The Ultimate Paradigm Shift
With EFT, SK and More

Manifest the Life You Were Born to Live

Jane Mountrose
with Phillip Mountrose
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with Phillip Mountrose
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<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>The Shift into a New Paradigm</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>How Dreams Fit into the Big Picture</td>
<td>13</td>
</tr>
<tr>
<td>3</td>
<td>Your Life as a Work of Art</td>
<td>20</td>
</tr>
<tr>
<td>4</td>
<td>The Seven Steps to Success</td>
<td>28</td>
</tr>
<tr>
<td>5</td>
<td>The Path Forward</td>
<td>54</td>
</tr>
<tr>
<td></td>
<td>Appendix A: How to Do EFT</td>
<td>59</td>
</tr>
<tr>
<td></td>
<td>Appendix B: SK Reframing and Anchoring</td>
<td>63</td>
</tr>
<tr>
<td></td>
<td>About the Authors</td>
<td>65</td>
</tr>
</tbody>
</table>
The Shift into a New Paradigm

We live in a time of tremendous change. More and more people are waking up and realizing that the life they know is not fulfilling. It's not the life they were born to live. We've been there ourselves. Years ago, in the late 1980's, we had all the trappings of success, and still felt like life was leaving us behind. Without any sense of what this might mean, Jane felt like her soul was dying. She realized that she was withering on the vine and knew that something had to change. Phillip also recognized that much more was possible and felt drawn to a higher calling.

This led us on a quest and our discovery of the Ultimate Paradigm Shift. Social scientist Willis Harmon described a paradigm as a basic way of perceiving, thinking, valuing, and doing associated with a particular vision of reality. It's like a default view of reality. Some might describe a paradigm shift as a dimensional shift or a reality shift. In essence, the Ultimate Paradigm Shift is a shift from a limited reality that's dominated by fear, pain, and lack to an expansive reality where love, joy, and abundance prevail.

What We Discovered

Fortunately, the shift is much more attainable than we realized. The journey to a full life is built right into us, in the integrity of the human energy system and in the truth that resides in our hearts and souls. It's ironic. While we search frantically for solutions in all the wrong places, they are with us all the time.

Our hearts possess a natural desire to dream, but statistics tell us that few of us actually do. There's no doubt about it - life can be challenging. With our increasingly rapid pace, it always seems like there is too much to do and too much information flying around to make any sense of it. States of chronic stress, confusion and anxiety are much more common than joyful engagement in the excitement of being alive. You'll also see that these stressors are some of your greatest foes on the path to your dreams.

Setting that aside, doesn't the possibility of reaching for your dreams and creating a bright future feel better? Doesn't it make you feel happier and more alive? We hope so because happiness and aliveness are some of your greatest allies on the path to your dreams. Feel this aliveness now as you open to learning how ageless wisdom and the latest scientific discoveries are revealing a clear picture of how anyone can get on the path to their dreams.

The time-tested strategies we are about to share changed our lives in amazing ways. We've also used them effectively over many years with our clients and students, so we know they can do the same for you. Our approach is holistic - integrating the body, emotions, mind, and spirit.
We have found this to be the most objective, because everything within us and surrounding us is connected. You could also say our evolutionary journey is built right into us, in our capacity to expand our horizons. This unified approach makes getting on the right track much easier and more enjoyable than you think.

A Fresh Perspective

At its best, life is to be lived fully, to reach happily for higher heights, feeling good and excited about waking up to each day. Who wouldn't want this? From this perspective, you can see that stress and happiness are opposing ideas. You can't be in both places at the same time, so your choice of which one to cultivate is an important one. As you'll see, stress, your foe, takes you further from what you want, while happiness, your friend, opens you to the life of your dreams. In essence, success is your ability to create what you truly desire and if you want to enjoy the ride, this must include happiness. It's exciting, stimulating, and life enhancing.

At its core, happiness is what we hope everything we want will provide, so focusing directly on lifting your spirits and feeling good is like a shortcut to the life of your dreams. It's not the whole journey, but it's a great start. Lifting your spirits also puts you in a place where the things you want can manifest with joy and ease.

Think of it this way: some people have the trappings of success, but if they also have a lot of stress, are they really successful? We would say no! Chronic stress is debilitating. It's a state of pressure, tension, or strain that is destructive on all levels - body, emotions, mind, and spirit. It's a proven fact that chronic stress annihilates happiness and shortens lives. It even causes death in some cases.

Unfortunately, many people never figure out how to escape this foe. The situation may just keep getting worse and many believe that it is the way it is" and "this is the way I am" seem reasonable and anyone can justify them. Sadly, most people do just that.

As mentioned, there was a time when we were there ourselves. We had steady jobs, two cars, and a home of our own, but it wasn't enough. It felt like life was leaving us behind and our hearts were crying out for change. Something deep within us sensed that there is more to life than meets the eye and we were determined to find out what's really possible. During the last three decades, this has been our main focus and we continue to explore what we now call pure potential.

Maybe you feel the same way. There must be more! What we discovered is that there IS more - much, much more. When we uncovered the keys for living fully and making our dreams come true, our reality shifted in surprising ways. We opened to the miraculous and never turned back.

In this book, we offer seven simple keys for turning suffering and stress into happiness and success. To keep it simple, you only need to focus on taking your next step, so shifting your reality and reaching for your dreams can be relatively easy and enjoyable. We begin with an overview of what to do and why, starting with something we call the "new facts of life."

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Our New "Facts of Life"

In many ways, there is nothing new in the world. You could say that we're all rediscovering essential truths that have come down to us through the ages in the world's wisdom teachings. It's also exciting that science is discovering that these truths have a scientific basis. Regardless, the facts of life we present here are new to most people.

The most important fact is that the world around us is not as fixed as most people believe it to be. Quantum physics has proved that everything is energy. It's flexible and fluid and it is influenced by our thoughts. Our thoughts create our results. This isn't a new idea. The Book of Proverbs put it this way:

“As a man thinketh in his heart, so is he.”

On a related note, Marcus Aurelius advised:

"Very little is needed to make a happy life; it is all within yourself, in your way of thinking."

From this perspective, we are largely limited by our own minds. We're living in a paradigm of our own creation. Our default perspective or "set point" for the reality in which each of us is living can change.

What is a Set Point?

The term “set point” was coined in the 1980’s, when researchers discovered that each of us has a set point in relation to our weight. This set point is viewed as an underlying reason diets typically fail. It is a default mechanism that acts like a boomerang, returning us to the same place over and over regardless of what we do. A woman who weighs 200 pounds, for instance, probably has a set point right around that weight.

Researchers have also studied the impact of set points in relation to happiness. Success coaches would quickly add that people have set points in relation to their ability to create success and prosperity. This is one of the reasons coaches can be so transformational, not just in sports, but in relation to our ability to realize our dreams.

New thought pioneer Florence Shin described set points this way:

“The game of life is the game of boomerangs. Our thoughts, deeds, and words return to us sooner or later, with astounding accuracy.”

You can also learn more about set points on our website at:

http://gettingthru.org/holistic/mental-and-emotional-blocks-set-points/

With the goal of eliminating the set points that keep us stuck, it makes sense to explore our thinking. Miracles can happen when we set our minds to it. This brings us to the first point in our New Facts of Life..
Point #1: Your outer world is a reflection of your inner world.

This means that learning how to realize your dreams is largely an inside job. Your perspective, your inner world, is composed of your thoughts and feelings. If your outer world reflects these thoughts and feelings, which it does, and your thoughts and feelings are working against you through stress, hurry and worry, then your picture of the world is not pretty.

This is priceless information. It means that if you have created your life as it is now, you can also create something different. With an influx of spiritual intelligence that emerges from an open heart and soul, you CAN change your life and realize your dreams. You just have to know who your mental friends and foes are and set your mind to cultivate relationships with the friendly ones. You are the creator of your reality and you have power beyond belief.

The Power of the Soul

People speak commonly about the existence of the soul, but few know how present it can be in our lives. A recent Harris Poll found that around 65% of people in the US believe in the soul. Around 70% believe in miracles and God. Regardless, few seem to experience a clear relationship with the soul.

From decades of experience, we discovered that the soul's wisdom is readily available. It is the most powerful force available for living fully and overcoming the obstacles we all inevitably encounter on the journey to the life we were born to live. The spiritual intelligence of the soul emerges from the heart. It expresses itself most fully through imagery, so we use visualization quite a bit, both for ourselves and with our clients and students. As the saying goes, pictures speak more loudly than words.

The images that emerge from the soul show us the reality our thoughts and emotions are creating. The use of imagery, then, is one of the most direct routes for shifting our perspective and our reality. Here's an example. In her mind, one of our clients, who we will call Yvonne, saw her life like a bed of thorns and it seemed like there was no escape. Yvonne thought the thorns went on endlessly until she looked forward into the future. To her surprise, the future was wide open and she realized that she could create something completely different there. She was right. What you see around you now in no way reflects your possibilities in the future. If you change your inner world, your outer world will change, too.

Yvonne's shift in perspective changed her life and opened doors where she previously only saw barriers. Taking it a step further, you could say the energy that makes up our reality flows equally through everything and everyone. Science has shown that everything is connected. Each of us is connected with the whole and each has access to the Infinite Intelligence of the whole. Different people may call this Infinite Mind, Source, Creator, or God. It doesn't really matter what you call it. We will simply refer to it as the Infinite. The important thing is that life is much more profound than most of us imagine it to be. This brings us to our second point.
Point #2: You have greatness within you.

