is nothing that excites a man more than watching his woman having the best time, if you know what we mean, in front of him.

3. Your body on his body. There are lots of ways to maintain contact between your body and his body. But there are two ways that will make your man go wild and should take place before penetration. But you must pay attention and do this BEFORE penetration, otherwise, you won't be able to hold him any longer.

- Your nipples should be hard, bite if not, touch him and they will get hard.

Make a path with your hard nipples across his body, making quick stops and circular movements in the sensitive spots on his body. If necessary, use some lubricating oil. Go down his back, from top to bottom. Place your nipples in all of his orifices, his ears, belly button, and of course his mouth. But when you reach his mouth, don't forget to slow down and let him suck them. Finish this journey with circular movements with your nipples on his penis. Just the sight of this scene will make him horny as hell! Enjoy it!

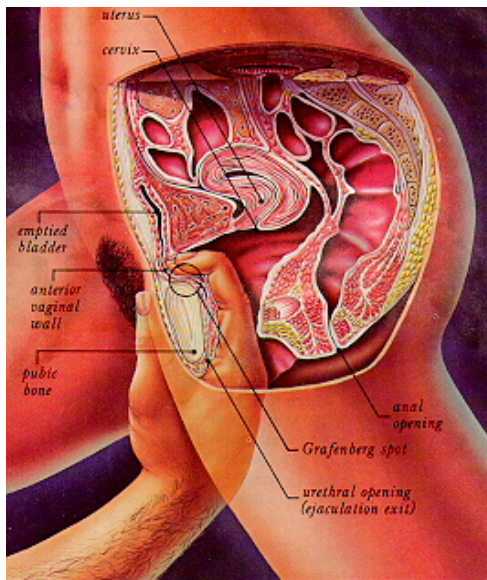
- **To arouse his animal instinct**, if you have not shaved your pubic area, or if your hair hasn't grown back, one of the best tips that we can give you is: rub your pubic hair gently along his entire body. He must be lying on his back and you move gently along his body, feeling extreme pleasure. You will get so excited that you will feel wet the minute you start. Go up and down as if rubbing against a giant penis. Go to his knees, his toes, and let him insert one of his toes in your vagina and feel it, just feel it. Don't hesitate, and go up to his face, his forehead, nose and of course, his mouth, making a really long stop in this spot!!

Remember always that YOU ARE IN CHARGE AND NOBODY ELSE! After all, do whatever you feel like doing! So, enjoy it all within your own comfort zone.

Listen to and follow the instructions on the “Through the Eye of the Needle” MP3 (*it is recommended to use this life changing exercise everyday for 21 days*)

Scan the sex and relationship guidance library for more insights.

DAY TWENTY OVERVIEW – Sex and relationship -- female g-spot -- where is it? This is an art that when mastered returns multiple positive benefits to everyone in relationship.



It's 2.5cm to 5cm (1in to 2in) inside the vagina on the front wall. You should be able to feel it with your finger. If you're not sexually aroused it may be no bigger than a pea; once you're aroused it increases to the size of a 2p piece.

It's actually more a of a zone than a spot. If you want to explore and find out whether you have one, feel for an area that's rough, a bit like a walnut, rather than smooth and silky like the rest of the vaginal wall.

The what spot?

- **Originally known as the Grafenberg Spot, the G-Spot was named after the gynaecologist Ernst Gräfenberg, who first described it in 1944.**
- **Practitioners of tantric sex have been talking about this 'sacred spot' for over 1,000 years.**

What is it?

For many women, it's a highly sensitive, highly erotic area that provides hours of pleasure. For others it's a knobby bit that, when touched too much, creates an overwhelming sensation of needing a pee. Some women can't feel any sensation at all while others don't seem to have one at all.

