



# 10 LIFE SKILLS

NEVER TAUGHT BUT  
TOTALLY ESSENTIAL  
TO HAPPY LIVING

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# **10 Life Skills Never Taught But Totally Essential to Happy Living**

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# Table of Contents

## Introduction

### **Life Skill #1: How to Say “No”**

Janette Dalglish

### **Life Skill #2: How to Embrace Rejection**

Jeannette Maw

### **Life Skill #3: How to Know What You Want**

Ginny Gane

### **Life Skill #4: How to Hear Inner Guidance**

Anne Bolender

### **Life Skill #5: How to Prioritize Joy**

Janette Dalglish

### **Life Skill #6: How to Put Yourself First**

Lisa Hayes

### **Life Skill #7: How to Give Up**

Frank Butterfield and Paul

### **Life Skill #8: How to Appreciate What Is**

Cassie Parks

### **Life Skill #9: How to Ask For Help**

Joy Zalzala-Soyka

### **Life Skill #10: How to Receive**

Lisa Cavallaro

### **Bonus Skill #11: How to Change Your Mind**

Melanie Bates

## Author Bios

## Resources

## Introduction

When it comes to creating a happy life, you've probably been trained in some of the basics, like self-discipline, accountability, persistence, time management, etc.

And those traditional skills can come in handy, no doubt.

But have you ever wondered if there's more? Ever speculate about the possible existence of some non-traditional specialty skills that might also contribute to making life even juicier? Most of us have believed in the old basics for so long that we never even took time to consider there could be other skills that are also worth developing.

As coaches (and one channel), together we have worked with thousands of people who have demonstrated to us that there definitely are other skills that can make a difference between a good life and an even better one. For instance, we have witnessed amazing things happening for people who have trained themselves to:

- say no instead of doing what pleases others
- accept rejection instead of hiding in fear of it
- know what they truly want instead of what they think they should want
- hear inner guidance rather than follow outside voices
- prioritize joy instead of saving it for that always-distant rainy day
- prioritize their own needs instead of living for others
- give up successfully rather than struggling-and-failing
- appreciate what is rather than living for tomorrow
- ask for help rather than struggling in silence on your own
- receive for themselves what they were culturally conditioned to give to others

Some of the above ideas may sound foreign to you... and that's awesome. They didn't make sense to us, or our clients at first either – which is exactly why we decided to share them with you in an easily adaptable format.

On the pages that follow, each of us has written on a topic based on our own experiences and those of our clients. Our hope is that in reading, you will be inspired to practice the ideas in this book. Even if you can get really good at just one of these techniques, it can dramatically improve your experience of life. Master all ten and you're living in the sweet spot!

So... without further ado, we present the secret success skills you were probably never taught to master... and are thrilled to finally hear about now.

## **Life Skill #1: How to Say No**

### **Janette Dalgliesh**

Your “no” has power in it, just as your “yes” does. And the key to becoming a super expert user of “no” is knowing not just how to do it, but also when and where.

There are three different kinds of “no” you’ll want to master: The Boundary-Rider, the I-Don’t-Want-That, and the Not-Quite-Right. Each has a different energy, and when you know how to use them, you reclaim your personal power like a wizard.

### **The Boundary-Riding “No”**

This is the “no” we need to master in order to handle tolerations (that’s coach shorthand for anything in our lives which is an energy drainer).

A toleration can come externally (your boss wants you to give up yet another weekend to do unpaid overtime; your client wants to reschedule for the third time this month; a stranger wants to come into your home to sell you something you don’t want). Or it can come internally (the monthly newsletter you committed to, but now hate doing; the weight loss program that has you physically exhausted; the relationship gone sour but held together by guilt and obligation).

This is a “no” which protects our boundaries. Sometimes it relates to time management, sometimes it’s about tasks or activities, sometimes it’s about incoming information and outside voices.

Before you can master this particular “no,” you’ll need to become an expert at noticing a toleration. If you’ve been in the habit of saying “yes” to everything, this can take practice.

The easiest way is to become super sensitive to the word “should.” If some thing or person or task has a “should” associated with it, chances are you’re facing a toleration. And by the way – “ought to” and “need to” and “have to” are all variations on “should,” so don’t fall for them either!

How does knowing about “should” help you say “no” to that toleration, that thing you don’t want to do?

Because “should” has a much more friendly cousin which opens all kinds of possibilities and gives us back our power, which in turn fuels our ability to say “no.”

It’s the word COULD.

“I could get out that newsletter easily if I go to the good coffee shop and draft the copy (or I could skip it this month, or I could ask for guest articles from my colleagues)”

“I could be nicer to my hubby and I choose to, because it will make us BOTH feel good”

I could give up chocolate, but I choose not to.

I could drop the self-judgement.

When you use “could,” you have three fundamental choices:

Delegate it – find someone else to do it, which might mean paying for it, or bartering, or even simply asking for a favour. (“Could” opens the door to asking for help.)

Delete it – skip it altogether. (You'd be surprised how many “shoulds” turn out to be non-essential.)

Dance it – find a way to change how you feel about it and then do it. (I do my tax prep on my couch, in front of a familiar movie such as Harry Potter – makes it so much more fun!)

One of the reasons “no” can feel elusive is that we don't always recognize a toleration when it's at play; and when we do recognize it, we don't necessarily know what to do about it.

Use the should-to-could technique, to identify and then soften a toleration. Decide what you're going to do with it (delegate, delete or dance).

And then, from that more-empowered place, use your “no.”

If you're new to the boundary-rider “no,” it can feel scary. I used to be the poster girl for “yes” and had boundaries weaker than a wet noodle, so I get it. These days I'm fantastic at saying “no” in a calm, clear way, without feeling the need to explain.

It's been a matter of practising, and it's definitely a learned skill. My path to successful “no” began with a technique I learned from a wise actor friend, whose life was full of demands: The Time Buffer.

Her blanket policy was that any time someone asked her to do something (be in a show, open a fete, agree to an interview, host a family event), she would smile sweetly and say “I don't know yet – I'll get back to you in 24 hours.” Even if she knew it was a “probably” or even a “yes”, she practised the habit of the 24 hour window, and this took an enormous amount of pressure off. She couldn't be rushed into a “yes” she would regret. And people got to know that she wouldn't be rushed.

Making this one small change was the beginning of mastering “no” for me, so if you're feeling a long way from your calm, empowered “no,” that's a good place to start. You might even like to practice saying it out loud a few times, so it comes easily. Or do what I did and have it on a

sticky note by the phone.

Then it's a matter of remembering why this thing is a "no," and recognizing just how crucial it is for your own self-nurturing, to protect those boundaries.

Between "could" and your 24-hour buffer, you'll be a master of the boundary-rider "no".

### **The AGH-I-Don't-Like-This "No"**

Every so often, we are confronted with a life circumstance we really don't want. And the first thing we think is likely to be "Oh, noooooooooo!!!!!!!"

Maybe it's the scary diagnosis, or the angry call from your bank manager, or that ominous sound coming from your car's engine. Your first response might be to block your ears and go "La-la-la, I'm saying NO to this." If the "no" comes from some sense that you don't want to even look at this thing, it's a good sign you're caught in denial (aka resistance). And we know how that works. What we resist persists.

Standard Law of Attraction advice is to accept what is – even embrace it. For more on how to do this, you'll want to dive into that Life Skill (Prioritize Joy, Chapter 5). As a strategy, it's a powerful one.

But in the short term, you know what? You need to feel those feelings fully. And if that means saying or sobbing "NO!!" out loud for a minute or two, that isn't likely to bring the sky down around your ears. Universe gets it.

When my beautiful father died in 2010, there was more than one moment when I wanted to simply howl out my denial. After his funeral, when I was finally able to be completely alone, I did just that – I sat on my couch, and howled out all my grief and denial... And when I finally allowed it to flow freely, without resistance, I came through the other side within a matter of hours.

So if there is some "no" in your initial reaction, that's okay. You don't want to stay there, of course. Staying in denial makes it impossible to tackle whatever's going on. But be as gentle as you can with yourself, and honor those first emotions of distress. If you can let them freely flow, they won't last long.

And then you can step out of that "no" and recognize that this – like every seeming disaster in life — will work out eventually.

### **The Not-Quite-Right "No"**

This is the "no" which emerges when you're becoming very discerning with what you're

manifesting in life.

You're getting things that are close to your desire, but not quite right, so you have to choose between settling for the not-quite-right thing, or saying “no” and hoping that wasn't your last chance.

For example, you might be seeking a new job, or looking to sell your house, or opening the door to a new sweetie.

And as you attract in all kinds of possibilities – especially if this is a new venture and you weren't exactly sure what your ideal job or house buyer or lover might look like — there is some sifting and sorting to be done. Yes, this job looks like fun; no, the boss is rude or the pay is crap or the commute is hell. Yes, the house buyer is keen; no, the price they've offered is insultingly low. Yes, the new prospective lover is hot; no, he hates your cat or he thinks your jokes are lame.

And as you say “no” to the particular thing that showed up, you can start to feel a little alarm.

What if Universe thinks I don't want a job, a buyer, a lover AT ALL??? Maybe I should've said yes. Maybe I should've settled. Maybe I shouldn't have been so picky...

How do you say “no” in this situation and keep a clean energy?

The simple answer is APPRECIATION.

"Thank you, this is wonderful. But I'm going to pass on this one, and here's how it has helped me figure out what I REALLY want."

Imagine for a moment that Universe is a kindly, benevolent uncle. He loves to give gifts, and sometimes he picks the wrong color or the wrong size. Maybe you don't even realize it's wrong until you try it on. Maybe you weren't clear about exactly what you wanted.

How would you say “no” and have it feel good? You'd show gratitude for the effort. You might say “Oh, that's wonderful, and it wasn't until I tried it on that I discovered it wasn't a perfect fit. Here's what I'd really love. And did I remember to say thank you?” You'd feel good and so would he.

Or maybe you did know you wanted Lego, but you didn't tell him, so he's got you Meccano. How would that “no” look? You might want to take responsibility for the mixup. And of course show appreciation. “Thank you! I didn't remember to be clear that I actually wanted Lego, so I really appreciate the gift. Now I'd love the Lego!”

See the wrong-fitting-thing as driftwood, a sign that your perfect thing is on its way. And rather

than dismiss it with irritation that it's wrong, celebrate it as a fabulous manifestation. You're on track!

By making your “no” into a clear “thank you, something even better,” you get even more specific about what you really want, and you keep your vibration high with delight and appreciation.

Delicious!

*Janette Dalglish, the Identity Shift Ninja, uses science and spirit to help people work out what they want, and how to get it. You'll find her at [www.identityshift.ninja](http://www.identityshift.ninja).*

## Life Skill #2: How To Accept Rejection

Jeannette Maw

Many of us find the experience of rejection so painful and debilitating that we go to great lengths to avoid it - even when it costs us our dreams and happiness. Fear of rejection has taken its toll on many an aspiring artist, entrepreneur, lover, and dreamer.

Which is undoubtedly *not* what we had in mind for ourselves when we chose to engage these precious lives.

As long as we fear disapproval or rejection from others, we're never truly free. Instead we're limited by what we anticipate "they" will approve of, which you've probably noticed is a rather restrictive set of options.

Learning how to not just *accept* – but perhaps even *celebrate* – rejection can liberate us from living small and allow us to be our completely fabulous selves.

Here's how to know if your life is limited by fear of rejection. If you've ever:

- not acted on a romantic interest because you feared ridicule or judgment
- decided against going for a promotion or job change because you feared not getting it
- struggled with a task on your own because asking for help was too uncomfortable
- set your interests or passions aside because others wouldn't understand or approve
- put up with something you didn't love (a house, a relationship, a health condition) because you didn't believe it could be better
- sacrificed your integrity to avoid disagreement or push-back from others
- said "no" to something you wanted in order to prevent embarrassment from what others would think

... If you've ever done any of those or something like it, then your life is impeded by fear of rejection.

The good news is that it's not only *possible*, but I believe *crucial*, to embrace an authentic life built on your genuine dreams, desires, and goals. When we aren't true to ourselves, we wither physically and emotionally. And that affects not just us, but our loved ones as well.

So, with good incentive to overcome fear of rejection, how does one go about that?

Here are three methods that have a proven track record for success. You can use one or all in your process of learning to make peace with (or even embrace) rejection:

### 1. Accept and Approve Of Yourself

A magical thing happens when we learn to love and approve of ourselves – *we stop needing others to do it for us.*

This is a wonderful experience, because once we're free from seeking others' approval, we no longer have a charge about experiencing rejection. It simply doesn't have the devastating impact it did before we felt whole and complete.

One of the most powerful ways we can make peace with rejection is to engage a practice of self-love. And make no mistake – for most of us that *is* a practice. Finding ways to treat yourself with love, in both thought and action, is what that means.

Engage habits of being good to yourself (in thought and action) and over time you'll notice that when others express disapproval of you, you don't wear it as heavily. It just doesn't have the negative impact it did before. And eventually you'll find that it happens less and less often that you're judged or criticized!

Begin affirming encouraging and loving things about yourself, follow that up with loving action and you'll eventually become rejection-proof.

## **2. Desensitize Through Repetition**

Another surprisingly effective way to become rejection-proof is to stop avoiding it and just submit to it. On purpose, and in high doses.

That might sound ridiculous, but it's actually a common therapeutic technique for resolving many types of phobias. Seeking it out deliberately to prove to yourself that it isn't as life-threatening as you imagined can be an efficient way of liberating yourself from this fear.

Once you've sought out rejection a bunch of times – and survived it – you'll notice rejection just isn't as scary as it was before.

Jia Jiang wrote a book about his experiment with purposely finding 100 ways to be rejected for the purpose of overcoming his debilitating fear of it. He did things like ask strangers for money, request homeowners to let him play in their yard, ask donut shop employees for custom made donuts, and a wide variety of other things that set him up for likely rejection.