You could even say that you are a genius, because your heart and soul have a direct connection with Infinite Intelligence. Wallace Wattles described this magnificently in his classic book, *The Science of Being Great*, which was originally published in 1910. Here is what he said:

*There is a genius in every man and woman, waiting to be brought forth.*

What an inspiring thought! Here Wattles was referring to the soul. When we first read this book our lives changed dramatically. Wattles also focused on what he termed “thinking in a certain way” as the key. This brings us back to the limiting thinking that creates stress. When we saw that stress was taking us down the wrong road, essentially away from what we want, we became determined to change direction. And more importantly, we did!

Have you ever sensed that there is a magnificence in you that's longing to emerge? If so, you may also sense that stress and strain can spoil everything. The bottom line is that we are who we believe ourselves to be. This is one of the most important lessons we learned from Wallace Wattles. Stress creates more stress and takes you further and further from your birthright, the life you were born to live. When we really understood what this meant, we also understood the solution, which is the subject of *The Ultimate Paradigm Shift*.

What causes the stress that takes us away from what we want?

To get the most from these ideas, you first need to have an overview of what causes stress and how you can turn it around by making some simple shifts in your perspective. Most people whose lives are adversely impacted by stress don't know where to turn. They feel like victims of forces that are larger than them and can't imagine how this could ever change. Sound familiar? if so, you may also notice that it feels better when you tap into the greatness that emerges from your heart and soul.

Occasional stress is not the problem. In fact, stress has its place when you're in danger. There is also positive stress associated with the excitement of doing something new. But this is not what is happening to most people. Prolonged stress is a habitual mental, emotional, and physical response to overwhelm and discomfort with what's happening in our lives. Mental anguish, anger, fear, jealousy, disorganization, hurry, worry, and basically anything that prevents us from feeling peaceful and joyful can create prolonged stress.

According to the American Psychological Association, "Chronic stress - stress that interferes with your ability to function normally over an extended period - is becoming a public health crisis."

The Upside of Stress

Let's face it; we don't live in a fantasy world. "Stuff happens." The goal when challenges arise is to move through them and victoriously reach the other side. In this paradigm shift, we're not
victims, we're creators. Even debilitating illness and severe losses like traumatic emotional and physical injury have silver linings if we look for them.

Within us is the ability to overcome obstacles rather than giving up when they appear on the path to the life we were born to live. Synchronicity is at play. In fact, people often report learning invaluable lessons from cancer or difficult challenges, in spite of the pain. The result, which is called post-traumatic growth, takes us to a higher level where life becomes richer and more meaningful.

In this book, you'll learn to overcome obstacles and move more easily through stressful situations. We weren't made to live with prolonged stress. By comparison, when we feel comfortable with ourselves and the situations that are before us, stress is not an issue. Feelings of happiness and well-being have a positive impact on every aspect of your life. This is the first goal on the road to the life of your dreams and the benefits of simply feeling good are more profoundly important than most people realize.

Prolonged stress relates to the way we habitually perceive and respond to situations. People put up with stress almost unthinkingly these days. We understand the problem, because we did this ourselves for years, and we suffered the consequences. Stress is so pervasive that it seems normal, but the body tells a different story. The statistics are staggering. Some estimate that as much as 90% of all illness is stress related. This includes heart disease, asthma, obesity, diabetes, headaches, depression, gastrointestinal problems, accelerated aging, and even premature death.

Fortunately, it can change, but you're the only one who can do it. You ARE A CREATOR and you alone generate your responses to the world around you. As John Milton stated:

"The mind is in its own place, and in itself can make a heaven of hell, a hell of heaven."

This brings us to our third point.

Point #3. You are here for a reason!

You weren't born to spend your life reacting with fear to what is happening in the world. You could see this as a smoke screen. Contrary to popular belief, the world is actually a friendly place. The key is that you have to believe that the Infinite is on your side and dare to dream. After all, you're here for a reason, with gifts to share and a difference to make. You are a creator and you are here to activate your greatness to create an amazing life. This is your birthright, to live fully and expand.

One of the best and easiest ways to feel better and open to new perspectives is to ask uplifting and empowering questions. When you pose empowering questions in a way that's convincing to you, your creative mind will awaken and you will find yourself thinking of possibilities you never imagined before.
Here is a great place to start, with one of the most empowering series of questions possible. Ask yourself this:

"Imagine: What if the world really IS a friendly place
 guided by an infinite intelligence, creator, source, God (you choose) that wants the
 best for you? What might you want to create in this friendly world that you may
 not have considered possible before now?"

Take a moment to reflect. As you consider these questions, notice how different and how wonderful it feels to imagine living in a friendly world that wants the very best for you compared with how it feels to imagine living in the dangerous world we hear about in the media and almost everywhere. This is an important part of the paradigm shift.

Try this simple experiment:

1. Think for a moment that you live in a dangerous world where you have to constantly fear for your life and allow your posture to reflect the way this kind of thinking makes you feel. From this stressful perspective, notice the following:
   - Your posture
   - Your sense of well-being
   - How energetic and alive you feel
   - How powerful you feel in relation to realizing your dreams and creating the life you were born to live

2. Now take a nice deep breath or two and shift to imagining that you live in a friendly world where love and happiness prevail and allow your posture to reflect the way you feel now. You may notice a dramatic shift in the way you hold your body as you imagine living in the friendly world. From this stressful perspective, notice the following:
   - Your posture
   - Your sense of well-being
   - How energetic and alive you feel
   - How powerful you feel in relation to realizing your dreams and creating the life you were born to live

3. Notice the difference in these two realities. Also ask yourself "Where am I now?" As you notice the reality in which you've been living, you may also notice that change is possible. Your mind could go either way with this question. You can actually CHOOSE which reality you want to live in! You may also notice that if you straighten up your posture, you automatically feel lighter, happier, more powerful, and more creative. Energy is flowing through your body and you feel good!

Hawaiian Huna philosopher Serge Kahili King says

"Be aware that the world is what you think it is,
so decide what you want to believe today."
Once you decide it makes the most sense to choose to live in a friendly, supportive world, everything that follows is much easier. You feel better about your possibilities and better about yourself. The simple fact that you have this kind of choice illustrates the power of your mind.

**Tapping into the Power of the Mind**

The mind is more powerful than most people imagine. Unfortunately, it doesn't come with a user's manual. Most people, including ourselves, were never taught how to make the best use of the astonishing power we have at our command. The 3 R's we learned in school left big holes in our ability to create the lives of our dreams.

We felt cheated when we started to recognize our "genius" potential. At first, we, like most people, believed that we knew ourselves pretty well. This was far from true. Most of us don’t know why we do the things we do most of the time. We're unaware that the “I”, or conscious mind, that we identify ourselves with, is just a minute part of the totality of who we are.

You could compare the conscious mind to the tip of an iceberg, with a small point of ice protruding above the surface of the water. Unknown to the casual observer, there is a huge expanse of ice beneath the surface that is hidden from view. The mind is much the same. The conscious mind represents about 5-10%. The remaining 90-95% lies below the surface in what is commonly known as the subconscious or unconscious.

This means that most people are running largely on autopilot. Their approaches to life are not based on conscious choice and spiritual intelligence. They are based largely on programming that they received early in life from people like their parents, teachers, ministers and other authorities who were also running on autopilot based on programming that they received early in life.

This is what is commonly known as consensus thinking or group think. It's like the blind leading the blind. People think like the group because it's easy and it feels safe. Unfortunately, this random thinking creates deep pathways in the brain that manifest as set points that keep them stuck.

People think and behave the same limited ways over and over, much like a hamster running on a wheel. This results in limits like the following:

- Life isn't fair and I'll never get ahead.
- No one in my family has ever amounted to anything and I won't either.
- There's never enough money.
- Things never work out for me.

It's a sad story. Fortunately, these kinds of limiting beliefs can change. A paradigm shift is possible. Most people have barely touched the surface of their potential. Science is just beginning to explore what is possible and researchers are consistently finding that the power of the mind is breathtaking.
What if your life could be miraculously different? What if you could reach levels of happiness and success you never thought possible before now? It's a scientific fact that you can and you don't have to wait another day to begin. Aristotle provided some guidance here:

"Knowing yourself is the beginning of all wisdom."

If you start to pay attention to the reality your mind is creating, everything in your world can begin to change. But increased awareness presents another dilemma. Research shows that each of us has somewhere around 70,000 thoughts each day. That's a lot of thoughts to monitor. No wonder we feel so overwhelmed! Fortunately, there is a simple solution which is our next point.

**Point #4: Good things happen when you feel good!**

It's easy to get lost in a tangle of thoughts, and most people don't know how to escape this self-imposed prison. As suggested earlier, your thoughts and emotions are connected. When your thoughts about yourself and your life are uplifting, you feel good emotionally, too. Your heart starts to sing, the world feels like a friendly place and happiness reigns! This means that you can use your feelings to monitor your thoughts. Overcoming fear, frustration, anger, and the like may seem challenging at first, but it IS possible, and we found some short cuts for this, too.

This is why focusing on feeling good is so powerful. It shifts your thinking. With this in mind, life at its best becomes a creative process. You are in fact creating all the time with your thoughts and feelings about life. In essence, since everything is energy, positive feelings generate good, supportive vibrations that attract what you want, while negative thoughts and feelings generate bad vibrations that attract what you don't want.

Everybody senses bad vibes and good vibes at one time or another, but few people give them much thought. This is the real point and the key to understanding this book. Your reality can shift in empowering ways if you focus on feeling good about yourself and boosting your creative potential with good vibes more and more of the time.

Thinking this sounds unrealistic? Keep reading. We're going to provide solutions for times when anger, sadness and the like seem unchangeable. Remember, you are not a victim; you are a creator. For times when feeling better seems impossible, you're going to learn state-of-the-art healing techniques that can change your reality in dramatic ways. We don't expect you to believe anything we say. You can experience it for yourself. The proof is in the results and the methods we use have a track record of success.