There are a number of different theories about what the G-spot or area actually is. One view is that it is an area of prostatic tissue similar to the male prostate. The absence of the Y chromosome in the developing female fetus deposits the cells in a similar location and voila - the G-spot. Complete with a similar type of sensitivity to the male prostate

Another expert agrees with the prostate theory but expands it to say that this is not the only reason for sensitivity. He points to the clitoris and the urethra as other sources of pleasure, both of which can be stimulated via the front wall of the vagina. Therefore there are a number of erogenous zones and we should stop seeking the elusive g-spot and instead rename it the 'anterior wall erogenous complex' - catchy!

A further expert who was first responsible for publicizing the G-spot has recently discovered another use. In research she has shown that stimulation of the G-spot area can increase pain threshold by up to 47%. If the stimulation is arousing, the pain threshold increases by up to 84% and a massive 107% on orgasm. Her hypothesis is that this sensitive and erogenous area is one of nature's natural painkillers for childbirth and a natural stimulant for sex.

So there you go. Basically, we still don't know for sure - but the important thing is to find out what you've got and what you like.

What to do with it

Once you've established whether you've got one or not, you need to discover whether you have one that gives you pleasure or just feels a bit annoying. Stroking is usually the most enjoyable form of stimulation.

Sexual virtuosos recommend inserting the forefinger to about the second knuckle and making a 'come here' motion towards the front vaginal wall. You'll need to experiment with pressure and length of stroke to find out what feels best for you. It's important that you're sexually aroused first, and also worth noting that many women say sensitivity varies throughout the month.

During stimulation, the first sensation might be the need to go to the loo, possibly because the G-spot is on the front wall so your bladder is being pushed. You can check this out by making sure your bladder's empty first then seeing how it feels. The first couple of times it might be a bit odd, but many women say a little perseverance is more than worth it.

Feeling it during intercourse

Depending on the size and exact location of your G-spot, you may or may not be able to feel stimulation during intercourse. You're most likely to feel something if you have your pelvis raised.

Another popular position is to be on all fours or bending over from a standing position and allowing penetration from behind. You'll need to experiment.

Female ejaculation

Some women say they ejaculate when their G-spot is stimulated. Research has shown that approximately 10 per cent of women expel between 9ml and 900 ml of fluid from the urethra during arousal and orgasm. A group of scientists examined some of this ejaculatory fluid and discovered prostatic enzymes, fuelling the theory that the G-spot is the equivalent of the male prostate.

However, another group of scientists examined the fluid and said it was very similar to urine. Latest thoughts are that the fluid is an altered form of urine that changes in chemical composition due to sexual arousal. The research continues.

A final word on the subject

Remember, we're all unique. You may have a sensitive G-spot or you may not. If you want to explore, do it light-heartedly. Don't turn it into the Holy Grail; there are many, many ways to enjoy your sexuality, and the G-spot is just one of them.

Listen to and follow the instructions on the “Through the Eye of the Needle” MP3 (*it is recommended to use this life changing exercise everyday for 21 days*)

Scan the sex and relationship guidance library for more insights.

DAY TWENTY-ONE OVERVIEW – Here are “Ten Honorments” you can use to put perspective into your everyday life. For each of these “Ten Honorments”, we have included quotes from kindred spirits that both support and expand the ideals of each honorment.

Exercise: Write your own quote that best fits your life for each of the Honorments.

#1: *To be authentic, be present to the space in which your thoughts, feelings and circumstances rise and fall from in your life.*

Kabir: In Indian tradition the Universe reveals itself in two fundamental properties: as ***Motion*** and as that in which motion takes place, namely ***Space***. This Space is called ***akasa*** and is that through which things step into visible appearance, i.e., through which they possess extension or corporeality. Akasa is derived from the root kas, 'to radiate, to shine', and has therefore the meaning of 'ether' which is conceived as the medium of movement. The principle of movement, however, is ***Prana*** the breath of life, the all-powerful, all-pervading ***rhythm of the universe***.

Sage Larry Hope: “Being present as the witness makes you realize that you are not your thoughts or feelings, you are the beholder of space in which they are happening.”

Dr. Phil: “You Create Your Own Experience. Acknowledge and Accept Responsibility for your life”

Stephen Covey: “Taking initiative does not mean being pushy, obnoxious, or aggressive. It does mean recognizing our responsibility to being a partner in helping make things happen.”