His intention was to desensitize himself through repeated exposure, and he noticed results very early on. In fact, what he found was that it became increasingly more challenging to get someone to say no to his requests, no matter how outlandish they were.

Jiang had to become exceptionally creative in thinking up requests that would generate a rejection experience. In his 100-day experiment, he learned that people really do want to accommodate others however they can, and that it's rarely personal when they aren't able to.

So instead of trying to avoid rejection, you may find that seeking it on purpose is the best way to drop your fear of it.

### **3. Re-Interpret It**

Often the most challenging experience of a rejection is what we're making it mean about ourselves. If we re-thought that and created a new interpretation of the experience, it could soften the blow and make us less sensitive to the experience.

For example, salespeople are commonly taught that for every "no" they gather, they're that much closer to their next "yes." Thinking of it this way can make it much easier to receive a multitude of rejections. (Some even get excited to collect another rejection because they know it means they're one step closer to their next sale.)

I learned from a coach colleague that you can't turn someone on without turning someone else off. Which means if you really want to do your best work in the world, you have to be willing for someone to disagree with what you're up to. Indeed, that's a sign you're doing it right!

My friend, Dan Howard, used to feel hurt whenever someone unsubscribed from his online newsletter, but then he changed his internal thought process from, "They don't like my work," to this vibe-transforming phrase: "Good, get out of the way!" He considered his work too important to be cluttered with people who didn't get it and found a way to see it as good news when they left the party. (Who wants a bunch of party-poopers at the party, anyway, right?!)

Also, rejections are rarely about you. It's more often to do with the other person involved, and what's going on for them. So it's good advice to not take it personally.

Some people may choose to use their manifesting powers to avoid rejection in the first place by pre-paving visions of acceptance and approval, but I believe it's also worth having coping skills for when it happens. You'll find that when you're no longer afraid of a "no," you're a better match for a "yes."

However you choose to let it be okay when someone doesn't accept or approve what you're up to, know that this skill leads to a more fulfilling and satisfying life. And if you don't agree with me, I'm getting better at being just fine with that.

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## **Life Skill #3: How To Know What You Really Want**

### **Ginny Gane**

#### **On The Road**

Have you ever thought that knowing how to figure out what you want could be considered a skill? It's definitely not something we were taught in school. We were asked to choose from different options, but were given very little guidance on how to determine what we really want.

Why is knowing what you want even important?

As ever-expanding vibrational beings, it is in our nature to ask the questions "Why am I here? What is my purpose?" We are experiencing this physical world through emotions, and we crave a purpose that sparks excitement and energy within each of us as individuals.

Learning and discovering what you want is exciting! Life feels great when we have direction, and feel that we're moving toward our own goal or purpose. We don't live an amazing life by merely doing what we *can* do – we live it by doing what we *want* to do. Whatever that might be for you – spending time on a new project, learning or practicing a skill, brainstorming ideas, connecting with others, building, teaching, coaching – think about how amazing it feels to be headed straight for what you love.

#### **Red Light**

You're on your path, moving along the road to your desire, when just around the corner a big red stoplight appears. You screech to a halt, thinking that maybe this isn't the right thing for you. Ever have that happen? You're happily thinking about what you want when a distracting little thing called "doubt" gracefully presents itself in your consciousness.

What if I can't do it?

What if she/he is not the right one?

What if this isn't the right job for me?

Yes, I've been there and done that, many times. Truth is, almost everyone experiences some form of doubt in their idea, or disbelief in achieving their desire, when they're just starting out with it.

So how do we know if it is something we really want, or if our doubts are coming through as universal guidance?

Let's first talk about the process of manifestation: Where does it really begin?

As most of you know, we are vibrational beings, and it is our physical senses that translate vibration into what we perceive as reality. When we experience contrast through an uncomfortable situation or negative emotion, it summons the desire for what is wanted.

This is the beginning of momentum towards your desire!

So the next time you're in that sticky, not-good feeling spot, remember this and say to yourself, "Here I am! Starting the journey, closing the gap, building the momentum toward what I really want!" From this point forward, the universe absolutely knows what it is you want, and *your only work is to stay in a place of allowing*, a place of no resistance. In this space of allowing, all of your desires will flow effortlessly into your experience.

Sounds simple, right? Well, it can be... but we humans like to complicate things. We like to let our minds get in there, analyze, question and try to figure it all out. Okay...so you're human and you experience doubt. I'm glad we got that sorted out. Your next question might be, "How can I move past the doubt and confusion into the clarity of what I really want?"

When I was beginning to put words onto paper for this chapter, I asked myself the obvious question: "How do I know what I want?"

My answer was simple: "Because it feels right."

Then I said to myself, "Ginny, that isn't going to help others gain any clarity."

How can I describe the feeling of "right" to someone else? The process of learning to tune into your emotions and your intuition is a continuous journey, but I recently learned something very important through my own personal relationship: *True clarity can only be experienced when you are fully connected to, and aligned with, your true self.*

This is the reason why I believe there is really only one step in determining how you know what you really want.

## **Yellow Light**

Let's agree that you are the only one who can determine what you really want. A mentor of mine once shared with me a poem by Shel Silverstein:

There is a voice inside of you  
That whispers all day long,  
"I feel that this is right for me,  
I know that this is wrong."  
No teacher, preacher, parent, friend  
Or wise man can decide

What's right for you – just listen to  
The voice that speaks inside.

Determining what you want has the potential to be a confusing process, because our desires can often be masked by little Yellow Lights, slowing us down on our way to clarity. One particular Yellow Light that people seem to experience shows up in the form of external social pressure – coming from any and every angle, wanting and pushing you to do, be or act in a certain way. We are not taught to look inside ourselves for the answer. Instead, we are programmed from a young age on what is acceptable to do, to be, to think.

This influence, whether we recognize it or not, plays a huge part not only in what we allow ourselves to want for our lives, but also how we plan our lives and what we believe can be real for us. Suddenly, we find ourselves feeling confused. It is confusion that fuels your Yellow Light and slows you down on your way to clarity.

Confusion. Oh, you offer such pain and yet guidance, all in one emotion.

Vibrationally, confusion means we are out of whack with source. It tells us there is a vibrational gap between what we are thinking about, and what our inner self knows to be true.

Now we find ourselves having moved full circle, right back to our first simple solution, and only element in knowing what we want:

Because it feels right.

### **Green Light**

Years ago, one night before I went to bed, I asked the universe to send me guidance, an answer to what I was looking for. I woke up about an hour later with the thought, “Everything you want to be, you already are.”

We keep searching, looking for the answer outside of ourselves, but the solution is within us. It is the connection to our inner self that beckons our attention. *Feeling a real connection with source energy will provide you the clarity you are searching for.*

It is not specifically “clarity” that you need to look for, nor is it the answer to a specific problem. To find the answers and clarity you seek, you must focus your energy inward, toward alignment with your true self.

I am sure you will hear many times that “it’s all about alignment” with “alignment” meaning that you are on the same vibrational frequency as your inner being (often referred to as God,

Source, Tao, Universe, etc.). Whatever you choose to call this larger universal presence, it will be your source of extreme clarity.

Everyone is going to find alignment in different ways. It's all about making "feeling good" a priority in your life. Use your emotions as a guidance system, one that is constantly giving you feedback toward your path of least resistance.

Our true self is unconditionally loving and feels no judgement of what is. The moment we experience a negative emotion, it signifies a gap between what is known to be true by our source, and what we are perceiving to be true in our physical world.

Alignment is about closing the gap and feeling about ourselves as source feels about us. Stop trying so hard to consciously figure it out, and instead, let divine intelligence show you the way by following your good feelings, your highest excitements.

Enjoy the journey toward more and greater clarity, while at the same time feeling completely at peace with what is, because you know everything is always working out for you.

Finding alignment will be your Green Light to the universe to flow clarity into your experience – and ultimately, how you will know what you really want.

Have so much fun with the journey!

***Ginny Gane*** is a *Law of Attraction* expert for people who crave more out of life and are ready to realize their full potential. You can find her at [www.ginnygane.com](http://www.ginnygane.com).

## **Life Skill #4: How to Hear Inner Guidance: The Gift of Intuition**

**Anne Bolender**

In her book *Practical Intuition*, professional intuitive Laura Day provides a number of anecdotes shared by her workshop students. One of these student anecdotes is from an investment advisor who specializes in new stock offerings, and who started using his intuition to help evaluate stocks.

This student had developed a morning practice of noting his impressions of what the day would bring while he sat at his desk getting ready to start his workday. On this specific day, the impression he received was of a rabbit getting ready to ski down a mountain:

*“The rabbit started at the top of a very high mountain and quickly raced to the bottom. It remained there for what felt to me like weeks before beginning a slow climb to the top of an even higher mountaintop. All of a sudden I became aware of the five fingers of my left hand.”* L. Day, *Practical Intuition*, page 26

Unknown to him, sitting on his desk that morning was a file for a home-and-garden supply company that was about to go public. As soon as he started reading this file, the thought “Peter Rabbit” popped into his mind and he knew this was the company that his intuition was referring to.

At the start of trading that day, the stock for this company was so hot no shares were available for purchase, all he could do was watch as the price rose steadily to more than double the original asking price – but then, as if on cue, the share price started to fall. When the share price hit \$5.00 (remembering that in the impressions he received that day, he had become aware of the 5 fingers of his left hand), he bought as many shares as he could find. In a couple of weeks, the price of the shares began to rise once again, eventually reaching a price that was much higher than they had originally topped out at, at which point the student sold all of his shares and made a handsome profit.

### **Guidance From Your Inner Wisdom**

*“Each moment – right now – you receive information intuitively. You’re simply unaware of the process. You use your intuition in all those practical reasoned decisions you make every day, from choices as mundane as what to eat for dinner, to what to major in, or who to marry.”* L. Day, *Practical Intuition*, page 46

There are a variety of ways that our intuition tries to get our attention throughout each and every day.

Intuitive information comes to some people as visual impressions, like the stock trader in the example above who saw a rabbit skiing down a mountain. For others, intuitive information arrives as verbal impressions. Not too long ago, someone I know on Facebook posted an announcement that they were pregnant. I have never met this person but while reading the announcement, I received a very strong verbal impression that the baby would be a girl. There was no visual image, nor did I hear someone/something speak to me. There was just a strong verbal impression that the baby would be a girl. Verbal impressions are one of the strongest methods that my intuition uses to connect with me. By the way, a few months later this person gave birth to a healthy baby girl.

Still others receive messages from their intuition via feelings they receive, either through some physical reaction, like joy or discomfort, or a strong emotional reaction, like anxiety or panic. On September 11, 2001, Sophy Burnham, author of *The Art of Intuition*, was booked to fly from New Mexico to Washington, DC, but developed such a strong case of anxiety, a full blown “tooth-chattering, gut-churning, sickening nausea” every time she thought about flying on that day, that she decided to change her flight and come home one day earlier. By following her intuition, Sophy avoided the horrors of being airborne on the day that the Twin Towers came down and the Pentagon was breached by a commuter plane. The minute she changed her flight, her anxiety about flying disappeared. Sophy explains in her book that normally she is not bothered by flying but her reaction to flying on that specific day made her stop and listen to the message she was receiving from her intuition.

Each and every decision you make involves a combination of information, intellect, and intuition.

## **What is Intuition?**

For me, intuition is a sixth sense that allows me to connect with my Inner Wisdom or Higher Self. Many believe that intuition connects us to the “Field,” to Cosmic Consciousness, to realms and dimensions on this earth that we are only now becoming aware of. Throughout this article, when I use the term “intuition,” I am including all of these and so much more.

A more practical definition of what intuition is, and the best definition that I have come across so far, comes from Laura Day:

*“I see intuition as a process of gathering information without relying on your mental faculties and physical senses while at the same time being an extension of each. ... Intuition gathers otherwise inaccessible information and makes it available through your physical senses and other perceiving modes such as thought and memories.”* Practical Intuition for Success, page 8.

Everyone is intuitive. Intuition is an innate, natural skill that we are all born with. Some individuals have allowed their intuition to be a big part of their life and access their intuition consciously and continuously. Others have put their intuition aside in favour of other skills.

Intuition can, and is, used by anyone any time a decision (in the broadest sense of the word) is being made. Intuition can be used to find lost people, pets, items; to help make life-changing decisions (Should I get married? Have kids? Change jobs? Move to a new city? Retire?); to analyze stocks, gold prices, investment opportunities; to pick winning race horses; to help determine health issues; to decide what you want to eat for dinner, what movie you want to watch; what shoes you want to buy; do you want to turn left or turn right at the next corner. Every decision we make involves a combination of information, intellect, and intuition.

The great thing about intuition is that, even if you have never really been aware of your intuition before and have never, ever used your intuition deliberately or consciously, it is relatively easy to re-engage with your intuition and to use it in a more conscious, more deliberate manner.

## **How to Develop Your Intuition and Connect More Deeply With Your Inner Wisdom**

The process through which you can engage your intuition is relatively easy and straightforward.

Basically, developing your intuition is all about:

1. Getting centred
2. Getting focused
3. Getting the message

### **1) Getting Centered**

Being centred is about being grounded, relaxed, calm, at peace with yourself. It's about being present and aware in the moment. In today's hectic world, it's easy to get caught up in the chaos and complexity that is everyday life, and to live our lives as if we were on autopilot. Unfortunately, intuition gets either drowned out or ignored amidst all of this chaos.

So the first step in re-engaging with our intuition is to find ways to easily and quickly slip into this state of being centred. Two techniques, Wordlessness and Mindfulness, are quick and easy methods for getting centred.