There are no excuses. You can change your reality regardless of how busy you are and we are going to give you some surprisingly simple ways to get on track. Think of it this way. It doesn't take any more time to feel good than it takes to feel bad. It's a decision. In the words of Ralph Waldo Emerson:

"Once you make a decision, the universe conspires to make it happen."
The Power of Yes

On the path to the life we were born to live, we discovered that yes and no are very powerful words, as are other words that vibrate with them. To get a feeling of this distinction, here is simple experiment you can do now.

1. **Notice how you feel as you read these words that vibrate with the energy of "no:"

   economic downturn, lack, fear, failure, loneliness,
   struggle, impossible, resentment, no

   Read them a few times. As you read, notice what happens to your posture, along with how you feel about yourself and your possibilities. Also notice how alive you feel.

2. **Now read the following words that vibrate with the power of "yes"** a few times, noticing again what happens to your posture and how you feel:

   miracles, opportunities, love, happiness,
   playfulness, lightheartedness, gratitude, yes

   What happens to your posture as you read this list a few times? What happens to your sense of aliveness? Quite a difference, wouldn't you say?

3. **Now ask yourself this question:** "How does your perspective on yourself and your possibilities change as you shift from fear and 'no' thinking to gratitude and 'yes' thinking?"

   Take a moment to really think about this and how important it is to make the right choices in relation to your thinking.

   Isn't it amazing how easily your world view can shift in an instant, just with a handful of words? This means that if you decide to take command of your perspective now - Today - everything in your personal world can start to change now. We discovered that it is also possible to supercharge your results with some simple techniques and processes like EFT (Emotional Freedom Techniques) and SK (Spiritual Kinesiology). You'll learn them here, along with how you can benefit from them each step of the way.

**About EFT (Emotional Freedom Techniques)**

You may already know how to use EFT and this book provides a number of opportunities to use it to make amazing changes in your life. To ease some possible doubts, here's what some prominent people have to say about EFT:

- "EFT offers great healing benefits." - Deepak Chopra

- "Put away your skepticism, this really works. I have ... had great results with tapping in my own life." - Wayne Dyer

- "Nothing comes closer to "magic" than the positive results I have personally witnessed using EFT on thousands of my patients who suffered from physical and emotional pain and illness..." - Joseph Mercola, MD
If EFT is new to you, refer to Appendix A to learn the "Basic Recipe." It's so simple that just about anyone can do it and this book will provide you with plenty of opportunities to experiment. You will find lots of case histories and opportunities to explore this wonderful method. We compare it to being like superman; when we have something that is disturbing us, wherever we are, just as Clark Kent stepped into a phone booth and came out as Superman, we can go into any restroom and come out transformed. Imagine how empowering a technique that does this can be in your life.

This book also provides opportunities for experienced EFT users to add more tools to their repertoires. You will also find a number of unique Getting Thru Techniques (GTT) using EFT and SK, which is described next.

About SK

Spiritual Kinesiology (SK) is another wonderful set of healing tools that we developed based on the fine work of Carl Carpenter. You can use these tools to transcend the unresolved emotions, limiting beliefs, and judgments that we all encounter on the journey through life, and specifically in the realization of your dreams and goals. Kinesiology, commonly called muscle testing, can detect energetic blockages that you are ready to release and locate imbalances that are completely unconscious, so you can release them and move forward with ease. Once you know what you want to clear, SK also includes a healing process we call R&A (Reframing and Anchoring), which, like EFT, can quickly and easily clear a number of blockages. We use R&A and EFT interchangeably, finding that many of our clients prefer R&A.

You can learn how to do R&A in Appendix B. This can shift your reality in dramatic ways.

Using the EFT "Happy Tap" to Supercharge the Power of Yes

Once you learn the EFT, Basic Recipe in Appendix A, you're ready to explore what it can do for you. We start here using EFT to supercharge of the power of yes. We call this simple GTT enhancement to EFT the "Happy Tap."

Steps in the Happy Tap

1. Start the Basic EFT Recipe as usual by identifying a blockage to address and measure the intensity between 1 and 10.
2. The difference with the Happy Tap is in the affirmation. As you may recall, the classic EFT affirmation in Appendix A goes something like this:

   “Even though I have this ________, I deeply and completely accept myself.”

For the Happy Tap, focus on what you want to release and what you want to say yes to, then substitute this affirmation:

   “Even though I have this ________, I say yes to _________________.”
For example, you could say "Even though I have this stress, I say yes to happiness" or "Even though I feel anxious, I say yes to joy and ease."

3. Follow the rest of the Basic EFT Recipe as usual and notice the results, which are often pretty amazing when you focus on the power of yes.

**Developing the Happy Tap Habit**

As Charles Duhigg observed in *The Power of Habit*, certain habits carry over to affect others, having a positive chain reaction. Tapping into the power of "yes" can dramatically increase to your ability to take command of your life and make your dreams come true.

One of our readers, Melania Barnes, who uses EFT to supercharge the power of "yes" described her experience this way.

"I do the 'yes' exercise every day while simultaneously combining it with EFT. I do this before rising and immediately feel my energy soar. I then go into the bathroom, look into the mirror, and find something positive to say to myself. This puts me in a positive mood all day long. These types of tips take no time to do but change the perspective of the entire day."

**A Deeper Look at the Power of Yes**

In its most basic sense, pursuing your dreams is just a matter of pursuing your heartfelt joy, including all the things you want to invite into your life with the power of "yes." In his book *The Divine Blueprint*, Robert Perala describes our lives as novels we are writing each day. From this perspective, you can choose the kinds of roles you want to play and what you want to experience. You then become the author of your own life.

Consider these choices. Do you want to be a conqueror of life's challenges standing confidently on a lofty mountaintop or a forgotten prisoner languishing in a dark, dingy cell, or does life have other plans for you? Your dreams and goals can outline the novel of your future. They can tell the story of how you choose to live and connect you with a deeper sense of purpose.

If you are in a situation that seems impossible or so challenging that you don't know where to start, relax and keep it simple. All you have to do in this moment is relax and breathe. Stop and take a few relaxing breaths now and notice the difference.

Doesn't that feel better already? Just take one step at a time, starting here. Connect often with the power of yes and look closely at how you perceive yourself and your possibilities. Set aside any imagined limitations and set goals for the things to which you want to say happily say yes. We do this ourselves, and we can assure you that the universe will respond. How wonderful is that?
Our dreams are magical! They are the driving force for creating the kinds of lives that light up our hearts.

Do you want to create a truly healthy, abundant, and joyful life? Do you want to feel good every day, knowing you have unique gifts to share with the world? Do you want to have the opportunity for these gifts to blossom in amazing ways? If so, you're in the right place. Here you will discover keys for making your life a masterpiece, a true work of art. If this sounds like a stretch, know that your life can change for the better and keep an open mind.

Having a WONDERFUL Life

We all want better lives. We want to be happy, to expand our horizons, and to become more. These things fulfill us and you could say that dreaming is our birthright as human beings. Unfortunately, most people become lost in a consensus reality that's built on fear. It's a maze of limiting beliefs that make progress feel impossible. All too many give up on their dreams and on themselves.

Repressing our hearts' callings is stressful and you've already seen how damaging stress can be. Chronic stress generally indicates that a person's life is heading in the wrong direction or spinning out of control. This doesn't feel good! It's like taking a bath in toxic sludge. This picture is not a pretty one. According to the American Institute of Stress, more than 75% of the population suffers regularly from psychological and/or physical symptoms of stress. It's not just unpleasant. It destroys their opportunities to bring out the greatness that's longing to emerge. Stated simply, it's a killer! As noted earlier, it can shorten your life or even cause death.

If this is happening to you, the first step in turning this around is simple. You can start to lift your spirits and awaken your greatness by perceiving and responding to situations differently. Imagine how good it would feel to relax more and simply enjoy life. This is something to say “yes” to! Then you can take it further and consciously head in the direction of your dreams. When you access the power of your mind, you truly CAN turn stress into miraculous happiness and success.

The Most Profound Piece of the Puzzle

Before going further, we need to add a final piece to the New Facts of Life.
To get the complete picture, it helps immensely to consider the holistic model of reality, which includes the body, emotions, mind, and spirit. You've seen the power of the mind and the emotions and how mental and emotional stress affects the body. You have also learned that everything is energy and that we are all connected with an Infinite Intelligence. This spiritual part is where a lot of people get stuck.

When we started to glimpse the big picture, we became determined to learn how to access this Infinite Mind and awaken our greatness. This is the most important and most abstract part. People use terms like soul and higher self to describe their connection with the spiritual realms, but both seem distant and obscure to most. As mentioned earlier, this is not true and it's easy for you to prove this to yourself, because something deep down inside you knows it.

Here's how you can recognize a profound truth about yourself. Before reading further, take your hand and point to yourself. Now notice where you pointed. If you are like the vast majority of people, you pointed to your heart. Why would this be? Most of us consciously associate ourselves with our brains and the complexity of those 70,000 thoughts that run through our heads each day. Regardless, we know deep down inside that the essence of who we are resides in the heart and when you focus on your heart, the picture looks much brighter.

The Heart as Your Most Important Resource

People commonly talk about "getting to the heart of the matter" and "following my heart," but we rarely consider what this means. In the spiritual traditions of India, the heart is seen as the doorway to our essential and ultimate nature, the Supreme Consciousness, what many in western philosophies refer to as the "seat of the soul."

It's no coincidence that the heart resides in the center of our being, sharing our life blood with every cell of the body. Some also call the heart the spiritual bridge and we would agree. An open heart is the bridge to the ultimate reality shift. It is through the love and spiritual intelligence of the heart that we can access our greatness and Infinite Intelligence. It is also through the heart that we can easily tap into a higher understanding of ourselves, our inner guidance system, and an intuitive knowing of what is right for us.