Les Brown: “Accept responsibility for your life. Know that it is you and the nature of life that will get you where you want to go, no one else.”

Denis Waitley: “There are two primary choices in life: to accept conditions as they exist, and accept the responsibility for changing them.”

Tony Parsons: “Only here, in present awareness of simply “what is as it is” can there be freedom from self-image.”

#2: When action is born so is motivation.

Sage Larry Hope: “Just get started, genius blossoms in participation.”

Dr. Phil McGraw: “Life Rewards Action. Make Careful Decisions”

Tony Robbins: “Taking Massive Action Unlocks the Giant Within”

Thomas Jefferson: "I find that the harder I work the more luck I seem to have."

Dale Carnegie: The man who goes farthest is generally the one who is willing to do and dare. The sure-thing boat never gets far from shore

Jack Canfield: “Everything you want is out there waiting for you to ask. Everything you want also wants you. But you have to take action to get it.”

#3: Have the desire for knowledge and it will find you.

Sage Larry Hope: “True knowledge lies within and is found in the Presence of stillness.”

Napoleon Hill: Desire is the starting point of all achievement.

Plato: “One trait in the philosopher's character we can assume is his love of the knowledge that reveals eternal reality, the realm unaffected by change and decay.”

Muhammad Ali: “Champions aren't made in the gyms. Champions are made from something they have deep inside them—a desire, a dream, a vision.”

Mario Andretti: “Desire is the key to motivation, but it's the determination and commitment to an unrelenting pursuit of your goal -- a commitment to excellence -- that will enable you to attain the success you seek.”

Earl Nightingale: “The key that unlocks energy is 'Desire.' It's also the key to a long and interesting life. If we expect to create any drive, any real force within ourselves, we have to get excited.”

#4: *Have ideals, insights and goals will follow.*

Sage Larry Hope: “Deep within a dream is idealized and an insight is born. Soon goals follow, content follows context, form follows function, each moment is a function of your intent, prepare yourself well by staying awake to your intention.”

Tony Robbins: Setting goals is the first step in turning the invisible into the visible.

Aristotle: First, have a definite, clear practical ideal; a goal, an objective. Second, have the necessary means to achieve your ends; wisdom, money, materials, and methods. Third, adjust all your means to that end.

Maxwell Maltz: People who say that life is not worthwhile are really saying that they themselves have no personal goals which are worthwhile. Get yourself a goal worth working for. Better still, get yourself a project. Always have something ahead of you to "look forward to" -- to work for and hope for.

Plato: “We are like people looking for something they have in their hands all the time; we're looking in all directions except at the thing we want, which is probably why we haven't found it.”

Brian Tracy: “Every single life only becomes great when the individual sets upon a goal or goals which they really believe in, which they can really commit themselves to, which they can put their whole heart and soul into.”

Zig Ziglar: “A goal properly set is halfway reached.”

#5: *Creating a plan is like a sail, a rudder and a trim tab for a sailboat.*

Sage Larry Hope: “Without a plan no matter how hard the wind blows there is drifting, no matter how good at communicating, interpretation gets lost.”

Thomas Jefferson: “If You Fail to Plan, You Plan to Fail.”

Napoleon Hill: “When defeat comes, accept it as a signal that your plans are not sound, rebuild those plans, and set sail once more toward your coveted goal.”

Mark Victor Hansen: “The majority of people meet with failure because they lack the persistence to create new plans to take the place of failed plans.”

David Hume: “And though the philosopher may live remote from business, the genius of philosophy, if carefully cultivated by several, must gradually diffuse itself throughout the whole society, and bestow a similar correctness on every art and calling.”

#6: *Pay the price of commitment and reap the rewards of personal satisfaction.*

Sage Larry Hope: “Your commitment allows the law of attraction and synchronicity to work in the favor most attractive to you.”

Vince Lombardi: “The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.

Orison Swett Marden: Success is the child of drudgery and perseverance. It cannot be coaxed or bribed; pay the price and it is yours.