#### **Wordlessness**

In her book *Finding Your Way in a Wild New World*, Martha Beck provides a simple technique to help you enter Wordlessness and get centred. This technique can be used anywhere. The "Open Focus" technique (also referred to as "Soft Focus") helps us shift our consciousness out of the verbal part of our brain and into the creative, intuitive part.

## **Open Focus (aka Soft Focus)**

Relax. Sit, stand or lie still and focus your eyes sharply on an object in front of you.

Without moving your eyes, broaden your attention until you notice everything within your field of vision, including things sitting in your peripheral vision.

Relax the muscles in your face, move your attention away from focusing on that single item in front of you so that you are focusing on all items within your field of vision equally. Keep the muscles in your face relaxed. When you do this, notice how the chatter in your brain reduces, it quiets to the point of becoming almost wordless. In this state of Wordlessness, we can notice the messages our intuition sends us.

## **Relaxed Tongue**

If you are finding it difficult to relax your focus, another technique that can help reduce the mental chatter is to focus on, then relax, your tongue. “Focus on your breath and let the tension melt from your jaw, face, and tongue. Then notice how very few thoughts you are experiencing when you don’t move your tongue.” K. Harwig & J. Harwig, *Become a Psychic Wanderer*, page 30.

The great thing about the above two techniques is that, once you get the feel for either of them, you can use these techniques to fall into Wordlessness basically anywhere.

## **From Wordlessness to Mindfulness**

Being wordless opens up space for you to start noticing both the world around you, and the world inside you – your thoughts, your feelings, your emotions, your reactions, etc. You become focused on what is happening in the present moment.

Travel, exploring unfamiliar environments, is an excellent way to develop intuition, because it takes us out of our comfort zone where we simply respond to the familiar as if we are on autopilot, and it requires us to be fully mindful – engaging all of our senses so that we are aware of our surroundings.

In their book *Become a Psychic Wanderer*, Kathryn and Jean Harwig state, “There is no faster route, in my opinion, to becoming an intuition master” than through travel (page 13).

The most powerful memory I have of my first few days in New Zealand after we moved there, was being aware of how new and unfamiliar everything was. The aromas were different, the sounds were different, no landmark was familiar, no street was familiar. I was very much living in the moment, absorbing information from every direction. But I wasn’t remaining in a state of

Wordlessness, so my thoughts (that constant chattering in my mind) often overwhelmed my intuition.

When we engage all of our senses and become fully mindful, we tend to notice a lot of things both outside of us (aromas, sounds, activities, buildings) as well as inside of us (our thoughts, emotions, reactions). That is a lot of information to process!

Unfortunately, too much information coming at us all at once can easily lead to information overload. So how do we filter the information that becomes available to us when we become mindful and are fully engaged and present in the moment?

## **2) Getting Focused**

In an environment where we are subjected to billions of bits of information per second, everything that our attention is specifically drawn to is significant and in some way connected to our intuition, our Inner Wisdom. This is where being Wordless helps. When we use the *Open Focus* or *Relaxed Tongue* methods to stop the chatter in our mind, we begin to pay attention to what is attracting our attention.

To get focused while we are being mindful and wordless, we need to begin to notice *what* we notice and *how* we notice it: What captures and holds our attention? When we take the time to notice, what do we find captivating? How are we noticing? Are we receiving verbal impressions, visual impressions, hearing music? Are we telling our self a story about what our attention is being drawn to? Are we experiencing a physical feeling about what we are drawn to? Are we laughing? Are we curious? Are we revolted?

Knowing how we notice, and being aware of our reaction to what we are noticing, provides us with information on how our intuition “speaks” to us.

For example, you are walking through an unfamiliar neighborhood just the other side of town from where you live. You find that your attention is drawn to a specific building that is run down and in desperate need of repairs. You feel sad, melancholy.

Ask yourself, “What in my life is run down, worn out, or in need of repair?” Then be aware of what the answer is and how the answer comes to you. The building has caught the attention of your intuition, and there is a message there for you.

Another way to get focused is to ask questions. Open-ended questions (as opposed to yes/no questions), particularly “What...?” and “How...?” questions are effective ways to focus our attention and to interact with our intuition.

Questions like, “What is there about \_\_\_\_\_ that keeps attracting my attention?” and “How can I become more effective as a coach/teacher/parent?” are questions to ask your intuition.

In fact, a great daily practice is to simply ask your intuition “What do I need to know about today?” or “What do I need to be aware of today?” and be mindful of the impressions you receive immediately after asking the question.

### **3) Getting the Message**

Here’s the tricky bit!! Rarely does intuition or your inner wisdom tap you on the shoulder and say “Right, then. I heard your question and understand that you are interested in knowing more about how your day is going to go. Now, what you need to do is this. First you \_\_\_\_\_.” Wouldn’t that be nice!!

The language of intuition, how intuition sends messages to us, is as unique to each individual as is that individual’s DNA.

Intuition’s messages can come to us as symbols, metaphors, melodies, lyrics, emotions, feelings, memories, colors, shapes, textures, etc., or any combination of any number of these.

You might hear intuition’s messages as whispers, sounds, music, or receive “verbal impressions.” Or you might see images, colours, shapes, or receive “visual impressions.” You might hear melodies, lyrics or musical instruments playing. Or you might feel intuition’s messages somewhere in your body, or through your emotions. Only you will know how your inner wisdom is connecting with you.

It is up to us to identify how we receive intuition’s messages, and to draw on our memories, experiences, and knowledge to translate, interpret, and apply these messages to ourselves and to our lives.

Interpreting and applying intuition’s messages takes practice and constantly asking our self questions like “What does this mean to me?” or “Where do I know this from?”

The investment advisor mentioned earlier received intuitive messages about a “rabbit on skis” and “Peter Rabbit” to guide him to the home-and-garden supply company. For someone who wasn’t familiar with the childhood stories of Peter Rabbit, they would have received an intuitive message involving something completely different.

### **Tarot and Intuition**

I couldn’t write about developing a connection with our inner guidance without including something about Tarot. For me, one of the greatest teachers I have had in helping me develop my intuition has been the Tarot.

The images presented on traditional Tarot decks, like the Ryder-Waite, Marseille and the Thoth decks, were created by embedding specific symbolism into each card, symbolism that seems to connect directly to intuition and your deeper wisdom.

Because of this symbolism, each card can be read at increasingly deeper levels of meaning based on how the symbolism is being read. Individual readers can read each card very differently. The different, often unique meanings given to the card's symbols are based on the individual reader's unique mix of knowledge and life experience.

You don't need to become a full-fledged "Tarot Reader" to use Tarot cards to develop your intuition. For example, if I had asked a question and pulled the Temperance card, I could explore what the symbols in the card mean to me in relation to my question, without knowing what the textbook meaning of the card is.

Some of the symbols contained on the Temperance card are one foot in the water and one foot on solid ground, angel wings, pouring water from one cup to the other, flowers, the color of the flowers, the sun, halo around the figure's head, the color of her robe, the symbol on her robe, the arch of the trees, the rainbow, etc. Some of these symbols will likely have no meaning to me at all. Other symbols will have a profound meaning. To read this card intuitively, I would be taking note of the symbols or images my attention is being drawn to, what symbol I'm focusing on, what these symbols specifically mean to me, what relevance these symbols and their meanings have to the question I asked.

## **The Bottom Line**

Developing your intuition and strengthening your connection with your Inner Wisdom can provide amazing levels of clarity around every decision you will ever make, regardless of how big or how small the decision is.

Albert Einstein once said, "*The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.*"

Now is the time to give the faithful servant the day off and have fun unwrapping and playing with the gift!! Even if you don't believe that intuition works, or you don't believe that you have intuition, or you don't believe that you can consciously tap into intuition, just pretend that you do, that you can, and you will!!

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1) Martha Beck: *Finding Your Way in a Wild New World*, 2012

2) Sophy Burnham: *The Art of Intuition: Cultivating Your Inner Wisdom*, 2011

3) Laura Day:

- *Practical Intuition*, 1997
- *Practical Intuition for Success*, 1999
- *How to Rule the World From Your Couch*, 2009

4) Kathryn Harwig: *The Return of Intuition*, 2011

5) Kathryn Harwig & Jean Harwig: *Become a Psychic Wanderer*, 2013

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## **Life Skill #5: How to Prioritize Joy**

### **Janette Dalgliesh**

As a brain science geek, I know that joy has incredible benefits for the human animal. It opens the door to better health and more success in any area of life.

Joy is our natural birthright. You only have to watch a small human at play, or any of our mammalian cousins. Our brains were designed to learn better when we experience pleasure. The research is incontrovertible - happiness breeds success (not the other way around). And of course, for anyone practising deliberate creation, joy is the indicator that our vibration is high, and we are aligned to what we want.

But strangely, joy seems to be a life skill that most of us didn't get taught. Or perhaps it's more accurate to say we've been trained out of joy and into hard work, worry and taking life way too seriously.

The good news is, joy is a learned skill we can re-acquire through choice and practice. Yes, activating joy requires periods of practice, and a degree of devotion, so if you want it there is effort involved – but it feels good, and in terms of results, it's utterly worth it!

Before I dive into the how of it, I want to clarify that we are not designed to be in joy 24/7, because we came here to experience the full panoply of human emotions.

The reason I say this is twofold. First, I don't want you to read this chapter and start telling a story that you're "bad at joy" because you don't live there all day long – and I definitely don't want you making that a reason to beat yourself up! (See *Life Skill #6: How to Put Yourself First* if you want to know why.)

Second, the idea that some emotions should be avoided because they're "negative" is highly suspect. Many of the emotional "bad guys" serve a very important function in our lives. Yes, they may be misdirected or applied in the wrong circumstance or released in the wrong direction. But the emotion itself is not something to be feared or suppressed or repressed.

For example, fear has a proper role as a very transient flash of warning when we're in a potentially lethal situation – whether that's a predator in the undergrowth or a near-miss in traffic. In that role, fear keeps our physical body safe. And we sometimes mis-apply it to things that don't entail immediate risk, such as talking to a new person or presenting our idea at a meeting or telling our new sweetie how we feel.

So please don't think this chapter is about being in joy and staying there all day long. Because I have a secret to tell.

The only thing more delicious than being IN joy, is doing the process which activates joy – the

process of moving INTO joy when you've been out of it!

I'm not suggesting that when you get into joy you step out in order to be able to do the activating piece (because that would be silly, right?). But I am saying, when you notice you're not in joy, don't panic. Skip the self-criticism and go straight to joy activation instead.

And relish the process, because every time you do it – whether you do it "well" or not – you're training your brain and yourself in this fabulous and empowering skill. And that's worth celebrating, don't you think?

In case you aren't sure whether this whole joy thing is for you anyway, let me reassure you with a little more brain science. Because the research is incontrovertible.

Joy, or in research terms, positivity, is the mindset which opens up every single one of the brain systems we need in order to have expansive, successful and fulfilling lives — creativity, innovation, processing speeds, memory creation and retrieval, lateral thinking, problem solving, access to intuition (aka inner guidance), being open to possibility.

Did you get that? Every single brain system which supports our success becomes more available when we are activating joy!

So what's the secret to this joy thing?

It may not be what you think.

The way most of us are taught about joy is that we acquire some particular circumstance – a job, lover, possession, an experience – and our experience of that circumstance causes joy.

Well yes, it certainly can feel good. But the research shows that a change in life circumstances only has an impact on happiness levels of ten percent. That's not much! The rest comes from our direct choices of habitual thoughts and behaviours (40%) or genetic predisposition (50% - and we have powerful influence over that, too, via our thoughts and behaviours). In other words, even science says that joy comes from within.

So if we're waiting for that thing, that circumstance, to be the source of our joy, we're headed for a whole lot of struggle and hard work. And there's no guarantee that the thing or circumstance will bring us our joy anyway. Giving those outside things the power of our joy is not only a risky business, but it's also far less effective to try and achieve success from a mindset of negativity.

Positivity, aka joy, leads to success; not the other way around.

In 2005, researcher Sonia Lyubomirsky and her colleagues analyzed over 200 separate research projects which investigated joy or positivity, involving a total of over 275,000 people

worldwide. She found that across a whole range of different scenarios, joy leads to success in nearly every aspect of life – career, health, relationships, energy, creativity, longevity, and so on.

And the joy can come from the simplest of things.

Doctors given a piece of wrapped candy became significantly faster and more accurate at diagnosis. Students who received simple praise achieved much better results. Workers with presentations to make did far better when they were congratulated on their previous work.

Becoming an expert at activating joy is a skill worth cultivating, not only for ourselves, but also for those we love and those we serve – family, friends, clients, customers, patients and colleagues.

So how do we get to joy when circumstances seem ordinary and boring, or full of darkness and despair? The boring job, the uninspiring hobby, the scary diagnosis, the I-don't-want-to-look bank balance, the scanty client roster, the dry-as-dust marriage?

By remembering that we have the capacity to choose.

You are not the victim of your brain or the emotions in which it has been participating. You are the **user** of your brain, and you can teach it new focus and new habits.

How you activate joy depends somewhat on where you're starting from.

If you're starting out from a dark place of despair or rage, then doing a 180° pivot to joy is possible, but it's not the only way.

If you can pull off the instant pivot, more power to you! But if you find yourself with a fixed smile, stretched painfully over gritted teeth, don't even try. It's like trying to navigate a boat along a canal which has to manage a rise over high terrain. It's true that there are boat-lifts which can take your boat straight to another level (like the amazing technology in Falkirk, Scotland), but the far easier option is a staircase of locks taking you up the rise in water level, a few metres at a time.

That's also the most reliable way to activate joy when you're coming from a dark place: one baby step at a time. And those steps are made up of relief.