Modern science is starting to agree. Recent research at the Heartmath Institute has shown that as our hearts become clear, filling with love and gratitude, amazing things happen. Our heart rhythms shift, bringing the whole body into a new state of harmony. This reduces stress and relaxes the organs, producing positive effects that even offset the effects of aging. This coherence also engages the higher cognitive functioning of the brain and increases intuition. Finding that it possesses a complexity that exceeds that of the brain, science is even exploring the heart as a second brain.

The profound nature of the heart is another place where you can see that there is much more to life than most of us realize. Albert Einstein, a very smart man, once said:

"Few are those who see with their own eyes and feel with their own hearts."

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Isn't it a relief to consider the possibility that your greatest and more important inner resource is truth that resides in your heart, at the center of your being? The heart simply knows! To get the most from this book, it's important to understand that if you are not consciously aware of what you are thinking and feeling, particularly in your heart, life is happening to you by default. And if you are not accessing your greatest resource, the spiritual wisdom that resides in your heart, you are missing the most important and miraculous key to a richly fulfilling life.

When you're stressed and confused because you can't figure out what's right for you, you may feel lost. You're not in a resourceful state for creating the life you desire. You're disconnected from Infinite Intelligence, which is the source of inner wisdom. We had this experience and when we opened our hearts, everything changed. The simple guidance and wisdom that emerged from our hearts brought new life. With this source of inner guidance, we recognized that we are all built to be resilient and bounce back up when life gets us down.

If you want clarity for making decisions and understanding what's right for you, you absolutely can. Open your heart and start to listen to its wisdom. When you do this, you'll begin to see that anything really is possible and miracles are all around you. And with practice, you can easily return to center, aware of who you are and where you are going. That's what happened to us.

The Miraculous Journey

The realization that living with chronic stress was taking us away from our center and the life our hearts so deeply desired changed everything for us. For a number of years, we, like many people, somehow believed that if we kept going and put up with stress long enough, things would turn around. That's not the way life works and we finally understood that the path to our dreams needed to go in a dramatically different direction.

We finally realized that if we could open our hearts and experience more love, gratitude, joy, and excitement about being alive, we could go on a miraculous journey. We were right and our lives changed as dramatically as our perspectives. It was truly amazing and brings us to our final critical point.

Point #5: Heartfelt joy, excitement, and aliveness are the most essential ingredients of happiness and realizing your dreams.

Through your heart you can access the Infinite and your greatness any time. What an amazing resource! With the Creation Process below, you can see how the heart's innate ability to dream generates the desire for greater life. We are all here to live fully and grow. As our belief in ourselves and our potential to create what we want expands, our enthusiasm and initiative for making it happen likewise expand. The natural result is joyous, inspired action, which produces success and fulfillment.
None of this is possible when we feel stressed, which again highlights the importance of focusing above all on happiness. The experiment that follows demonstrates this point.

### The Creation Process: How Dreams Are Made

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Creative Imagination</strong></td>
<td>The power of the heart to dream, which occurs in a joy-filled, light-hearted, high vibration environment</td>
</tr>
<tr>
<td>GIVES LIFE TO</td>
<td></td>
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<tr>
<td><strong>Heartfelt Desire</strong></td>
<td>The desire for greater life, which is fueled by growing belief in oneself and one's possibilities</td>
</tr>
<tr>
<td>WHICH GENERATES</td>
<td></td>
</tr>
<tr>
<td><strong>Enthusiasm and Initiative</strong></td>
<td>Excitement about making one's dreams a reality which strengthens along with belief and becomes a force for taking action</td>
</tr>
<tr>
<td>WHICH STIMULATE</td>
<td></td>
</tr>
<tr>
<td><strong>Inspired Action</strong></td>
<td>The heart's enthusiasm to create stimulating desire to act, fueled by joy and increasing belief.</td>
</tr>
<tr>
<td>WHICH CREATES</td>
<td></td>
</tr>
<tr>
<td><strong>Dreams Coming True</strong></td>
<td><strong>SUCCESS!</strong> A more expansive reality emerges, which leads to more creative imagination, stronger this time because success strengthens confidence and belief</td>
</tr>
</tbody>
</table>

SUCCESS STARTS THE PROCESS AGAIN WITH MORE CREATIVE IMAGINATION
A Simple Experiment with Happiness and Success

Here's an opportunity to experience the power of the holistic model. With this simple experiment, you can experience the way your body, emotions, mind, and spirit are all connected.

**Step 1:** First, turn your attention for a moment to one specific thing that makes you feel stressed. Without evoking undue discomfort, continue to focus on it until the feeling is relatively strong. Then ask yourself these questions from this stressed perspective:
- Physically, how does your body feel?
- Emotionally, how do you feel?
- Mentally, how do you feel about your possibilities in life?
- Spiritually, how do you feel about yourself (in your heart)?

The key here is to isolate your thoughts and feelings when you are experiencing stress, so stay focused. To get the most powerful results, write down your responses to each of the questions.

Now ask yourself this enlightening question:
- On a scale of 1-10 how happy and alive do you feel when you focus on this stress, where 10 is fully alive and excited about life.

**Step 2:** Now, we'll turn it around. Take a few deep breaths and start to relax. As you continue to breathe and relax a little more, turn your attention to your heart. Focus on something that gives you a sense of heartfelt joy, something that makes your heart sing! It may take a moment to come up with something and that's okay. It can be something as simple as looking at a beautiful flower or hugging a loved one. Continue to breathe easily and focus on this experience until the feeling in your heart fills with joy. Then ask yourself the same four questions:
- Physically, how does your body feel?
- Emotionally, how do you feel?
- Mentally, how do you feel about your possibilities in life?
- Spiritually, how do you feel about yourself (in your heart)?

The key again is to notice the thoughts and feelings you have when you are experiencing heartfelt joy, so stay focused. When you're done, ask yourself this final question:
- On a scale of 1-10 how alive and excited about life you feel when you focus on this heartfelt joy, where 10 is fully alive and excited about life.

**Step 3:** Consider what this means. Your responses to these questions should tell it all. You are designed to be fully alive and enthusiastic about the life you are creating. When
you are, you are inspired to act with joy and ease and everything falls miraculously into place. It's that sense of harmony that comes from the heart in action.

A Real Life Example

Here's what happened when Jane did this little experiment with a woman we'll call Melissa. When asked to focus on something that was causing stress, she said that she was feeling particularly stressed about a weight issue. Turning her full attention to it, physically, she noticed that her stomach felt upset. Emotionally, she felt frustrated and resentful about the issue. Mentally, she felt pessimistic and doubtful that she could succeed with anything if she couldn't control this weight problem. Spiritually, she wasn't feeling good about herself. She felt like she wasn't tapping into her full potential.

When asked how alive and excited she felt about her life when she was consumed by this stress, Melissa rated it at 3 out of 10. This is a huge repression of aliveness. Not surprisingly, she mentioned that she felt more stuck than excited.

Then they turned it around. When asked to focus on something that made her heart sing, Melissa immediately tuned into the love and joy she felt when she thought about her little dog. With that focus, she felt relaxed physically, and light and happy emotionally. Mentally, she felt clearer and sharper, and noticed that anything seemed possible from this perspective. Spiritually, she felt good now.

Asked again about aliveness, Melissa related it at somewhere between 9 and 10. This dramatic shift in aliveness, all within just a few minutes, showed her how important it is to focus on positive thoughts and joyful emotions. Melissa's next step, of course, is to turn her stress about her life as it is now into dreams of a positive future, and you will learn a variety of ways to do this here with virtually any issue.

This example demonstrates some important points:

- **Stress drains your energy and aliveness.** Prolonged stress related to negative thoughts and feelings is destructive. It drains your energy and reduces your ability to create the life you desire.
- **Good feelings boost your aliveness.** Excitement and feelings of aliveness related to positive thoughts and emotions are healing and life-affirming. They boost your energy, lift your spirits, and increase your ability to create the life you desire.
- **Your greatness emerges from your heart.** Heartfelt joy and excitement about being alive activate the genius in you and inspire you to do something wonderful with your life.

To get the best results with this book, you'll want to understand this contrast between being a victim of stress and activating your creative spirit. Dialing into positive thoughts, energy, happiness, excitement, and feelings of aliveness a little more each day can completely change your life. Socrates got it right here, too:
“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.”

Imagine waking up each morning feeling so excited about the new day that you can't wait to get out of bed. Imagine every cell of your body feeling vibrantly alive because your life is so amazing!

This is what we want for you. In our work as success coaches, we organized the path to aliveness, happiness, and the realization of your dreams into seven steps or keys for making your dreams come true. This roadmap puts each step into the perspective of the big picture and organizes the keys in this book so you can start to implement them and experience positive changes immediately.

We will also build on the five core points you learned in our New Facts of Life. To review, here they are again.

1. Your outer world is a reflection of your inner world.
2. You have greatness within you.
3. You are here for a reason.
4. Good things happen when you feel good!
5. Heartfelt joy, excitement, and aliveness are the most essential ingredients of happiness and realizing your dreams.

Next, we will connect these points with our seven-steps to success and some simple ways you can start now.
Imagine as you read this book that you have a blank canvas before you on which you can now become the intentional creator of your life. Your opportunity is to connect with your brightest possible future and create a masterpiece. It's fine if this sounds like a stretch. Most of us have doubts. We've heard a lot more no's than yeses. We've been programmed from early childhood to believe that life is difficult and our possibilities are limited.

Life from this perspective feels a lot like wallowing in the mud. This is the most important part, exploring who you perceive yourself to be and what you believe the world to be - your playground or your mud puddle? In relation to manifesting your dreams, you could say that the whole world is your canvas on which you are creating your life. The future is in your hands.