George Eliot: “It is never too late to be what you might have” been.

Francois de la Rochefoucauld: “We promise according to our hopes and perform according to our fears.”

#7: *Look forward with persistence.*

Sage Larry Hope: “Persistence is easiest when you follow the “BE-Do Have” model: First be what you want mentally, and then do what is necessary to achieve it and then you will have what you want. That’s when you can say, persistence pays off.”

Calvin Coolidge: “Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent.”.

Orison Swett Marden: “There is genius in persistence. It conquers all opposers. It gives confidence. It annihilates obstacles. Everybody believes in a determined man. People know that when he undertakes a thing, the battle is half won, for his rule is to accomplish whatever he sets out to do.”

Dale Carnegie: Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.”

#8: *First, believe in yourself and then everybody else will.*

Sage Larry Hope: “Becoming aware of the “Who” it is that is alive inside, the watcher that is aware of the mind of duality, creates a belief in yourself that shows up as an inner alert stillness without an agenda, which is unmistakable by others.”

Denis Waitley: “If you believe you can, you probably can. If you believe you won't, you most assuredly won't. Belief is the ignition switch that gets you off the launching pad.”

Henry Ford: “Whether you think that you can, or that you can't, you are usually right.”

Frances Lappe: I've grown certain that the root of all fear is that we've been forced to deny who we are.

Anthony Robbins: “If you develop the absolute sense of certainty that powerful beliefs provide, then you can get yourself to accomplish virtually anything.”

Maxwell Maltz: Realizing that our actions, feelings and behavior are the result of our own images and beliefs gives us the level that psychology has always needed for changing personality.

David J. Schwartz: “The size of your success is determined by the size of your belief. Think little goals and expect little achievements. Think big goals and win big success. Remember this, too! Big ideas and big plans are often easier—certainly no more difficult—than small ideas and small plans.”

9: *Uncover success by learning from your mistakes*

Sage Larry Hope: “President Roosevelt once said, “All there is to fear is fear itself”. Success cannot be gained without beginning the journey, by starting the journey you will have the successes rather than the reasons why not.

Winston Churchill: “All men make mistakes, but only wise men learn from their mistakes.”

Oprah Winfrey: “There are no failures, only lessons to be learned.”

John Sculley: “I have found that I always learn more from my mistakes than from my successes. If you aren't making some mistakes, you aren't taking enough chances.”

Terry Bragg: “The Law of Feedback states: there is no failure; there is only feedback. Successful people look at mistakes as outcomes or results, not as failure. Unsuccessful people look at mistakes as permanent and personal.”

10: *Sit in meditation, imagine a clear picture of your dreams, visualize and feel providence move in your favor while you see yourself effortlessly and spaciouly handle all that is reciprocated back to you from your efforts.*

Sage Larry Hope: “If you sit in meditation often enough with your dreams the initial chatter and pictures will quiet down into a deeper stillness from which you can then see consciousness return to its source and feel the truth of your intent effect all endings and beginnings.

Earl Nightingale: “Picture yourself in your minds eye as having already achieved this goal. See yourself doing the things you'll be doing when you've reached your goal.”

Gandhi: 'Truth alone is eternal, everything else is momentary. It is more correct to say that ***Truth is God***, than to say that God is Truth.... All life comes from the ***one universal source***; call it Presence, The Field, Space, Allah, God or Great Spirit.'

Stephen Covey: “Create a clear, mutual understanding of what needs to be accomplished, focusing on what, not how; results not methods. Spend time. Be patient. Visualize the desired result; start with the end in mind.”

Robert L Schwartz: "The entrepreneur is essentially a visualizer and an actualizer. They can visualize something, and when they visualize it they see exactly how to become the actualizer and make it happen."

Paul Meyer: “What ever you can vividly imagine, ardently desire, sincerely believe and enthusiastically act upon must inevitably come to pass.”

Albert Einstein: “Few are those who see with their own eyes and feel with their own hearts.” “Logic will get you from A to B. “Imagination will take you everywhere”