Relief is not an emotion like anger or joy or fear or hope. It doesn't have a place of its own on the emotional journey from despair to joy. We can feel it at any point along that path. And that's because it ALWAYS feels good, no matter where you're starting out.

When you want relief, reach for a thought which feels just a little better. For example, if you've

been thinking "I'm such an idiot for letting those people bully me," you could switch it to "Those people are a-holes for bullying me like that!"

The old thought was self-critical and full of hopelessness. The new thought is self-protective and feels like anger. And, for most of us, that shift brings relief.

Of course you don't want to stay there, and you don't want anger to run riot. You'll simply want to acknowledge the anger and let it flow for a few minutes in a safe way (probably on your own, and no kicking the cat!). You'll want to spend a few moments relishing the fact that you've moved out of despair, and reach for what's next in your own personal emotional baby step journey.

You might go from "they bullied me" to "it's time I created some better boundaries," which might take you out of anger, and into hope and a sense of ownership and power. When we're coming from anger, hope feels like relief. It's lighter and less intense and has a glow we can bask in. And now, you're on a roll.

The specific steps on the relief ladder depend on a whole lot of variables – your personality, the circumstances at play, and so on. But if you find yourself unable to get within range of joy, simply skip it and reach for relief, however you can get it. When you feel the relief, enjoy it for a little while, and then reach for relief from that place. Rinse and repeat.

And once you get to a better-feeling emotional state such as hope or even boredom, you can activate joy in some faster and more direct ways. Now the fun really begins!

Let's try it now.

Look up and find just one thing you like the look of.

It could be a color on the wall, or a book or a picture, or it could be the view through your window, or a person across the café or a tree.

Gaze at it and allow feelings of appreciation to begin to rise. Take in every detail. The colors, the shapes, the way the light falls, perhaps the care someone took to make it look just so. If it's a possession, it might have a wonderful story behind it - the person who gave it to you, or the memories it triggers. As you look at it, think to yourself, "Wow, I really love that!"

Be patient, no forcing it. Just allow a bubble of delight to well up inside you. Before long you'll find yourself smiling. Keep going, and you'll feel an upsurge of joy swelling in your body. Relish that joy, my friend. And relish the skill you've just practiced, the skill of activating joy.

Did you try it? If not, do it right now, I dare ya!

What you've just experienced is a brain phenomenon called "hedonic gloss." Our brains use this immersion in pleasure to help us navigate the world – "this feels good, this doesn't" – but when we use it deliberately, we can amp up the joy in any moment, at will.

As you use this technique, several times a day if you can, you're rewiring your brain to its old default setting of joy and curiosity. You're bringing back some of the wonder you felt as a child. The delight of how food tastes, the splendour of clouds or rain or sunset, the delicious tangs of nature. Each time you paint an experience with hedonic gloss, you're helping your brain remember "Oooh, I like THIS!!" and you're flooding your whole nervous system with the chemicals of pleasure and joy.

This is also how an acquired taste works, where we develop a liking for something we previously disliked. By using hedonic gloss in this specific and deliberate way, we not only activate joy in the red-hot moment, we also teach our brains how to become better at the skill of activating joy.

Neat, huh?

And you don't have to stop there. You can create your own toolkit of joy, and work with it regularly to build the joy skill. In fact, plugging into joy frequently and deliberately during each day will reset your brain to have positivity as its default mindset. And that's where your true power dwells.

Find items which light up the five senses – taste, smell, touch, hearing and vision. I use some favourite oil blends, I have a music playlist, and I can look at almost anything these days to activate joy (I've been practicing a while!).

Add some activities and some wearable items. I have a silver necklace I wear most days with the word JOY on it. When I put it on in the morning, it works like a talisman to remind me what joy feels like – because I've practiced deliberately activating joy when I wear it.

I love to play with colored pens and crayons and I've recently become obsessed with a colouring-in iPad app.

As you build this skill, by practicing it consciously and regularly, you'll find you can do the pivot from despair to joy much more easily than before. And when your brain has been trained for joy, it makes disaster WAAAAAY easier to handle.

In fact, I recently had a very difficult and sudden circumstance arise in my own life. After a few hours of staving off deep anxiety, I remembered that I know how to activate joy (yes, in those awful moments I'd temporarily forgotten).

So I lay awake at 4 a.m. consciously practising joy, little bit by little bit.

I focused on anything that reminded me of joy – the sound of my husband's breathing, the quiet of our house, the beauty of the night sky I could imagine just beyond my roof, the scent of my favourite anointing oil which I dabbed on my wrist, the conscious slow breathing which told my body “All is well here.”

Over and over, however I could, lying there in the quiet dark, I devoted myself to the sacred and necessary act of plugging in to joy.

Before long, I fell asleep. I woke two hours later to a mind buzzing with possibilities and a feeling of delicious optimism about how things would turn out. Nothing about the circumstance itself had changed one bit. But my capacity to handle it was revolutionized.

Within 24 hours I talked to exactly the right person and received exactly the right support. I got inspired to take a few small, easy actions. Within a day, the crisis was downgraded to a problem. Within three days, the entire situation was resolved.

That's what a joy practice can help you create: Not just the ability to feel good most of the time (and for my money, that on its own would be enough!), but also a far more creative and resilient internal landscape – psychological and emotional – from which it's far easier to tackle anything unexpected that comes your way.

And as Abraham-Hicks reminds us, from a Law of Attraction perspective, nothing is as important as that you feel good. That's because when we feel good, our vibration is high and we're a match for all the good things of life.

When you're easily able to access joy, you can stop holding others responsible for your emotional well-being, which gives you much better and more healthy relationships.

And – of course – mastering the art of joy simply **feels** good!

Prioritizing joy creates the ultimate win-win. Why not make a start today?

***Janette Dalgliesh** is the Identity Shift Ninja, using science and spirit to help people work out what they want and how to get it. You'll find her at [www.identityshift.ninja](http://www.identityshift.ninja).*

## **Life Skill #6: How to Put Yourself First**

**Lisa Hayes**

In a society where we hand out merit badges for overworking, the concept of self care is highly misunderstood. For most people it's a nice concept or a platitude, but it usually falls somewhere near the middle or even bottom of the to-do list. With so many things going on, who really has time for self care anyway??

When you hear the words "self care," what do you think?

If you're like most people, self care probably means getting eight hours of sleep a night and maybe three healthy meals a day. Anything more than that can feel unrealistic, self-indulgent, or even selfish.

However, the reality of it is, self care directly equates to energy – energy of all kinds – and without proper self care we simply don't have energy to stay above the curve. That means we don't have energy to stay healthy, physically or emotionally. It means we don't have energy to sustain positive changes in our lives. It means we don't have energy to give others, so when we are "giving," we're sacrificing, going further into energy debt. It also means deliberate creation is going to feel harder to master, or even occasionally apply, than it should.

Energy is a lot like money. You can only spend what you earn. If you over-spend your energy, you will end up in a negative balance. You can only run in the red for so long, and when you go too long, things start falling apart. Instinctively we all know that. And yet, most of us are running in the red almost all the time.

You're busy. Everyone is. You've got a million things to do and a dozen people to take care of. You've got to get it all done, right??

Maybe. But if you're going to expend the energy, you need to build more into reserves, and self care is the only way to do that.

There are really four levels of self care, and understanding how that directly translates to energy really helps.

### **Barebones Self Care**

This means living, but not thriving. It's literally just enough self care to stay alive. These are the people who struggle to get three square meals in and rarely log eight hours of sleep at night, but they're still alive, so they think they're doing enough.

You'd be amazed how many people operate here for years, literally. About 80% of the population lives in barebones self care and isn't even aware they have the option to upgrade.

This kind of self care keeps the machine running, barely. With barebones self care, you age faster, and life feels like it's happening to you. Barebones self care is really just about enough food and sleep to keep going *one more day*.

You are probably in Level One: Barebones Self Care if you are:

- Tired most of the time
- Experiencing very little joy
- Feeling like you are constantly behind, with no end in sight
- Sick more often than you should be
- Consistently feeling like a victim

### **Maintenance Self Care**

This means you are doing just enough self care to stay *physically* healthy. You are slightly above the curve when it comes to having enough energy for your body to maintain its basic functions.

This level of self care is the territory of someone who takes their physical health more seriously. A person who is at the maintenance level of self care is probably getting plenty of exercise, eating well, and taking their vitamins. However, they often still don't feel fully alive or engaged in their lives.

This person feels like they are doing a lot for themselves by traditional self care standards. They know they're above the norm in terms of taking care of their bodies. However, they're never fully satisfied. They are always looking for the next big thing, the next supplement, or exercise, that's going to fit all the pieces into place.

You are probably in Level Two: Maintenance Self Care if you are:

- Making it through the day without feeling completely exhausted or depleted
- Feeling like things always stay the same because it's hard to make big shifts or changes
- Physically healthier than most, but rarely feel fully at peace with your body
- Feeling like your general vibration is stable or static. It doesn't go down often, but it rarely goes up much either

### **Living and Thriving Self Care**

This level of self care means you have enough energy to be healthy and actually enjoy your life most of the time. You would think that would be normal, but it's actually quite rare.

People who are in living and thriving self care have energy to share freely, feeling spacious and creative. Life happens in a co-creative way. At this level of self care, most people have enough energy to sustain positive changes in their lives in the form of changing basic habits or behavior patterns.

A person at the living and thriving level of self care looks at self care from a more holistic perspective and has grown to see it more than just taking care of the body. They value self care that also nurtures the spirit and makes them feel more emotionally balanced and joyful. Their self care is likely going to include things like meditation and spending time in nature.

You are probably in Level Three: Living and Thriving Self Care if you are:

- Experiencing the energy to give and share freely with others without being drained
- Feeling spacious and creative
- Getting things done without a lot of “efforting”
- Feeling connected to people around you
- Happy most of the time for no particular reason

### **Self Care Super-Creator**

When people are trying to use deliberate creation principles to build the life they want, sometimes we forget that it takes energy to bend energy.

This means two things: First, if you don't have enough energy on board to sustain your basic functions and life at the level you're living it, you don't have the energy on board to do anything else. Deliberate creation is not in your network. Secondly, if you don't have energy to maintain a positive dominant vibration, deliberate creation is going to be very hard work.

A self care superstar has a large surplus of energy of to create with. Having a surplus of energy is like being a battery that's fully charged. At this level of self care you no longer feel like life is happening to you. You aren't reacting, you are creating consistently.

When other people look at a self care super-creator, they think that person is charmed or lucky. Things just seem to go their way, “magically.”

For a self care super-creator, taking care of the body is so habitual it's almost an afterthought. Self care is going to feel like a sacred ritual, steeped with a lot of connection and pleasure.

You are probably in Level Four: Self Care as Super-Creator if you are:

- Engaged in a fully balanced self care practice that includes, body, mind, emotions, and spirit
- Experiencing joy and peace as your consistent dominant emotional state

- Living in ease or abundance
- Making choices rather than reacting to things happening to you
- Creative, both physically and energetically
- Balanced and healthy, emotionally, physically, and spiritually
- Curious and engaged
- Easily applying deliberate creation to create the life you want and enjoying the journey to get there.
- Deeply connected to spirit and life force

If you want more of the things on that list, you probably don't need to look any further than your self care practice. You are a magical force when you have the energy in reserves for creation.

**Lisa Hayes** is the Love Whisperer who helps people find the love they want in their lives. Find her online at <http://lisamayes.com>.

## **Life Skill #7: How to Give Up**

### **Frank W. Butterfield and Paul**

As we begin our thoughts on this very delicious topic, the first thing we want to say is that everything you will be reading from here on will be in contradiction to the majority of what is considered to be logical, reasonable, and, primarily, helpful in a chaotic world that needs to be dealt with.

So, if you are willing to suspend a bit of judgment and take a dive into the possibility of simply feeling more at home with yourself and experiencing greater freedom, then proceed.

### **Giving Up is Something We Recommend Absolutely and Without Reservation**

In fact, we specifically recommend that you give up now and not wait until the pressure builds and you feel forced to give up.

Now, there are many tales in your culture that are all about the successful person who works very hard; puts in incredible time, talent, and perspiration; and succeeds while overcoming seemingly impossible odds.

You may actually be one of these people. You may have evidence to back this up. You may be actually thinking, even as you read these words, that you did it, you got it done, and it was worth it.

But, the question we want to ask is this:

Was it really worth it?

Another question we want to ask is this one:

When, exactly, did the accomplishment fall into place?

Was it at the last moment of your uphill climb? Was it after you had exhausted all possibilities? Was it after you had simply exhausted yourself and you gave up and then it all came together?

We invite you to think back to your early childhood. Think, if you will, how it felt to simply play with your friends and your toys and to be out and about in the wide world that you knew at the time.

Trees were places you could explore, for example. Grass was something you rolled in. Puddles were something you jumped up and down in, to make as much of a mess as possible.

But, at some point, trees became those annoying beasts that simply dropped their leaves, which then had to be raked. Grass become something that had to be mowed, and fed, and watered. And puddles became something to be avoided, lest you should muss your shoes or your clothes.

We are not lamenting a lost childhood, but we are reminding you why there was a shift in your thinking: you were being taught and were learning that THINGS HAVE TO BE DONE.

And you were learning that either you, or someone else, would have to be the doer of these things: the raker of the leaves, the mower of the grass, the washer of the clothes.

And since THINGS HAVE TO BE DONE, you need to get going, right now, and get them done.

In fact, it is easy for us to imagine that you may already be thinking of some things that need to be done right now.

Or, you might be thinking about the things that you secretly believe need to be done but that you have successfully avoided doing.

Either way, these are the same.

There are things.

And they need to be done.

And you will be the doer (or the not doer) of them.

This is simple. Something has to be done. And someone has to do things.

Leaves don't rake themselves. Grass doesn't magically mow itself. And clothes certainly don't clean themselves.