Right now, a lot of people are metaphorically wallowing in the mud, bogged down by belief in limitation. They settle for ordinary lives, with little chance for true happiness. Their reality is characterized by fear, stress, suffering, and feeling alone. They act on the belief that the world is an unfriendly place and the supplies of good things are limited. People who are wallowing around in this way generally feel like victims of situations that are beyond their control.

This is a very limiting perspective. As Eleanor Roosevelt stated,

"There are no victims, only volunteers."

Consider the possibility that you are more powerful than you could possibly imagine and you DO have control. You could even say that it is your birthright to create a magnificent life where you feel happy and vibrantly alive every day. In contrast to wallowing in the mud, this feels like rising to a lofty mountaintop, a magical place where you have a panoramic view of the world below you and the heavens above you.

**Envision an Extraordinary Life**

Imagine being on this beautiful mountaintop now, with clear, crisp air and a magnificent, panoramic view extending for miles in all directions. It's a different reality. Here you feel powerfully connected with everything and everyone and your possibilities are as vast as the view. Take a nice deep breath of the clean, fresh air. Feel the soft breeze and the nurturing energy of the sun that's shining so beautifully upon you...

Now imagine dropping down and settling into a vast puddle of mud where so many people reside, feeling stressed, fearful, and angry, with no way out. Moving is difficult here and there is no view of anything different. You're afraid, feeling like a victim of forces that are beyond your control. Take another breath now and notice the difference - because the choice is yours.
Only you can determine the importance of this choice, between empowering yourself to create an extraordinary life filled with love, excitement, a vibrant sense of aliveness, and happiness or settling for an ordinary life, where not much is likely to change. In your heart, you can probably feel that the contrast between creating and settling is similar to living or dying. It's powerful for every aspect of your being - your body, emotions, mind, and spirit!

The contrast is staggering. Becoming fully aware of the choice between settling for an ordinary life and creating an extraordinarily life can be transformational, opening you to the vast realms of spirit. This doesn't require that you hold a specific set of spiritual beliefs. It does require being open-minded and steering clear of getting hung up on details. When you open to new possibilities, the universe will respond. Whether you believe that God and angels are guiding and assisting you from the higher realms or take a more scientific perspective following quantum physics, believing that everything is energy that you can shift with your thoughts and feelings, you can change your life. Just explore what works for you.

Seven Keys to Success

Success is your ability to realize your dreams and goals, whatever they may be. You may be dreaming of more happiness and success in your health, finances, relationships, career, and more. From a spiritual perspective, it makes sense that you came to consciously create success and experience a deep sense of fulfillment. Imagine reaching the end of your life and realizing that you missed the opportunity to create the life you were born to live.

Opportunity is knocking now. As a roadmap, the seven keys in this book are also seven steps you can take to realize your dreams and goals. Many people in the "ordinary majority" use a haphazard approach to their goals and never achieve much of anything. You can be different. These steps to success will help to get you on the right track as the creator of a miraculous life.

This is the map we use to guide our clients and students as Holistic Life Coaches. As you will see, it builds on the five New Facts of Life we shared in the Overview, leading you step-by-step into your brightest possible future and the life of your dreams.

1. Set your course.
2. Uncover your heartfelt joy.
3. Connect with your heartfelt dreams.
5. Eliminate the hold of the past.
6. Shift into "Manifestation Mode."
7. Start to take inspired action.
One More Consideration

Here's one more important consideration. The steps in this book are powerful ways to turn your life around and realize your dreams. All of them are proven, time-tested ideas you can use to make your dreams come true. Regardless of their effectiveness, you may notice that some of these steps trigger resistance in you. You may have encountered some already and it's fine. This is normal. We don't expect you to believe anything you say. The proof is in the results.

You may notice that a suggested way of thinking, being, or doing sounds impossible. Something we say might trigger anger, fear, or another painful emotion. If this happens, don't despair. It's normal and even good. You are building spiritual intelligence, which involves discovering what's really true for you. You have an opportunity to understand the thoughts and feelings that are rising to the surface of your awareness. You also have clearing techniques (EFT and R&A) you can use to shift your perspective.

To create something different, you need to be more aware of that 90% of your reactions that are unconscious. Think of yourself as a detective as you explore the unknown. It also helps to regard yourself as a neutral and compassionate observer. From this open-minded perspective, you can observe what's happening more objectively. When you open to pure potential without agendas or expectations, you can overcome resistance more easily than you might imagine and move more freely forward. This will open doors to greater awareness and more possibilities.

We understand that some of suggestions in this book may not be for you or may not be your focus now. Perspectives evolve over time and as mentioned, the proof is in the results. One of the benefits of having a variety of possibilities to choose from is that you can pick the ones that feel right to you now. If one concept evokes resistance, you can always move on to another that feels better. As suggested, you can free yourself from limits by reflecting on what is bothering you, clearing the resistance using the processes we offer in this book, and opening to more possibilities.

A Simple Shift in Focus

A simple shift in focus can change everything. When you experience worry, fear, stress and confusion, you are focusing on what you don't want, which will just produce more of the same. When you shift your perspective and focus on what you DO want, everything can change in an instant. Here's an example. What if you could just take a few soothing breaths and open to life flowing with joy and ease? We do this and find that our reality reflects this intention. It's a wonderful shift in focus that can pay off over and over. It's simple and you can do it any time.

Albert Einstein put it this way:

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

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When you focus your thoughts and feelings on what you want - more joy, more ease, a light heart, and the thrill of watching your dreams come true - your reality will shift. Wonderful things will start to happen. You are always in the perfect place to allow more miracles into your life. To accelerate your progress, clearing resistance once and for all is a lifesaver. Fortunately, it is often surprisingly easy to do with the EFT and SK techniques in this book.

The Game of Life

You may want to approach these shifts in your reality like the ultimate adventure game. Life is actually very much like a game where you can choose how you want to feel and what you want to create. The best part is that you are making up the rules. Use these keys to make the game of life easy and enjoyable.

We begin here with twelve ideas that you can start to use to get on a positive path without having to set aside any extra time, so you can begin to benefit right away. It’s also important to realize that you’re not likely to succeed if you delay. If you want to make your dreams come true, now is the time to start.

Twelve Ways to Have a Great Day Every Day:

1. Make feeling good your primary focus and enjoy each day.

Effort you invest in achieving or improving anything when you are feeling bad is a waste of time and energy. It simply won’t work. Stress can only create more stress, which means the key is in the turn around.

You can start to turn things around right now by recalling one of the happiest moments of your life and feeling now what you felt then. Describe it to yourself, maybe even aloud. Recalling this time should make you feel good now. You may also notice that when you re-experience this happy moment, every cell in your body feels more alive!

To make the most of this idea, continue to recall this happy moment and others like it often and watch a smile come over your face.

2. Get up early (excited about the new day) and begin on a positive note.

Start with feelings of gratitude. Then tell yourself “something wonderful is happening today and I can’t wait to find out what it is.” Imagine every day is your best day yet, taking you closer to the life of your dreams, and follow up by watching for wonderful things as the day progresses. On a related note, getting enough sleep is essential for being your best.

3. Look at things more objectively, like an impartial observer or detective.

We can all learn from these words of wisdom from the French philosopher Michel Montaigne:
"A man is not hurt so much by what happens as by his opinion of what happens."

Put yourself in the place of another impartial person and notice how different things look. You can increase your self-awareness and learn a lot about yourself this way.

You may also find it helpful to view situations through the eyes of a highly successful person you admire. Looking through the eyes of overcomers like Tony Robbins, Oprah Winfrey, and Nelson Mandela can give you a new perspective on any situation. How might they respond to your situation? Would they whine and complain? Would they give up? You may notice that you can draw on their strength and feel better right away.

4. Go with the flow and cooperate with the things you can't change.

This is very practical, powerful, and in the long run essential to your success. Your natural state is well-being on all levels - body, emotions, mind and spirit. Resistance to what is reduces your well-being and causes stress. The more you stop resisting what is, the better you feel and the more easily you can move in the direction of your dreams.

This reminds us of the life-changing Serenity Prayer:

God grant me the serenity
to accept things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

If this little prayer brightens your spirits as it does ours, write it down, post it where you can see it often, memorize it, and repeat it to yourself when you find yourself resisting what is. It will retrain your mind to respond in a positive way. Go with the flow. This will reduce your day-to-day stress dramatically and life will become much more enjoyable.

5. Step outside, take a moment to breathe some fresh air, and focus on the big picture.

It's easy to get overwhelmed by the small stuff and lose sight of the big picture. Make a habit of letting small irritations go.

Sure people can be annoying. So can rush hour traffic. Always remember your most important goal is to feel good. As you practice finding ways to shift small irritations, life will become easier and more joyful.

One option is to breathe and imagine rising to a lofty mountaintop where the air feels clear and crisp, where you have a panoramic view of the world around you. Going to a place where you can get a panoramic or long distance view produces similar results, giving you a more expansive view of your life. The small stuff pales into insignificance in the face of the big picture.

6. Dance, jump, play with a dog, feel the joy of being alive!

You get the best results when your energy moves strongly in a positive direction. Excitement moves energy, and you feel most alive when you get excited about something.
In the end, your goals, which we discuss later, become the main source of your excitement. Regardless, there are lots of simple things you can do to feel excited about life right now.

7. **Express gratitude for the many blessings in your life throughout the day.**

The energy of gratitude opens your heart, harmonizes your entire being, and attracts miracles into your life.

If you don't feel blessed, look at it this way. You can be grateful for anything, including a roof over your head, food on the table, and a car to take you where you want to go. 100 million people are homeless worldwide and as many as 1.6 billion lack adequate housing. There is much to be grateful for.