So, as you grew and became wiser in the ways of this world, as it was being taught to you, and as you taught it to others, you realized that there were strategies to getting things done. Or not. Either way, you found yourself on a see-saw of guilt, shame, anxiety, frustration, and anger. And you have, undoubtedly, found ways to deal with this.

So, what if we told you, from our magical non-physical perch, that you don't actually have to do anything?

### **What If We Told You That You Could Just Give Up?**

And, what if we told you that the best time to give up is right now?

You might become a little alarmed at this prospect. You might start to worry about who, exactly, will be raking the leaves, mowing the lawn and washing the clothes.

As you think about this, going further and further afield with the implications of this thought, you might start worrying about simply running amok, like some sort of uncontrollable wild person who takes no responsibility and cares not about whom they may hurt.

Now, you may or may not be having some of these thoughts, but we can tell you that the reason you hold on and you persist and you keep going even though every part of you is saying, "Please! Let go!" is so that you can protect yourself and the world from the feckless person who runs amok and is irresponsible.

However, you may also have noticed along the way that oftentimes, the things you are intending actually come into place when you have given up – because you forgot about what you were doing, you were simply too exhausted to continue, or you had no idea about what to do next.

What we want to tell you about here, that possibly no one has ever pointed out before, is that this giving up is actually what brought your intention into play.

When you gave up, you gave room for the manifestation of what you had been wanting all along.

You may have already noticed that when you have a casual thought about something that would be nice to have, it does appear in some sort of interesting way that requires little or no effort on your part.

This is where the magic of giving up is found.

When you decide you can have something, it is immediately available for the having.

The ideas about who is going to do what, and how you will get there, and what is supposed to happen along the way, are the very things that you are fighting against and pushing against when you are climbing uphill and working hard and fighting for what you want.

When you give up, everything you have been pushing against begins to sort itself out.

You see, when these wonderful well-intentioned people in your childhood were teaching you about raking leaves, mowing grass, and washing clothes, they were telling you, in a very powerful way, that you will have to do things you don't want to do because someone has to do it.

This is, after all, what they knew from their own experience, and it would have not been very nice to let you know what to expect and how to deal with it.

But, if you are reading this, we suspect that you might now be a bit weary from dealing with it.

### **We Invite You to Give Up**

The how of giving up is quite simple. Not simplistic. Just simple.

It's also quite easy.

### **Turn Your Attention Toward Something That You Like Right Now**

Simple as that. Easy as that.

Now, we have had enough experience in conversing with our physical friends to know that you may be rolling your eyes or muttering to yourself about how this couldn't possibly be so easy or simple, because otherwise everyone would be doing it.

To that we have two thoughts in reply:

#### **1. Everyone Is Doing It.**

When you decide to move from one room to another, your body follows your intention and carries itself across the room.

You know how to do this and you do it quite well.

You don't actually know how it works. The mechanics of the muscles and nerves and the translation of your intention to your body are things that can be charted, but the why and how are not so easy to determine.

Yet you trust, and give up to your body the capacity to walk and talk and sit and stand, without ever once thinking about how hard it is.

Once upon a time, you couldn't do any of these, yet now you can. Even when you feel a bit creaky, you still do them marvelously well.

And this is only one example of very complicated things that happen for you in ways that you don't understand, yet rely upon implicitly.

So everyone is giving up. All day long. In countless ways.

## **2. It Really Is This Easy.**

The argument, if you will, about what is easy and simple completely ignores one basic thing: we are not suggesting that you tear down the life you are living, though this seems to be what most of our physical friends believe we are suggesting when we suggest that you give up now.

All we are suggesting is that you turn your attention to something you like and find pleasure in.

The fear, of course, is that if everyone did this, NOTHING WOULD GET DONE. And, of course, that everyone would run amok.

But this simply isn't true, and you have some proof already in your own life.

Think about the last time you really laughed when you saw or heard someone say or do something that you found to be hilarious.

When you did this, you were giving your attention to something you really liked and found pleasure in.

And you didn't run amok.

But you might have laughed a lot. And you might have temporarily thought, for just a moment, that you needed to get it together and stop laughing quite so loud or for so long. But why?

Because if you laughed too hard or too much, then you would, well, run amok.

But that isn't even remotely true.

You would have stopped laughing when it was no longer funny.

Now, you might be wondering what all of this is about.

Think about the teachings that told you not to laugh too much.

And now, ask yourself, "Are these teachings worthy of my further use?"

In other words, if you are trying not to be too out of control, is it for your good, or is it for the good of someone else?

Remember when we mentioned that someone very well-intentioned was telling you long ago that THINGS HAVE TO GET DONE?

Who were they talking to? They were talking to you. They wanted you to either do them or start doing them. They were trying to convince you that you needed to do something for them so that they would be relieved of the burden. Just like they had been taught.

And, as simple a thing as it is to be told to rake the leaves, mow the grass or wash the clothes in one instance, these things were built upon over time, day after day, year after year.

You have been told, again and again, that only by holding it together and working hard will you actually accomplish what you want to get done.

But, is it true?

The most practical suggestion we can give you about this is to suggest that you start right now by giving up.

Turn your attention to something that delights you. And then follow where that leads. You might be very surprised, indeed, to discover that something even better than what you were expecting is down that particular path.

The final thing we will leave you with here is this: **Try This Out.**

Don't take our word for it.

Give up. Now.

See what happens.

Get your hands dirty.

And find out what you are actually capable of.

**Frank W. Butterfield** is a master channel who has helped thousands experience powerful shifts in consciousness through his delicious work with *The Communion of Light*. For more information, please visit <http://communionoflight.com>.

## **Life Skill #8: How to Appreciate What Is**

### **Cassie Parks**

When I was 15 (in 1997) my mom had an '84 Ford Topaz. It was silver and the paint was chipping off. The inside looked like a red velour suit on the seats. It definitely felt like the 80s, in the 90s when the 80s weren't cool anymore. It was boxy and not sporty. It was old and I said I would never drive that car. I said that until I was 15 years and 364 days old.

Then I turned 16 and all of a sudden I LOVED that car. It was fun. It felt sporty to drive. It could fit all of my friends and our softball gear. The sunroof was awesome. You could crank up that old stereo to an FM station, roll down the windows and cruise.

Once that car meant freedom, I appreciated EVERYTHING about it. I drove up to the softball field with pride. I drove around blasting the stereo and I pulled up into the softball parking lot with pride as all my friends exited the car. They appreciated it too.

A short while later, I got a '92 Ford Probe. It was silver too. It was sleek and sporty and the previous owner had put in a high class stereo. It had a remote! You could give someone in the back seat control of the stereo if you desired. That Probe was awesome. It, too, held all of my friends. It was super fun to cruise in with the windows down and the radio blasting. It felt so good and fun to drive around in that car! This is the magic of appreciation.

How many times in your life have you thought about something like the way I thought about the Topaz prior to having a driver's license? It's easy, and you're conditioned to start finding fault in the thing you currently have once you desire something better.

Someone said to me a few days ago, "When you figure out you are supposed to do something different, you start resenting the thing you are doing?" We were discussing real estate and, as happens when you start unappreciating something in your life, things go wrong, and they were for her as well. She didn't know any other way. She didn't understand that it's our choice to appreciate or not appreciate "what is." She also doesn't know that appreciating what is, is the best way to get what you desire, and the best way to enjoy the journey.

When it comes to the Topaz, there was a magical moment where appreciation shifted on it's own. When the Topaz became representative of freedom, everything about it shifted for me.

All of a sudden it was everything I ever wanted, which, at 16, was the freedom to go and do what I wanted, when I wanted. That was everything to me when I was 16 because I was always the youngest in school, so I had been watching my friends get their licenses for almost a year.

Once I started appreciating what I had – the Topaz and everything I loved about it – I created a pathway to something even better. The only difference about the Probe was that it looked on the outside like the Topaz made me feel on the inside. I remember just oozing

gratitude and appreciation for the Topaz every time I got in it. And quickly, that turned into what I desired, a sporty car that came with extra benefits of the things I had been appreciating, like an amazing stereo with a remote.

We don't get taught how to appreciate what is. No one taught me how to do that. It happened because I was truly grateful for what the Topaz provided.

We're taught to be thankful for what we have, often with the undertone that it could be worse. Thankfully, no one ever said to me, "You could have a worse car, so you should appreciate this one." Appreciating the Topaz because it could have been worse, and appreciating it because it felt awesome are two different things, the first one is not true appreciation.

True appreciation is loving everything about someone or something, and being and feeling truly and deeply grateful that this thing is in your life. True appreciation does not come from comparison or it could be worse, and it doesn't come from thinking "Well, at least I have this."

Appreciating what is has nothing to do with what you have, and everything to do with creating a way to honor everything you do have.

My sister is a social worker and she asked me once if I had any extra towels, because she had a client who had one towel that her grandson used, and one washcloth that she used to dry off with. I remember her saying, "She is so grateful for her life and the fact that she has the one towel and one washcloth."

Everyone has the power to appreciate what is, right where they are.

Appreciating "what is" feels better, and it opens the path to get more of what you desire, faster. Appreciation is one of the highest vibrations. You also get what you focus on,.

Appreciating what you already have turns the focus on creating more of what you desire. Not appreciating, or complaining, puts the focus on what you do not want more of, and because your focus is there, that is exactly what you are going to get.

The first step in appreciating "what is" is letting go of comparison, and by comparison I mean thinking it could be worse. Comparing what you have now to the possibility it could be less in order to appreciate what you have is not true appreciation. Focus on you and the here and now, and the gratitude for what's in front of you.

There is no magic formula or step by step process to do this. It happens with the realization that appreciating "what is" by seeing how it could be worse, or how you could have less, is actually focusing on having less – and that it is not true appreciation. Think about the Topaz and the Probe. The feeling of attempting to appreciate the Topaz because it was better than something

from the 70s, versus the feeling of appreciating the Topaz because it was giving me freedom, are two different feelings. Which one feels better and more genuine when you think about it?

If comparison appreciating has been your tactic for appreciating in the past, that's okay. It's all you knew. Now that you know better, you can let that go because in the next pages, I am going to walk you through how to truly appreciate "what is." It takes practice and dedication, but it is fun and totally worth it.

After you have "let go" of comparison appreciation, you can start dedicating yourself to true appreciation. Appreciating "what is" is much easier when you appreciate what surrounds you. You may or may not feel like you have full control over everything in your life, but I am sure you will agree that you do have some control.

Start by clearing out the things you do not love and appreciate. One mistake people make is they try to appreciate everything. You don't have to appreciate everything. However, you do want to appreciate everything in your life. So, if something isn't easy to appreciate or worth appreciating, get rid of it. The harder you have to work to appreciate something, the more energy it takes, and the less it gives. Appreciation is a practice that should fuel you, not deplete you, and it should feel joyful and uplifting.

Therefore, you want to eliminate anything you can that takes a lot of work to appreciate.

If you don't like something, let it go. Go through all the steps first, then see if there are things you cannot appreciate and you simply need to get rid of, or if you can easily make the switch to appreciation. Make a commitment to yourself to let go of things that don't serve you, and the things you cannot serve with appreciation.

After taking a an overall sweep and getting rid of anything you cannot easily appreciate, turn your focus on what you love. Appreciating "what is" is easy when you are surrounded by things you love.

Add things you love into your life. Highlight them and make them a priority. Use the good china if you love it. Put on your best perfume everyday. Display the most fabulous things in your life with lots of gusto and pride. Make the things you love a part of your everyday living.

Appreciation is a verb and a feeling. The best way to activate a feeling is to get in touch with other feelings you desire. One of the reasons you might not be appreciating "what is," is that "what is" doesn't feel good. Ask yourself how you want your life to feel. When you have identified two or three ways you want your life to feel, create your surroundings, your car, home, etc. to feel that way.

Appreciation is easy when you are getting what you desire. It was very easy for me to appreciate everything about the Topaz because it was giving me what I wanted – my freedom.

When your surroundings are feeding you what you desire most, it is easy to find multiple reasons to appreciate everything in them. Appreciating “what is” becomes so easy and possible when you are being filled up.

I have never met anyone who does not appreciate beauty, however they define it. I think that’s because we are biologically wired that way. Think about it. People travel thousands of miles to see the works of Michelangelo and other famous artists. We seek beauty in all it’s forms. Give yourself the gift of beauty and fill your life with what you find beautiful. Being surrounded by beauty makes appreciation easy.

In order to be able to show appreciation for “what is,” you have to know how to appreciate “what is.”

That starts with you and appreciating yourself.

There are a million things to appreciate about yourself. You can appreciate your body or parts of it, you can appreciate your spirit, or your laugh. You can appreciate your qualities. Start by focusing on the things that are easy to appreciate about yourself. Appreciating yourself leads to ease and grace when you are appreciating “what is” in your life.

All of these tools will set you up to make appreciating “what is” easier, but the practice takes focus. Ask yourself, “What do I want more of in my life?” Once you have an answer, look around and ask yourself, “Where do I already have some of that?” When you have identified where you have some of it, say “ I appreciate \_\_\_\_\_.” Rinse and repeat. Continue looking at your life and noticing the things you already have that you would like more of, and then appreciate them.

A great example of this is if you desire a bigger house. When someone decides they want or need a bigger house, the immediate reaction is almost always to start focusing on how much they don’t like their current house. Rather than focus on how much you don’t like it, start appreciating the things you do like about it that you want more of. If it’s more space you want, start noticing and appreciating the space you already have. Honor that space by making it beautiful. Keep it clean and organized so it feels spacious.

Appreciating “what was” is the way I created my new bigger, better home in just eight months. I fell in love, very intentionally, with everything about my 495-square-foot studio. I arranged it so it felt spacious, because I wanted more space. Then every time I walked into it, I took a deep breath and appreciated how spacious it was. Sometimes I said “I appreciate how much space I have,” but more often I smiled when I saw it. Appreciation can be shown in many forms.

I kept it clean and organized so that I never walked in and said “Ugh.” I decorated, with the help of Goddess Jacqui, so that it invoked the luxury and sacred feelings I desired when I walked

through the door. It was so easy to appreciate it because it was fueling my feel good feelings. It was set up to be appreciated.

I showed it appreciation by talking about how much I loved it all the time. I treated it like something I valued. I organized the small hall closet so that everything had its place. That way every time I opened the doors I appreciated the spaciousness instead of how cramped it was. I got rid of the excess that didn't make it feel spacious, so that I could appreciate the space more.

I made it beautiful by adding intentional pieces, like a gold and silver pillow, that felt like beauty to me. I created a space for everything I desired so it was easy to appreciate. And I appreciated myself for creating the space and for the decision I made to move there.

Eight months later I moved into an 812-square-foot one bedroom apartment, with a nook for an office and even better views. The hall closet now has a shelf for everything. It's so spacious and it feels so good to live there.

Appreciating what is creates more of what you desire because it is simply turning your focus to what you like and want more of. The more you set your life up to deserve appreciation, the easier appreciating "what is" becomes. Look around your life today and see what you could be appreciating more of right now, and start appreciating it. Remember, appreciation not only comes in the form of words, but also in the form of actions. Take care of what you appreciate, and set it up to receive even more appreciation from you.

Appreciating "what is" always leads to more of what you are appreciating, but the real reward for doing it is so much more valuable than just getting more of what you desire. Appreciation truly makes your journey more enjoyable because you are focused more on the good stuff, and the more you focus on the good stuff, the less time you have to focus (or even see) the parts that aren't so fun.

You have the power to create more of what you want and enjoy the journey as much as possible, by simply dedicating yourself to appreciating "what is." You can totally do it and it's going to be easier than you think once you get started.

**Cassie Parks** is a Money Maven and LOA Lifestyle Designer. You can find out more about Cassie and her workshops at [www.liveyourchampagnelife.com](http://www.liveyourchampagnelife.com) and [www.loamoneycourse.com](http://www.loamoneycourse.com).

## **Life Skill #9: How to Ask for Help**

**Joy Zalzala-Soyka**

Let me tell you about my friend Naima. She is five years old and one of the most clear askers I have ever met. Naima grows up bilingually, speaking German and Portuguese. When she joined my children's English-German kindergarten a year ago, she did not speak any English. When we would speak in English on the playground, she would simply state, "I don't understand English, can you explain this to me in German?"

The clarity and simplicity of her questions amazes me every time. There is no judgement, neither of us not being mindful by speaking in a language she doesn't understand, nor does Naima judge herself for not being able to speak the language all of her new friends speak. She is clear in asking for help, and she feels absolutely entitled to it.

The absence of judgement results in a lack of resistance, and everyone from kids to grown-ups are more than willing to help her.

Most kids know they don't have it all figured out yet, so they have no hesitation in asking for help. They feel entitled to it. They know involving others and asking for help allows them to thrive. And they ask for help persistently.

These are all traits of great askers.

### **Learning from Helpers**

A lot of people are more comfortable offering help, than asking for it. I spend a lot of time in the company of other helpers. I am a migrant, an activist on discrimination and violence, a lesbian mother of multilingual children. Life has provided me with many situations where it was essential for me to ask for help in order to be happy, to heal from harm and to grow. For years, I have offered workshops and materials on how to support people who have experienced violence and discrimination. Teaching others how to offer support has also taught me a lot about how to ask for help.

There are five key principles of asking for help that I want to share with you.

### **Key Aspects of Asking for Help**

1. Allow yourself to need help.
2. Know what you want.
3. Ask for help. Period.
4. Follow Up.
5. Acknowledge the helper.

## **1. Allow Yourself to Need Help**

I will admit, that I had a hard time time asking for help around parenting. Here I am – a coach on deliberately creating a happy life – finding myself absolutely overwhelmed with my own emotions when it came to dealing with my 3-year-old. I thought that I should know better and that I could only figure things out on my own, as I believed no one could help me. I discounted parenting books for their approaches, and I feared experts would want to dig up personal history to explain what was going on – an approach I really didn't want to get into.

Yet I came to a point where it was crystal clear to me that I needed help in order to have a good relationship with my wife and kids. Once I was willing to ask for it, things immediately started to change.

I asked for professional help from a local service center that I knew would be queer-family friendly. I started talking openly to others about my insecurities and issues, and instead of judgement, I received great support. Instead of feeling overwhelmed, I felt in charge. I was actively seeking out help to find solutions. And my family life has improved tremendously.

As grown-ups, we put a lot of pressure on ourselves. Most of us believe we have to figure things out by ourself and that asking for help is a sign of weakness. Yet every successful person has a great team of supporters and continuously asks others for help. The ability to assess your strengths and the areas where you need help is an essential skill in business, and life in general.

Next time you have a hard time with something on your own, ask yourself, "How can I make this better? Who can help me improve on this?"

Shift your focus from self-judgement to a solution-based view of the situation. From that perspective, asking for help when needed is not a sign of weakness, but a sign of strength. It reflects good judgement and puts you in the position to receive the help you need in order to grow and excel at what you do.

Maybe you want to advance your business or career, maybe your physical or mental condition puts you in a place of needing help from others, maybe you want to explore a new interest or maybe you want others to fund your good cause. Whatever it is, the principle is the same: Allow yourself to ask for help. You really don't have to be at the point where there is no other option. Rather, I encourage you to engage help as soon as doing it on your own seems hard and not inspired. You deserve to make your life joyful, and there are so many people who are happy to support you with their time, skills, wisdom and money.

## **2. Be Clear About What You Want Help With**

The second step in asking for help is knowing what you want help with. This might seem obvious, but there is a such power in specifics. As Life Skill #3 covers knowing what you want in depth, I simply want to point out the relevance of this when it comes to asking for help.

There is a great difference in asking someone “Would you be willing to take my dog on some walks as I’m currently not able to?” than asking them “Would you take my dog out regularly for an hour a week during the next two months? Preferably on Thursday or Saturday mornings?”

The person might say “Yes” to both requests, yet being specific about your needs (“one hour a week” versus “some walks”) gives the asked one transparency, and the opportunity to sincerely meet your request. By being specific, you can meet people's hesitation of committing to something they are afraid they can't follow through with. Both the one asking and the one being asked can avoid disappointment as there are no hidden or false expectations. So when asking someone for help, become as specific as you would be when hiring a professional service that needs clear instructions to provide the job.

When needing help in an unfamiliar area, you might not actually know what the specifics are. That's perfectly fine. Just ask for advice or clarity on that. Ask your inner guidance (Life Skill #4), a higher power, someone with expertise on the matter or a friend who is willing to explore some options with you. This is particularly helpful when you feel emotionally overwhelmed with a situation.

At the beginning of every coaching session, I ask my clients how they would like to feel at the end of our session. The most common answer I get is, “I would like to feel more clarity.” It's the basis of getting what you want.

Being clear about what you want makes the next step much easier – actually asking for it.

### **3. Ask for Help. Period.**

You need to actually ask. Please don't assume people know what you want or need, even when they are very close to you. Don't wait for an offer of help. Don't assume someone can't fulfill your request.

ASK.

Becoming a great asker is obviously easier when you build upon other skills – specifically those contained in this book – so I won't elaborate on common factors that keep people from asking, such as feeling unworthy or the fear of rejection. Rather, I invite you to practice becoming comfortable with asking and embracing a negative response.

Now, after you ask for what you want, stop talking. Period.

Have you ever heard someone ask for your help and immediately take it back, elaborating on how you probably don't have time for it anyway, how the request is unreasonable or how they could actually just do it themselves? That is certainly not a great way of getting help, and it doesn't make the person being asked feel good about themselves. Don't patronize someone by making assumptions and coming to a conclusion for them.

When you are specific with your request, leave it up to them to decide if they are able to say "Yes" or not. Give them some time by stopping your talking so they have a chance to process and give you an answer. This is especially important if you fear you may be wasting someone's time by asking them for help.

I truly believe that you are not wasting anyone's time as long as you clearly communicate your requests. It is their responsibility to decide whether it's a great use of their time or a waste – not yours. And you might be surprised by their response.

Even if you get rejected by numerous people, continue to ask. Be persistent, because the more you ask, the more you receive what you want.

#### **4. It's Your Responsibility to Follow-Up**

One of the first things I learned as a grassroots fundraiser was that it is my responsibility to follow-up.

I remember how hard it was for me in the beginning to ask people for a donation, and when they said yes, I was just happy it was over. But, unless people had the cash with them to hand their donation right over, I needed to follow up. At first, I saw that as yet another hard moment of asking. Then I realized that people are happy to follow through with their donation, and they really appreciate it if you make it as easy as possible for them. So it's best to ask right away, "How would you like me to follow up with you?"

This is true for all kinds of scenarios of asking. Imagine you have asked someone for help (congratulations on that!) and they have agreed, offering their help. Perhaps several days or weeks go by and you don't hear from each other. You might start resenting them because you have clearly communicated your need for help and they haven't come forth to help you. Meanwhile, your friend is still looking forward to the opportunity to support you, but as you are not calling, they assume you are managing well on your own. They don't want to be intrusive; they expect you will let them know when you actually need help.

You get the point: It's *your* responsibility to follow up – even if you are the one in need and feel like people should now reach out to you. You may not like it, but it saves a lot of energy and unnecessary resentment when you make it your responsibility to follow up on requests.

Bonus tip: You can also ask the people supporting you to follow up. This comes back to being specific about your needs. And if you have a team of people supporting you – for example, after an injury or emotional trauma – you might want to delegate the follow-up to a specific person.

## **5. Acknowledge the Helper**

Being genuinely appreciated is usually the best reward for helpers – regardless of a potential exchange of money or services in return. So when you get help, always express your gratitude and appreciation. As reciprocation for the help provided, simply ask them how they would like to be acknowledged. Be confident that you always have something to offer in return.

For most people, the opportunity to feel good about sharing (their skills, money, knowledge, time) or being part of a cause they believe in, is a valuable exchange. It is at least as valuable as more tangible things, such as a return on investment or an exchange of time or services.

## **Stretch Your Comfort Zone and Take Charge of Your Life**

We all have our comfort zones, areas where it's easier for us to involve others and to request help. We also have areas where it's especially hard to ask for help. Oftentimes this is because we have experienced pain and a lack of support.

Due to cultural notions of shame, a key question I encounter in my work is, "How will others perceive me when I ask for help in this particular area?" No one wants to be perceived as weak, or become a burden to others.

A lot of social activism has evolved around making personal problems political, by shifting the perception of personal weakness toward focusing on the social structure. It can be very empowering to reframe topics, to take a personal issue ("I just don't know how to make my partner happy") and see the bigger picture (the common assumption that people need to sacrifice their own needs in order to make a relationship work). This has helped many individuals overcome their own shame or fear of judgement, and ask for help.

I am driven by the vision that it is possible to change the conditions of how we relate to each other in society. No matter what you have experienced, or what structural problems you are faced with on a daily basis, one thing is true: You have the power to feel good, enjoy your life and achieve great things. Asking for help is a key skill in taking charge of your life.

Dare to stretch your own comfort zones. Start asking for help in order to grow, heal, thrive and declare bigger desires for yourself. You might be surprised at how much support and opportunities are available for you.

**Joy Zalzala-Soyka** is an international life and business coach. She is an LGBT expert and loves being involved in things that make life awesome. Connect with her at [www.sandstepcoaching.com](http://www.sandstepcoaching.com) and [www.coaching.lgbt](http://www.coaching.lgbt).

## **Life Skill #10: How to Receive**

**Lisa Cavallaro**

We seem to learn at a very young age how to be selfless givers – to the point that we are much better at giving than we are on the receiving end. Even when it's something as simple as a compliment, receiving is a success skill worth mastering, since all our dreams remain out of reach until we know how to let the goods in.

Talk about feeling lucky – within a seven-week period, I had the privilege of being mother-of-the-groom, mother-of-the-high school graduate and mother-of-the bride. All exciting and blessed events! And of course, along with these roles went a ton of planning, organizing and entertaining – things I love to do!

Just three days after the final event, I found myself somewhat exhausted and in uncharted territory. While washing the typical amount of dinner dishes (which is way too many for just three people) I noticed my internal dialogue sounding rather martyr-ish:

“This sucks. It's 8:30 at night and I'm freaking doing dishes. She could do these. She's just sitting downstairs watching TV. That kid refuses to help. She never helps. And HIM – he's just in there on his computer – again. That's all he ever does is work. Neither one of them even appreciate the meals I cook or anything I do around here....”

The chatter then turned into a rampage and I could feel my body temperature climb. If anyone had been in the kitchen, no doubt they'd have seen my skin turning bright red from the collar up.

After weeks and months of pure joy and excitement, this felt so unfamiliar – and terribly uncomfortable.

Was I mourning the fact that two of my kids are now married and the third was heading off to college in a month? At first, the idea made sense and I figured that's exactly what was going on. Maybe I was just sad and that's why I was feeling angry about the dishes.

And then I thought of something that made more sense!

No one helped me with the dishes because I never LET them help me with anything! For whatever reason, I choose to handle the lion's share of household responsibilities myself, rarely asking for help and turning help down whenever it's offered. Why WOULD anyone offer me something they're 100% certain I would turn down? If I were them, I wouldn't offer it either!

This major realization then led me on to another one: If I'm closed off from accepting help from family members, then I'm also closed off from accepting help from others – Universe included! This was NOT good news and here's why:

If we want to receive something from the Universe, we have to be open to receiving it – or it will never get in!