8. **As Gerald O'Donnell suggests, "Smile at the world and the world will smile back at you."**

As mentioned earlier, you experience stress when you believe that the world is a place to be feared because it is working against you. This is only true if you believe it is. Instead, find ways to smile at the world often. Look for the good things that are happening, not the bad, and you will see that there is a lot of good in the world to smile at.

9. **When you find yourself hurrying and worrying, stop the momentum, and notice something pleasing around you.**

Momentums like this prevent you from feeling good and creating what you want. They also throw you off center. When you break the momentum, you have an opportunity to choose a different way of being. You can make this easy by putting things around you that make you feel good, like flowers, inspirational quotes, and beautiful pictures. Regardless, there are probably things around you that you have not noticed before or in awhile.

10. **Straighten up and avoid slouching.**

Whenever you think about it, notice your posture and sit or stand up straight, like a string is pulling you up toward the heavens. Walk lightly and briskly, like you are enjoying yourself and like you have a lot of energy. Maybe even skip or jump. Silly as it may sound, you'll feel much better.

   If you look around, you may notice that people's posture reflects their frame of mind. People who slouch don't generally feel too good. The opposite is also true. It's hard to feel bad when your posture is straight and you walk lightly. Try it!

11. **Always end the day on a positive note.**

As you prepare to retire, focus on the positive side of your day. What was the best part? What can you make even better tomorrow?

   This is also a great time for expressing more gratitude. If you need practice at doing this, read a few pages of Rhonda Byrne's book *The Magic* before you drop off to sleep. It's all about expressing gratitude.
12. Lighten your load with EFT and the Miracle Reframe.

Energy that doesn't match the person you are becoming or the dreams of the life you want to create weighs you down. The Miracle Reframe with EFT can lighten the load dramatically, and we recommend using it regularly.

The Miracle Reframe with EFT

The Miracle Reframe is one of our most popular signature Getting Thru Techniques (GTT) using EFT. It makes a simple and profound change to the EFT affirmation used with the Basic EFT Recipe in Appendix A. You can use the Miracle Reframe with virtually any issue to open to a miraculous reality where your dreams can come true. The key to its effectiveness is the high vibration of the affirmation, "Anything is possible and miracles are happening now." You may notice that this phrase warms your heart. People have reported that using the Miracle Reframe regularly has transformed their lives.

The Affirmation

With the Miracle Reframe, proceed with the Basic Recipe in Appendix A as usual. Just replace the affirmation in the Basic Recipe with the following phrase:

"Even though I have this __________,
I know that anything is possible and miracles are happening now."

1. Start as usual by identifying a blockage to address with EFT and measure the intensity between 1 and 10.

2. The difference with the Miracle Reframe is in the affirmation. As you may recall, the classic EFT affirmation in Appendix A goes something like this:

"Even though I have this ________,
I deeply and completely accept myself."

For the Miracle Reframe, focus on what you want to release and what you want to say yes to, then substitute this affirmation:

"Even though I have this __________,
I know that anything is possible and miracles are happening now."

For example, you could say "Even though I have this stress, I know that anything is possible and miracles are happening now."

3. Follow the Basic EFT Recipe as usual and notice the results, which are often pretty amazing when you focus on the power of yes.

The affirmation "I know that anything is possible and miracles are happening now" is so powerful, you may notice that you feel much better when you just repeat it to yourself a few times.
A Real Life Example

Phillip recently used the Miracle Reframe with a client, who we will call Sam. Sam was disappointed with likeminded people around him who reacted hatefully to people with different political views. He was disappointed and saddened that they didn't meet up to his standards in being more respectful and decent, which he considered to be reasonable expectations for making the world a better place.

After one round of the Miracle Reframe about being disappointed with "his people" on their hateful social media posts, Sam's disappointment dropped from an eight to a two. He also got more insight, remembering how his mother early in his childhood warned him about being too naive about people's goodness. After a second round of the Miracle Reframe, Sam was much more at peace with his own judgments of other's negative behavior. He also realized that just a very small number of people in his online community participated in such negative comments.

Sam then realized that he could temper his idealism with a more objective view. He could explore how everyone, including himself, could work more together where possible. This change in his perspective was a miraculous shift for Sam.

Many people have reported having positive results with this process. It's simple and it can produce dramatic changes when you feel like a situation is getting the better of you. With miracles in hand, you're ready now to set your course.
Some years ago, we defined seven steps anyone can take to manifest their dreams. We follow them ourselves and teach them to our students. Here’s what one of our students had to say:

"The Seven Steps provide structure to an area that is traditionally quite ethereal and difficult to put into meaningful processes. This material is a bridge into the bigger picture for those who have an awareness that there's more to life than meets the eye."

We’ve witnessed people making dramatic changes in their health, careers, finances, and more. This chapter provides an overview of the Seven Steps to Success.

**Step 1: Set Your Course**

The journey to your dreams begins with taking command. Getting where you want to go first involves getting yourself courageously into the driver's seat of your life. We’ve already discussed how most people settle for ordinary lives. This is their default, their set point.

Too many people allow others to control their lives, following others' rules and expectations rather than taking command and following their hearts. Living fully involves taking control, and empowering yourself to make decisions that will take you where you want to go. This means, of course, taking control of yourself, not others.

**Getting Out of the Crowd and Taking Command**

To take command, you need to get out of the crowd and do something different. This requires an independent, adventurous spirit.

"*Within you right now is the power to do things you never dreamed possible.*"

- Maxwell Maltz

Rather than being in the driver’s seat, fully in control of their lives, most people are simply reacting to the events of their lives. This reactionary approach is a red flag that one is operating out of limitation, rather than stepping up as an active creator of one's life.

**How to Set Your Course**

To set your course, first notice where you are now.
Are you in the driver's seat in your life or are others in command? Imagining yourself in the driver's seat, you may notice that you have to take command of three things:

1. Your energy
2. Your attitude
3. Your direction

An uplifting, "miracles are happening" perspective can get you on the right track. One way of understanding this perspective is that certain possibilities exist within different ranges of vibrations, which you can often identify by the beliefs that go along with them. A person who believes “Life is a bowl of cherries but I got all the pits” functions within a limited range of possibilities. For the person who believes “Life is a bowl of cherries and I delight in feasting on them each day,” a totally different range of possibilities exists. As another example, the belief that “It's a dog eat dog world” draws continuous conflict into one’s life, while the belief that “Miracles are happening” draws support from sources seen and unseen, known and unknown.

With each thought and feeling you have about yourself and your life, you are creating a range of possibilities. If you elevate your thoughts and feelings, more wonderful possibilities show up. In this regard, it helps to be clear on who your friends and foes are.

Relax with this. The goal is not to be perfect; it is to uncover opportunities to empower yourself as the creator of your life.

Commit fully to taking command of your energies and raising your spirits upward toward your full potential.

This commitment includes releasing more of the ugly thoughts and feelings that heap on limitation, and keep you wallowing in the mud. With a commitment to keeping your spirits up, your journey will be more uplifting and joyful. In addition to being practical and grounded, a “miracles are happening” attitude can provide extra leverage that accelerates your progress and opens you to a new reality, which is, of course, the goal of the ultimate paradigm shift.

Your View of Reality

Claiming your power and taking charge of your life brings up a profound and insightful point that few people recognize.

Situations are neutral and your success relates directly to the way you interpret them.

As with the idea that "life is a bowl of cherries," your thoughts are continuously shaping your experience. Your self-talk and the words you speak are actualized in your life. Wallace Wattles spoke of humanity's next step as a reality shift from what he called the Competitive Plane to the Creative Plane. This transition involves a shift in thinking from viewing yourself as
a victim of circumstances to a creator of opportunities, moving from a fearful world that seems to be working against you to a friendly one that is looking out for your best interests.

This is a monumental shift! Other aspects of the reality shift from being a victim to becoming a creator include the following:

- From feeling like you are subject to the whims of circumstance to being in full command of your life.
- From believing that the supply of good things is limited to understanding that the supply of all good things is abundant.
- From the belief that you have to compete to get your share of the limited supply to realizing that there is plenty for all and you can create whatever you want.
- From feeling alone and separate to feeling connected with everyone and everything, recognizing that we are all part of an infinite intelligence.
- From feeling separated from the good things in life to realizing that everything good is waiting for you to claim it in every moment.

In our work as holistic coaches and healers, our most challenging and hard-to-reach clients are often the ones with a strong view of themselves as victims. In effect, they live in prisons of their own creation with impenetrable walls around themselves and balls and chains around their ankles. They are being controlled by a misguided part of the self that lacks access to their inner wisdom. Nothing can be done for such people until they realize that they have a choice. They are creating their lives and they can choose to take conscious control. This is a transition many people never make.

Watching for the Good

One solution for the victim is to begin to see that each of us is in a perfect position to take our next steps toward growth and a more miraculous life. If you cannot find the good in your life, you are not looking closely enough. Fortunately, you CAN look for it AND find it. Remember, you become what you think about. If you keep thinking times are hard and opportunities are slim, this is the reality you are creating.

Interesting, isn’t it? Fortunately, there is an antidote for this kind of thinking that can manifest miracles: look for something good in every situation you encounter. This is a concept we also learned from Jack Canfield, co-creator of the Chicken Soup For the Soul series. Canfield calls it a “that’s good” attitude, which involves looking for the good in everything.

Try it. You may be amazed with the results, as we were. Notice how often you complain to yourself and others about things that aren’t to your liking. Consider this: things are not always as they seem. What if this situation is the opportunity you need to make a needed shift in your perspective? You can always take command, turn your situation around, and find ways to change direction.
Even a simple thing like the weather can spoil your day if you let it. Sounds silly when you think about it doesn't it? Remember, situations are neutral. You shape them with your thinking and how you choose to respond. A "that's good" perspective is also a miraculous tool for those who want to help others. Start this transformational exercise today. The goal is to make it into a habit - it's a wonderful one!