When I think of receiving and great receivers, I think of the sport of football. They produce some of the best receivers in the world and there's meaningful gridiron inspiration to gain from these masters. So how can we all become Hall-of-Fame Receivers?

Whether we realize it or not, we're all in this game. In every minute, we're receiving something from the Universe and if we're not suited up and ready to play on the field, then we're on the sidelines, watching others enjoy things that we want for ourselves.

How do these athletes do it? The successful ones teach us to:

### **1. Drop the Doubt (not the ball)**

As humans, we can't help but ask for more. To assist our efforts toward getting it, we make our greatest strides when we eliminate doubt – in ourselves and in our abilities to get what we want. Instead of thinking of reasons why desire can't or won't manifest physically, think about how cool it's going to be when "that ball" gets here. BELIEVE is what Hall-of-Fame Receivers do!

### **2. Keep Your Eye on "The Ball"**

Avoid the temptation of getting caught up in well-meaning friends (or opponents) who may be trying to keep the ball from you. No one can possibly understand what you want as much as you do. Know the look, feel and sound of that "ball" and know that even if you didn't receive it in one play, there are plenty more plays to come. And remember this: A major benefit you have over any sports contest is that you have more than just four quarters to play!

### **3. Be Flexible**

The play given in the huddle may be that you're supposed to catch the ball on the 20 yard line, but when you get there, you find two 350 lb. reasons why moving to the 22 yard line might actually be a better idea. Universe sometimes offers signs like this. Being willing to change the plan often helps you get closer to the ball.

### **4. Practice**

There's a lot of benefit in playing around with whatever feels right to you. Years ago, few would have considered ballet to be something that could benefit macho football players. But today, some teams consider it an advantage to incorporate ballet into their players' training. Practice what feels right for you.

The people at [Abraham-Hicks](#) introduce us to a variety of processes we can use to build our receiving muscles. Among my favorites are meditation, the book of positive aspects, the focus wheel, segment intending, the wallet process, pivoting, moving it up the emotional scale, and turning it over to the manager.

It doesn't matter which processes you use. What does matter is that you choose whatever resonates and feels best to you.

Creating a 10-minute morning practice where you use the processes with your specific goal is a terrific way to practice receiving. Each process is designed to help you develop and expand upon a positive mindset that is aligned with your goal, and results have been known to be nothing short of amazing!

## **5. See it coming to YOU**

Sometimes we know what we want because we see other people who have it. But it doesn't help us receive what we want, if all we can see is others having it. If we want something, then we have to see ourselves having it. Hall-of-Fame football receivers see themselves catching that ball – not their opponent, not their teammates.

My entire dishwashing rampage could have been prevented if I had learned to apply these basic techniques to receiving something as simple as *help*. By not using even one or two of these potential game-savers, I closed myself off from any of the assistance Universe was trying to deliver my way.

With my meltdown two weeks behind me, it's a bit clearer now that it was my inner pity party that kept both Mark and Dina out of that kitchen. The facts are that without me even asking, they've both done dishes before. On this particular evening, it was my attention to *all those dishes* and *poor overworked me* that kept them out.

Safe to say that writing this chapter is all I needed to open myself to receiving help around the house. Just 10 minutes ago, Dina appeared in my office to let me know she was going out. She happened to throw this in too: "You know, if you want me to get you something at the store, all you have to do is ask."

I'll remember that next time... let's just hope I also remember how to *receive*.

*Lisa Cavallaro is a Coach, Huffington Post Blogger and author of No More Drama--how to make peace with your defiant kid. You can visit Lisa at [lisacavallaro.com](http://lisacavallaro.com) and read her blog at <http://www.huffingtonpost.com/lisa-cavallaro/>.*

## **Bonus Skill #11: How to Change Your Mind**

**Melanie Bates**

Whether we realize it or not, our lives revolve around stories and have done so since our cave painting days.

Picture it: Cave peeps hunkered down around a blazing fire situated in the middle of the dirt floor, gesticulating wildly about the day's hunt while gnawing on cave lion drumsticks and wiping their greasy fingers on their loincloths. Their Shaman crouches alone in the corner capturing the hunting story with images on the cave wall.

We are a people who exist by story.

I believe that story is everything. I believe that story shapes us – our past, our present and our future. I believe that story is integral to every aspect of our lives and there isn't a moment in "time" when we're not telling story. It is through story that we relate to each other.

Even our present thought in this moment is a story that we're telling ourselves, albeit a short one. Perhaps back 30,000 years ago or so, one cave boy's story was, "Me be trampled by mammoth if I leave my furs." Was he a bit of an agoraphobe? Yes. Did the other cave kids sprinkle guano in his gruel when he wasn't looking? Probably. Was he telling himself a story? Absolutely.

Was it true?

Likely not.

The story you tell can make or break you, and it determines the course of your life as well as your level of happiness or unhappiness, as the case may be.

### **The Stories of Our Past**

We are constantly retelling our past stories – whether to ourselves, to those we've just met, to those who've experienced them with us (or those who've already heard them a hundred times before). Oftentimes, they morph into something that may not even be real.

I once had a step-dad who was a tad warped. When I was in 7th grade or so, I brought my report card home – all A's and one B. I was so proud that the miniature frogs on my white turtleneck sleeve were all a-blur as I frantically waved it through the air in front of him.

His reaction wasn't exactly what I had anticipated. He scoffed and berated me for that lone B. From that morning forward, he would grab up our vinyl soundtrack to The Wizard of Oz and play "If I Only Had a Brain," on repeat, until I left for school. Suffice it to say, I worked REALLY hard

in school and still I felt dumb. I worried my grades like a starving cave bear must have worried a hive full of honey back in the day.

For many, many years, I told that story to anyone who would listen. (Oh, look. I'm telling it now.) Fast-forward 30 years to a pizzeria where I met my ex step-dad for dinner with the rest of the family: About 10 minutes into our grub, he proceeded to tell the folks at the table how whip-smart I was as a kid and what good grades I had gotten. I sat there, flabbergasted and choking on my slice of pepperoni pie. What different stories each of us told, though we had lived in the same time and space together.

I'm sure you can imagine my shock in realizing that the story I'd been telling for the past 30-odd years was a myth. While I had gotten over that experience many years before, through deep forgiveness work and twisting it toward the positive, it shaped my reality for a long time in ways I wasn't even aware of.

It reminds me of Mark Twain's brilliant words, "I've lived through some terrible things in my life, some of which actually happened."

If we become stuck in that painful story of our past, we suffer. And that is made manifest through troubles in our relationships, our health, our finances, our mental well-being and... Every. Other. Area. Of our lives. It colors the world around us and it most definitely shapes our current reality.

### **The Stories of Our Present**

There are a couple different present stories that we tell. Certainly we relay a story when someone asks, "How was your day?" or when we describe our loathsome trip to the DMV where we had to sacrifice our first-born to renew our driver's license. But we also tell stories of our present through our thoughts. Our thoughts are simply a microcosm of story. Mini-stories, if you will.

No so long ago I was running the story, "I'm never going to meet friends like me in Utah." I played that story like Pa Ingalls played his fiddle – often, in the dark of the night, and to the rousing applause and rhythmic foot-stomping of my inner critic. And for three years I sat in my beautiful house every evening, eating buttered noodles and asparagus and watching, you guessed it, Little House on the Prairie. It took me rewriting my story, leaving the noodles and getting out of the house before I did indeed meet some very like-minded, lovely people here – folks who have become dear to me.

### **The Stories of Our Future**

We tell stories of our future, too, and these are often told through our imagination, daydreaming, and... the ever-evil future-tripping.

The stories we tell of our future can be told in only two ways: Through the filter of love, or through the filter of fear. I have such a vibrant story written in my head about when the first novel of my trilogy is published...

A synopsis: My publisher brings me to New York and I go down to the newsstand the morning of my book's release, and there is a raving review in the New York Times. Within weeks, the book hits #1 on the New York Times Bestsellers list for fiction and stays there for 42 weeks. It quickly becomes an International Bestseller and the foreign rights sell like hotcakes. My second and third books come out within two years and are even more successful than the first. Millions of dollars flow to me from book deals, and Guillermo del Toro reaches out about making a movie. Philip Pullman invites me to tea to discuss our work and we get into an in-depth philosophical conversation about writing, the role of religion, and the history of story. YUM!

Future stories can be so luscious, so expansive, and so full of joy that they make your toes curl.

Or, they can feel absolutely dreadful...

When we choose to tell future stories from a place of fear, we experience the opposite of joy. And we often feel extreme anxiety as we tell them. In fact, I believe anxiety disorders are, in part, a future story set on "Repeat" that includes doom and devastation, and we're playing the starring role in the impending catastrophe.

Let's say I'm telling a story about tornadoes. Mainly, that I will die every time a strong gust whips up. Each time the wind blows, I am miles into the future picturing my home swooped up in a funnel, less elegantly than Dorothy's, for sure. My mind quickly spirals into a horror story where I am maimed, pulled 50,000 feet into the air and then dropped. On a wooden picket fence. In Africa. Scary, no?

Can you feel the difference between these two future stories?

It's super hard to get a book published traditionally these days. Writers definitely can't quit their day jobs. Most writers suffer hundreds of rejections. The only chance I have is to self-publish, and give copies to my five closest friends and my family members who are still walking this earth.

When I publish my memoir with Random House, I'm going to hit the New York Times Bestseller list, earn a Pulitzer Prize and be offered multiple book deals.

Which story feels better to you? Do you notice what types of stories you're typically telling?

It takes but a moment on Facebook for me to tell what types of present and future stories my friends are telling. Those friends who are talking about how tired they are, how awful their day was, how miserable everything is, how little they're looking forward to this or that – those are horror stories, for sure. Sadly, there's usually lots of evidence to support the stories they continually tell.

And... we all have stories around money, around health, our relationships, our work, etc. – past, present and future – and unfortunately, we don't often spend much time examining the stories we're telling in each of these areas of our lives.

### **The Illusion of Time and Rewriting Your Story**

But we can rewrite our story – past, present and future – at any time.

I believe, like Albert Einstein, that time is an illusion. Einstein said that the “psychological origin of the concept of time...is undoubtedly associated with the fact of “calling to mind,” as well as with the differentiation between sense experiences and the recollection of these.”

To boot, Einstein also said that “The only reason for time is so that everything doesn't happen at once.”

Further, he said, “...for us physicists believe the separation between past, present and future is only an illusion, although a convincing one.”

Bear with me here, lest you think I'm nuts. My theory is that time is an illusion because we can alter our past, present and future based on the stories we tell.

This is where Deliberate Creation/Law of Attraction comes in: If our thoughts are mini-stories informing our lives, if “thoughts become things,” as they say – then we can simply change our stories.

THAT, for me, is what makes time an illusion, makes time malleable, because we can change the past, present and future, solely based on the stories we tell about them. Because we can “call to mind” something different.

### **Stories Can and Do Change**

Fables, myths, fairy tales – even ancient texts – have all changed in their retelling. Some were altered through translation error, while others were just flat-out altered to fit the times. Still others have gotten bigger and bigger and bigger (think of the fisherman's famed story of how big his catch was and how it increases over time). Even the Bible has changed as translations altered it and new authors contributed to the work hundreds of years later.

As it is with our stories, we ourselves are translators. Often we don't quite know how to speak the language for our highest good, or we just aren't sure how to tell a better story of ourselves, or we're just flat out stuck in the old stories that no longer serve us.

## **The Call to Adventure**

Consider the stories you are telling: Past, present, and future. How can you become a masterful storyteller and shape-shift those stories into empowering and uplifting narratives in your life?

First, let's talk about our past stories. The #1 secret to healing our past story is to be able to tell it, in all its gory detail, to at least one or two compassionate witnesses. A compassionate witness is a person who will deeply listen and be present to your story. This isn't your Aunt Gertrude who's interrupting your tale to advise you to, "Buck up, little missy." No!

This is someone who is wholly present and listening to every nuance and unsaid word of your narrative, with compassion and without judgment. Once we're fully heard, a shift will often occur, a lessening of pain.

We must, however, beware of "story fondling" (a brilliant term coined by Martha Beck.)

Story fondling is a nasty little beast that involves telling your story to every single person who will listen – the grocery store clerk, your podiatrist, the 3-year-old at the playground. There are a couple of reasons why we might fondle a story, the biggest being that we don't feel heard the first time we tell our tale. The second is that perhaps we're experiencing some benefit from the re-telling, over and over, of our horror stories. These benefits could be attention, compassion, empathy, etc.

So, tell your past story. Do tell it to one or two compassionate witnesses so that you feel truly heard. Don't fondle your story like you would a gentle lover. Then begin to re-tell the story in a way that feels uplifting and empowering. Consider what the antagonists of your story might have been going through or thinking in their version of the tale. Tell *their* stories, so that you can glean a different perspective. Think about how this experience has shaped who you've become, and flow gratitude to it.

Without each and every experience you've ever had, you wouldn't be who you are today.

On to present stories: The first step is to recognize what present stories and thoughts are that you're telling yourself and others. Then, ask yourself this question: "Does this story feel good?"

Sound simple?

It is.

If you're telling a story or having a thought that doesn't feel good and doesn't serve you, consider what other story you could tell instead.

When you begin to recognize your present stories, with practice, you'll find that you can morph them more and more quickly. Often, when I find myself in a downward story spiral of horror, it's usually enough nowadays for me to simply say, "Oh, I'm not going to tell that story. I'm going to tell this story..."

Future stories are the most wicked fun because we can use our juicy, amazing imagination to tell whatever story we want. We can script these stories: We can write them out in a beautiful journal. We can speak them out loud as we're cleaning the grout. We can envision them as we're falling to sleep at night.

There are no rules. You can go out as far into the future as you like and get creative in telling the most lusciously empowering story as is possible.