"There is a seed of good in everything that happens to you."

The challenge here is to focus on finding the good instead of thinking about what's wrong. On a related note, if you stay focused on success and seeing even the smallest successes in everything you do, you will achieve greater and greater success!

Remember the mud and mountaintop images? When you find yourself in the mud, the key is to understand that you have choices. As Albert Einstein once said,

"You can never solve a problem on the level on which it was created."

Simply put, you have to stay out of the mud!

When you’re stuck in the mud, you are overlooking the seed of good in your situation. You can't see your way out and you're disconnected from the inner resources that can steer you in the right direction. When this happens, remember to take command and rise to a higher place, like a lofty mountaintop.

On the mountaintop, you have a broad overview of your life and a clear connection with the infinite intelligence of the universe. The world looks friendly and supportive here. This connects you with the vast inner resources you need to realize your dreams.

Focus on the imagery here, because pictures speak louder than words. Images that emerge from the depths of our awareness are holograms for our realities. We use images like the mud and mountaintop to help you to receive insight and become everything you are meant to be.

For a moment, imagine yourself wallowing around, stuck in the mud, feeling afraid and devoid of resources. Notice how you feel. You might also notice that this perspective elicits feelings of fear, separation, and limitation. This is fearful world.

Now imagine rising out of the mire, drifting easily upward to a beautiful, lofty mountaintop where the air is clear and you are in command. Take a deep breath of this crisp, clean air and notice the broad overview. You may also notice that this perspective elicits feelings of love, freedom, connectedness, and possibility. Here, the world is an extraordinary place.

Your task is clear. Be courageous! Take command and find ways to keep your spirits up. These lofty vibrations are the fuel you need to rise to the highest heights of success and fulfillment.
Step 2: Uncover Your Heartfelt Joy

Recent scientific studies are discovering the profound role the heart plays in our lives and in our evolution. Science is showing that the heart possesses an intelligence that harmonizes the intelligence of the brain and changes our perception of reality. It is a primary source of spiritual intelligence and intuition. And as we have discussed, the soul speaks to us through our hearts.

The Heartmath Institute has found that focusing on heart feelings like love, gratitude, and connectedness shifts heart rhythms, easing stress and relaxing the body’s inner systems. This reduces wear and tear on the organs and even has protective and regenerative effects that counter the effects of aging.

On a personal level, uncovering the truth in our hearts was one of the most profound shifts we experienced on the journey. As mentioned earlier, some call the heart the spiritual bridge. An awakened heart is the bridge to the ultimate reality shift, integrating the body, emotions, mind and spirit in a beautiful new sense of wholeness.

Following your heart keeps you on the path to happiness and success. In fact, it is the only thing that CAN keep you on the path. If happiness is your friend, your heart is your Inner guru.

Love Versus Fear

Stated simply, there are two basic energies in life: love and fear. The mountaintop vibrations stem from love and happiness, while the low wallowing in the mud vibrations stem from fear and suffering. High, loving vibrations connect you with the truth in your heart and soul. Though a soulful focus may sound esoteric, it is actually quite natural and illuminating.

The soul’s calling can be found in your greatest heartfelt joy and excitement. Key points:

- **When you pursue the inner joy and excitement of the soul**, you feel loving, open, and alive. You are following your true calling. You feel happy and energized by the high vibrations you are generating. Love allows you to feel good about yourself and seek inner fulfillment. You are a free spirit who can step out of the crowd to follow your own path and create an extraordinary life.

- **When you ignore the calling of the soul**, you feel fearful, stuck, and depressed. You are following the limited perspective of the wounded ego and your soul’s calling is repressed by the low vibrations you are generating. You feel unsure of yourself and seek others’ approval as a way to feel better. Fear prevents you from trying something different, so you follow the norm, and lead an ordinary life.

With this in mind, it makes sense to set a course that connects you with your soul’s greatest joys and the highest vibrations possible in each moment. In his book *A New Earth*, Eckhart Tolle describes joy as the sense of aliveness that emerges when the creative power of the universe becomes conscious of itself. He says:

“*Through enjoyment, you link into that universal creative power itself.*”
It's easy to succumb to suffering and waiting for a better time or buying into an excuse that stops us from following our true joy and excitement. We've all been there and we need to be easy on ourselves. It's a trap we fall into when we are not consciously in command of our lives. These are the voices of the victims in our heads, not the creator of our lives.

Wherever you are now, you can take command and open to the Infinite. You have the opportunity today, right this minute, to set your course and create an extraordinarily magical and joyful life. You've seen that when you're stressed out, worried, and fearful, feeling separate and alone, it's like wallowing in the mud. Here you are disconnected from your greatest resource, the light of your soul. When you connect with the power of the heart, you come alive to a different reality, where anything is possible and miracles abound.

"You can never become a great man or woman until you have overcome anxiety, worry, and fear. It is impossible for an anxious person, a worried one, or a fearful one to perceive truth; all things are distorted and thrown out of their proper relations by such mental states."

These profound words from Wallace Wattles changed our lives and they can change yours.

As you open to the love in your heart, you will feel increasingly connected to everything and everyone. This takes you into a whole new way of being where you can overcome the misguided belief that you are separate and alone, which takes you down into the mud. You heart connects you with the Infinite Intelligence and anything is possible. When you are in a joyous, grateful, loving state, you can bask on a lofty mountaintop with a panoramic view of the miracle of life extending out in every direction.

When you love and value yourself more, you can also love and value others more. It's a win-win, where everyone benefits. Wallace Wattles also inspired us with this advice:

"You must always learn to see yourself as a great advancing soul."

### Connecting with Your Heart and Soul

Now we're going to share something that's priceless. This simple visualization transforms lives and forms a solid foundation to build upon to make your dreams come true. Once you connect with the transformational energy of the heart, you can instantaneously access this energy to connect with higher wisdom and more any time you want.

We've been using Soul Centering ourselves for about 25 years. We also use it regularly with our clients and students to help them to connect with inner wisdom and establish a clear direction in all areas of their lives.

### Steps in the Soul Centering Process

Before you begin, find a relaxing place where you can enjoy a few quiet moments of reflection. As you are learning this process, we also recommend taking your time. With practice, you'll
probably find that you can center yourself in the loving energy of your heart and soul quickly and easily. Then you can devote more time to basking in its light.

1. Start by closing your eyes and taking a few nice, deep breaths. As you breathe, focus on relaxing your mind, letting go of the thoughts that might be running through your head, and simply feeling the breath move in and out. Let go of the past and future, so you can just be with yourself now, in the present moment.

2. Now imagine you are taking in pure energy and light with each inhale and releasing any tension you may notice with each exhale. Imagine this beautiful energy and light reaching each cell of your body as you continue to breathe.

3. To deepen the process with the use of imagery, you might want to imagine traveling to a beautiful mountaintop like the one we have described, or another elevated place like a cloud or a star. You may also have a special place in mind or simply let your heart decide the best place for basking in your heart and soul.

4. As you rise to this special place, breathe love into your heart and feel the light in your heart expanding out until this love touches every cell of your body and radiates all around you.

5. In this place, where you feel a loving connection with your heart, you can ask questions and receive your soul's guidance. We suggest writing the messages as you receive them to bypass the doubts that might enter from your rational mind. Writing also helps with integrating the messages.

6. It may also feel good just to relax for a few moments in this peaceful place and notice the simplicity of the moment. As you feel this peace and the feeling of being centered in the truth of who you are, put your hand on your heart and feel the energy there.

For now, and in the future, this place of connectedness with the love you hold in your heart can be your center. Any time you feel like you are losing yourself in momentums, stress, anxiety, confusion, or the like, you can put your hand on your heart, breathe in some love, and return to your center. In doing so, you may notice that the soul's power emerges in the present moment. This is why Louise Hay says:

"Your point of power is always in the present moment."

You can also find a guided version of Soul Centering on our website at:


While we're on the subject, it's also worth noting that the spiritual energy of the soul is the most powerful energy for healing. You can learn more about how we use it in the Reframing and Anchoring (R&A) Process in Appendix B. It's easy, and profound.
The Role of the Heart in the Creation Process

This is a good time to take another look at the Creation Process. With the experience of being centered in your heart and soul, the picture may be coming more into focus now.

Here's a summary:

- **Creative Imagination** = The creative power of the heart and soul
  - GIVES LIFE TO

- **Heartfelt Desire** = Desire for greater life
  - WHICH GENERATES

- **Enthusiasm and Initiative** = Excitement about making dreams a reality
  - WHICH STIMULATE

- **Inspired Action** = Heart's enthusiasm to create
  - WHICH CREATES

- **Dreams Coming True** = SUCCESS!
  - WHICH STARTS
  - THE PROCESS AGAIN

Step 3: Connect With Your Heartfelt Dreams

As you likely know, most people are rushing around reacting to day-to-day events rather than intentionally creating their lives. Those in the extraordinary minority are different. Here's a great quote from personal development pioneer Earl Nightingale clarifies the situation:

"*People with goals succeed because they know where they are going... It's as simple as that!*"

Most people don't have dreams or goals. The shocking fact is that only about 5% of all people have specific dreams. These are the extraordinary minority who are doing something special with their lives. They understand that "if you don't have a dream, how are you going to make a dream come true?"

So far, you have learned two simple steps to happiness and success:

1. Take command of your life and set your course in the direction of the life you were born to live, which is your brightest possible future.
2. Uncover your heartfelt joy and connect with the light of your soul, your greatest resource.

The third step involves deciding precisely what you want, your heartfelt dreams for an extraordinary life. This also involves setting goals that will take you where you want to go.