However, if you find yourself telling a future story that makes you want to sob into your gimlet, stop yourself and recognize that the future is not set in stone:

Change the story now.

Be present in the moment you're in, and flow gratitude to the future that's yet to come; the future that you get to shape and that will, eventually, shape you.

*Melanie Bates is a Book Shaman and Story Shapeshifter who acts as compassionate witness, helping transform personal narrative, write memoir and heal. You can find her drinking Black Pearl Oolong and writing her own stories at [MelanieBates.com](http://MelanieBates.com).*

## Author Bios

## Melanie Bates

Melanie Bates is a Book Shaman, Story Shapeshifter, Visionary Business Coach and, above all, a Writer (with a dash of nomad and nondescript heathen). She began her writing career at the age of seven when she penned her first brilliant short story about witches with carbuncles.

As a teenager, her writing took a turn toward the morose when she attempted to write her vast memoir at the age of 14. Finally, at 17, with her towering experience in regards to the matters of love, she wrote a few pages of a romance novel. She's currently working on a young adult fantasy trilogy and is enrolled in an MFA in Creative Writing/Writing Popular Fiction.



Melanie's 10,000 hours (of Malcolm Gladwell fame) in "applying ass to chair," obtaining a Bachelor's Degree in English/Creative Writing and devouring thousands of books, spawned her Book Shaman practice where she has helped New York Times' bestselling authors to "transmute fuzzy thoughts into language people can understand."

As a content editor she uses her experience to bring structure and form to some really amazing books that line the shelves of your local bookstores. As a story shapeshifter, she acts as compassionate witness to help people transform their personal narrative, write memoir, and heal. She brings accountability, partnership and process to writers, which allows them to face the blank page and actually pen their brilliant work.

As a Visionary Business Coach, she gets a super-charged kick each day out of coaching visionaries and solopreneurs who are ready to set out on their hero's journeys, but can't quite find their way. Together they map brilliant paths toward the future, set and hold bold intentions and slay the dragons that are blocking clients from their life purpose. And then, she helps to build the foundation of their empires.

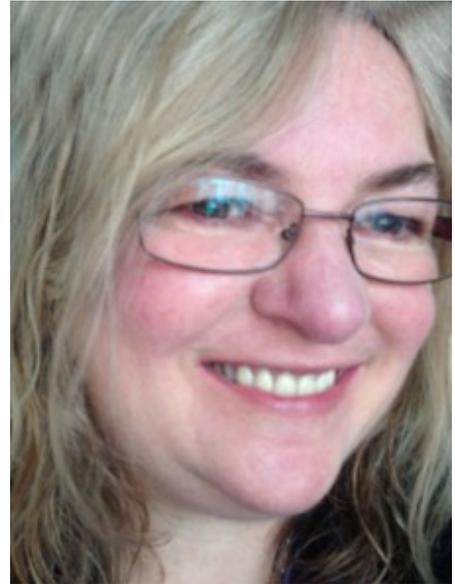
Melanie has moved over 30 times, hence the nomadic nature. For now she resides in the Wild, Wild West with the loves of her life – her boyfriend and three pups: So-Kr8z, Sancho and Chloé. To some, this urge to move might seem exciting. However, there have been times she's ended up in the deepest bowels of our great Mother Earth. For example, she spent a year living in Rawlins, Wyoming, where she was blown back and forth across the road, and where she ran home from school everyday on the lookout for dark vans that kidnapped children. She once peed her pants while frantically searching for her latchkey.

You can find her drinking Black Pearl Oolong and writing stories at [www.MelanieBates.com](http://www.MelanieBates.com).

## Anne Bolender

“At the centre of your being you have the answer; you know who you are and you know what you want.” *Lao Tsu*. Anne Bolender has spent years on a personal quest to understand Lao Tsu’s quote in a way that will help people find their authentic answers.

This quest has taken Anne on a wild ride through formal education, where she completed graduate and postgraduate work in Communication Theory, learning how powerful words are in shaping both our internal and external realities; through Life Coach training where she became certified as a Retirement Coach, an LOA Life Coach, and completed Martha Beck’s Life Coach Training; Intuition Training, where Anne became a Certified Automatic Intuition Coach; and now to the Tarot where she is currently completing a two year degree-like program, developing a solid understanding of the power of the Tarot to help people step into radical alignment with their soul-aligned clarity and authentic self-expression.



Not just content to learn, Anne incorporates these skills into her coaching sessions in ways that help her clients use their intuition to tap into their unique “inner wisdom,” uncover deep insights into their soul’s code and their authentic purpose, and then use these insights to transform soul-aligned actions into powerful life transformations.

When she is not immersed in learning and coaching, Anne can be found exploring the hiking trails, gorgeous architecture and incredible local shops and Farmer’s Markets of West Galt in her new hometown of Cambridge, Ontario.

Anne can also be found sharing and playing in her virtual home located at [www.annebolender.com](http://www.annebolender.com). Please feel free to drop by and explore, ask questions, or just say “Hello!!”

## **Frank W. Butterfield**

Frank W. Butterfield is a master channel who has helped thousands experience powerful shifts in consciousness through his delicious work with The Communion of Light, a group of non-physical beings who speak through him using a single voice.

Paul, as this voice is called, shares a consistent and powerful message of freedom that we create our reality and are not at the effect of it, that we can joyfully remember who we really are as these creators, and that life comes together much simpler and easier than we've taught ourselves to believe.



Frank shares Paul's voice with groups and individuals, in person and online.

For more information, please visit <http://communionoflight.com>.

## Lisa Cavallaro

Lisa Cavallaro is a Coach, Huffington Post Blogger, author of *No More Drama--how to make peace with your defiant kid* and founder of Aim High & Lead. While moving through what she calls her "struggle years" with her middle child, Lisa learned that parenting got a whole lot easier when she finally let it. She credits her 3-step process for making the difference and helping her build stronger, more enjoyable relationships with her kids.

With a masters degree in marriage & family therapy, Lisa is passionate about helping families and schools enjoy greater levels of cooperation with kids. She works with school districts, parents and leaders and lives in Syracuse NY with her husband and family.



You can find Lisa at [www.lisacavallaro.com](http://www.lisacavallaro.com).

Check out her blog at <http://www.huffingtonpost.com/lisa-cavallaro/>.

For a free PDF of *No More Drama*, just shoot her an email at [lisa@lisacavallaro.com](mailto:lisa@lisacavallaro.com) and she'll be happy to send you one.

## Janette Dalgliesh

Janette Dalgliesh is the Identity Shift Ninja, using her unique blend of hardcore brain science and esoteric training to help people figure out what they want, and then help them get it.

She describes her work as a blend of soul archaeology, brain whispering and joy navigation, and says that identity shifting is definitely not the mainstream approach to life. Even though it's underpinned by hardcore brain science, to the untrained eye identity-shifting looks a lot like trafficking in miracles. And it's way more fun (and more powerful) than struggle or sacrifice.



Based in south-east Australia with an international following, Janette is on faculty for Good Vibe University and has received LOA Leaders Awards for both of her best-selling *Everyday Superpower* books.

You can find Janette at [www.identityshift.ninja](http://www.identityshift.ninja).

And if there's anything in your life you want to uplevel the easy, no-struggle way - grab her no-strings, no sign-up high-value free intro to Identity Shifting (like a ninja!) at [www.identityshift101.com](http://www.identityshift101.com).

## Ginny Gane

Ginny Gane is a shiny, fun Law of Attraction expert for people who crave more out of life and are ready to realize their full potential. She was raised with the belief anything is possible and we always have a choice. Being involved in competitive athletics for twenty years allowed her the ideal opportunity to develop and practice the mental strength required for success, which lead to her passion for helping others understand their true potential as creators of their own lives. While backpacking around Australia for a year in 2009, she read Esther and Jerry Hick's Emotions and felt a complete resonance with their teachings and message. From then on, everything could be explained and understood in vibrational terms and the possibilities of potential opened up even more.



Ginny lives her life based on the principles of The Law of Attraction, and inspires you to honour your own values and follow your dreams. Her wish is for individuals to break away from what one is “supposed to do,” tap into what one really wants to do, and let it flow easily into one’s experience. “I would love everyone to wake up in the morning and feel excited and in love with their life,” she says and holds the unwavering belief it can be done! Ginny knows that wherever you are, you can get to where you want to be, and the path can be as easy and as fun as you want. Through her fun and easy courses, ebooks, and personal coaching, she reminds you of your incredible personal power while making it all feel like having an ice cold beer on a hot day. Ahh. Her rockstar followers and clients have called her “uplifting,” “a light,” and one woman even said “After a session with Ginny, you’ll honestly feel as though you can accomplish anything!” When she’s not playing with LOA, you can find her indulging in sunshiny outdoor adventure, puppy playtime, and the not so occasional yoga class.

Pick up your Free copy of *3 Super Simple Steps to Deliberate Creation* here:  
[www.ginnygane.com](http://www.ginnygane.com).

## Lisa Hayes

Today, were you to glance at my life, you would suppose someone waved a magic wand over it. I'm living a life I once hardly had the courage to imagine – I'm wildly in love with the man I'm married to, I have two amazing children and I wake up in a beautiful home to do work that feeds my soul and my bank account. It's easy to be a hopeless romantic from where I sit now, because it doesn't feel hopeless anymore.

But it wasn't a magic wand, exactly. It was deliberate creation and if I can do it, you can too. I think there are rose-colored glasses for everyone. Reach out and let me use my experience to guide you.

I am The Love Whisperer. I am an LOA Relationship Coach. I help people get the love and lives they want by leveraging the Law of Attraction. I am the author of *How to Escape from Relationship Hell*, *The Passion Plan*, and *Score Your Soulmate*. I also have a blast training other coaches over at Good Vibe Coach Academy. You can find me at my digital home at [www.lisamhayes.com](http://www.lisamhayes.com).



## Jeannette Maw

Jeannette Maw is a manifesting geek on a mission to inspire conscious creators!

She left her corporate job in financial services to found Good Vibe Coaching in 2005. Jeannette is the author of several eBooks on the Law of Attraction, publishes one of the most highly trafficked LOA blogs online, and is a contributor to Jack Canfield's *Life Lessons for Mastering the Law of Attraction*. She is known for sharing practical, real world methods of practicing conscious creation.



As founder of the online LOA site Good Vibe University, Jeannette hosts weekly calls on various manifesting topics and invites contributions from other LOA experts as well. In 2011, Jeannette co-launched Good Vibe Coach Academy with partner Lisa Hayes, and in 2013 founded LOA-based astrology instruction at Good Vibe Astrology with world renowned astrologer Kim Falconer.

In addition to her zeal for conscious creation, Jeannette is passionate about her volunteer work as a foster mom for various local animal rescue groups. Jeannette resides in Salt Lake City, Utah with several rescued dogs and cats.

Pick up a free copy of Jeannette's latest ebook: *3 LOA Keys to Unlock Your Financial Fortune* at <http://3LOAKeys.com>.

## **Cassie Parks**

Cassie Parks is a Money Maven and LOA Lifestyle Designer. She is dedicated to teaching people how to improve their money mindset and use the law of attraction to design and draw the life they have only dreamed of living. Utilizing real estate investing, creating a positive money mindset and leveraging the power of the Law of Attraction, she retired at 32.

Cassie is the creator of the Manifest 10K Course. It is the only “pay after you manifest more” money course.

Teaching people to design a life they love to live is one of Cassie’s passions. She does this through Manifest 10K, virtual and in person workshops, and her year long LOA Lifestyle Design course.

When Cassie isn’t teaching the principles of lifestyle design using LOA, she can be found enjoying the view from her balcony in Downtown Denver, celebrating with friends over champagne, spending time with her family, traveling, performing Improv, or writing in a local coffee shop.

You can find out more about Cassie and her workshops at [www.cassieparks.com](http://www.cassieparks.com) and [www.loamoneycourse.com](http://www.loamoneycourse.com).



## Joy Zalzala-Soyka

**Joy Zalzala-Soyka** wants to live in a world where people spend less time worrying and more time enjoying their life, where people who experience violence or injustice receive the tools to heal, where people dare to have fun and be silly, even when there are no kids around.

As an international life and business coach, she inspires others to follow their dreams and to actually create and live a life they want to live. It is her passion to use the Law of Attraction, and to support people in making their goals come true.



She is an expert in working with people from lesbian, gay, bisexual and transgender communities and anyone who is ready to change their story of experiencing violence or discrimination in their lives.

Joy is located in Berlin, Germany, where she enjoys the love and chaos of her multi-lingual family – her wife, two small kids and a dog.

Find Joy at [Sand Step Coaching](#) and [Coaching.lgbt](#).

## **Additional Resources**

*Your Everyday Superpower: Can The New Brain Science Open The Door To An Altered Reality?* By Janette Dalgliesh – a short but powerful exploration of the latest brain science, and why our brains are our biological allies in any deliberate creation practice (details at [www.youeverydaysuperpower.com](http://www.youeverydaysuperpower.com))

*Identity Shifting 101* by Janette Dalgliesh – a free audio class, over an hour long, in which you'll learn the life-changing art of becoming the person who has what they want in life, right here, right now. Available from [www.identityshift101.com](http://www.identityshift101.com).

*The Happiness Advantage: The Seven Principles Of Positive Psychology* by Shawn Achor – how the last decade of cutting edge research in positive psychology has proven that joy leads to success, not the other way around.

*The End Of Stress: Four Steps To Rewire Your Brain* by Don Goewey – a simple yet powerful strategy for alleviating stress and sustaining more joy, peace and fulfillment in every area of life.

*Rejection Proof* by Jia Jiang – an entertaining and inspiring account of conquering his fear of rejection, offering a completely new perspective on how to turn a “no” into a “yes.”