**What do you want?**

If your life is stressful, you're probably pretty familiar with what you don't want. You also know that if you continue to focus on what you don't want, you'll just get more of it, because you get what you think about most of the time. This is not a good place to be.

We referred earlier to the idea of viewing life as a game, which it is. With this in mind, it's also essential to recognize that you alone make up the rules. If you think that anything is possible and life is miraculous, you're right. On the other hand, if you think life is stressful and your opportunities are limited, you're right again. Sai Baba explained it this way:

"Life is a song - sing it. Life is a game - play it. Life is a challenge - meet it. Life is a dream - realize it. Life is a sacrifice - offer it. Life is love - enjoy it."

You CAN choose the kind of reality you want. Actually, no one else can do it for you. Through your thoughts, you are vibrating frequencies of energy that are either supportive or destructive. Before you do any goal setting, aim first to be in the right frame of mind.

*Look beyond what you currently think is possible; reach for greatness.*

**The Desire to Know How Everything Will Work Out**

Life has its own timing and the Infinite has its own way of guiding you to your dreams. With this in mind, it's important not to get hung up on "how." Trying to figure out how something might happen blocks the creative mind. It's a malady that stops a lot of people from having any dreams.

The cure: stay focused on the power of "yes" and know that each step will become clear as you progress. This is the way creation works, one step at a time. The good news is that no amount of trying to figure everything out is going to help you to realize your dreams, so you might as well relax and enjoy the journey.

**A Simple Goalsetting Process**

We've approached setting goals in many different ways. One of the easiest and most targeted approaches is to sit down with a clean pad of paper and follow these steps.

1. Center yourself in your heart and soul. From this resourceful place, ask yourself what you want to create, with no limits on time, money or anything else that might stop you.
2. Start writing out possibilities without stopping to think. Let your soul speak to you on paper for a few minutes, until you feel like you're done.

3. Review the list and add anything else you feel like you might have missed.

4. Select a handful of goals (maybe 3-5 things or less) that stand out as being most important now and create a new list you can call your "Focus List."

5. For each item on your Focus List, also write down why you want to achieve each goal and how alive achieving each goal makes you feel on a scale of 1-10.

   If a goal is coming from your heart, the thought of it should make you feel VERY alive. The reason why you want to achieve a goal is similarly illuminating. Here's an example. When Jane felt like her soul was dying, she wanted to explore different possibilities and started to learn about the healing arts. Her reason why was because she felt like she needed healing and had a deep interest in the nature of the spiritual journey. She was seeking answers to some of life's deepest questions.

   Jane also discovered that doing healing work made her feel excited and alive, which was a big change from where she had been, feeling like her soul was dying. At the time, she didn't realize that this would become her life's work, but following her heart, she was guided one step at a time into the life she was born to live.

   Exploring your "why's" connects you with your core values. As you explore the reason why you want to achieve each goal, shortcuts might come to mind. As an example, you might want to have more money. This is a common goal and you could say prosperity is also our birthright. When asked why they want a lot of money, many people mention security and freedom. If you want to feel more secure, clearing fear might be a positive first step. You can still reach further toward this goal, but if you're riddled with fear, you may find that no amount of money will ease the pain. Wherever you go, you always take yourself with you.

   Similarly with the desire for freedom, there might be some things you can do now what will create more freedom. Again, this doesn't mean you can't reach further for more freedom. It simply means that starting to achieve your "why" might be easier than you imagine. To feel free, maybe you need to learn to say "no" to make more time for yourself. Maybe you need to focus on feeling good to reduce stress. It's all part of taking command and realizing your full potential as a creator, exploring possibilities you may not ever have imagined before.

Step 4: Clear Resistance

"Most of the shadows of this life are caused by standing in one's own sunshine."

- RALPH WALDO EMERSON

With what you've explored so far, the picture of your path is probably coming into focus. Notice that the path is clear and the present is positive when you feel good, know what you want, and believe that you can create. Unfortunately, it isn't usually this easy. With decades of exposure
to limiting beliefs about life, most of us encounter some bumps, boulders and even unscalable walls on our paths.

Just about everyone is on a path that's littered with roadblocks like unresolved emotions, negative beliefs about life, and judgments about themselves. This is very stressful. Each block also represents resistance that stands between them and their dreams.

This resistance takes you away from the life you desire. It just makes sense to clear the path so you can move on with your life. Pretending it isn't there or saying "I can deal with it" isn't a realistic substitute. This is denial. To create the life of your dreams, it's better to eliminate it once and for all.

The greatness of the Infinite is within you and limitation is an illusion. With EFT or R&A, you can start to clear your limiting beliefs and open to a more expanded view of yourself and your possibilities.

Here are some ideas of areas to explore and clear:

- Negative beliefs about money and wealthy people.
- Beliefs about not deserving.
- Limiting beliefs about success, like “Life has to be a struggle” and “Nothing comes easily.”
- Beliefs about struggle, like “no gain without pain.”
- Thoughts about lack.

Notice how you feel as you read this list. Always remember when you are feeling bad that lack, limitation, and separation are all misunderstandings of the blessings life has in store for you. Their resistance blocks you from reaching your dreams. The truth is that you live in a friendly universe that wants all the best for you. As you clear away resistance, a new picture of reality will emerge where happiness is your normal state and your dreams CAN come true!

Who wouldn't want more success? A sense of accomplishment makes us feel happy and good about ourselves. Conversely, when nothing seems to be happening, we tend to feel bad about our lives and bad about ourselves. These bad feelings are completely unnecessary. We are all magnificent human beings connected with an infinite source who deserve everything good. In our hearts, we know that this is true, but negative thinking and limiting beliefs can block the truth.

**The Power of Now**

Here's an important point. Wherever you are now, you can choose to stay where you are or go forward. If staying where you are is not an option, your only real choice is to move forward on the path one step at a time. As the Chinese proverb says:

"A journey of a thousand miles begins with a single step."
If you are waiting for the magic bullet to bring instantaneous transformation, your life may pass you by. Your best choice is to start now, even if it's just in a small way. You will feel much better about yourself if you don't put off taking action to move in the direction of your dreams. Ultimately, being on course, feeling excited about your life, and enjoying the journey become their own rewards. Your joy and excitement raise your vibration to connect with the synchronous flow of the universe, where anything is possible.

On the other hand, if you don't choose to change now, next month or next year is not likely to be a better time to start than this one is.

The moment is now!

If you don't devote some time for your dreams today, nothing is going to be different tomorrow.

If you devote just a little time every day to your dreams, you will get results. This is what Wallace Wattles calls "acting in a certain way." His suggestion was to do what you can where you are now. Positive vibrations are much more powerful than negative ones, so you don't have to be perfect for this to work.

When we first set goals and started taking seemingly infinitesimal steps to achieve them, we were skeptical, but we soon realized that we had started on a wondrous journey. If you choose to take control of your life and move forward, you will feel like a new person. That's what happened to us and we haven't ever looked back.

As you move forward, keep this in mind:

Positive beliefs create a positive future.

This can make a huge difference, and there's no time like the present to give some attention to this key to your success. Everything about you looks better as you focus on developing positive beliefs. Your belief in yourself and your possibilities as a magnificent spiritual being expand as you focus your attention on what's possible for you.

Here are a few examples of positive beliefs that can take hold with repetition and tools like EFT (Emotional Freedom Techniques) and the SK (Spiritual Kinesiology) R&A Process, which you can learn in the Appendix A and B.

- Something wonderful is happening today and I can't wait to discover what it is.
- Anything is possible and miracles are happening now.
- Things always work for me.
- My life flows with joy and ease.
- I welcome challenges as opportunities to expand and grow.

How true are these kinds of beliefs for you? Are miracles a way of life for you or does some of your thinking need to change? It's your life and contrary to popular opinion, you can choose your beliefs. As a suggestion, we post thoughts like these on sticky notes where we can read them often.
Getting to Know Your Limitations

Many people resist exploring the depths of their awareness, because they're afraid they will discover that something is wrong with them. This isn't true. As you approach limitations that are holding you back, it helps to realize that your limitations are not really you. They are misunderstandings of who you are: a magnificent human being with a direct connection to an infinite intelligence. Just about all of us have these kinds of misunderstandings. Each of us has our own special “brand” of fears and doubts that are particularly convincing to us.

To reduce the impact of these misunderstandings, you can simply choose to expose these misinformed beliefs for what they are: imaginary limitations that are waiting to be released. It may be easier to see how others have talked themselves into believing imaginary limits than it is to recognize them in yourself, and you may wonder why they take their beliefs so seriously. If you can see yourself in the same way, as others see you, the picture can become clearer and the path to your future can become brighter. You have the same possibilities that everyone else don’t is that those who succeed overcome resistance and move happily forward.

Not knowing how to clear resistance stops a lot of people on the path to their dreams. It’s a lot like trying to renovate a room without clearing out the old clutter and worn out furniture. When you bring in the new furniture, you find yourself with a confused mess. Just as you need to remove the clutter to renovate a room, you need to clear out cluttered areas of your consciousness that hold fears, limiting beliefs, and judgments to create a new life.

Clearing With Ease

To overcome the misunderstandings of who you are and what is possible for you, it makes sense to clear the kinds of resistance that could interfere with your success. EFT (Emotional Freedom Techniques) and SK (Spiritual Kinesiology) both can quickly and easily identify and systematically reduce resistance in just about anyone’s life.

You may already know these methods or others that you can use. If not, we refer again to overviews of how to do EFT in Appendix A and the SK Reframing and Anchoring Process (R&A) in Appendix B. With these basic methods, you can benefit immediately from the processes provided in this book. These techniques are specifically targeted at clearing issues related to realizing your dreams and goals.

We generally start clearing any issue with the Basic EFT Recipe or the SK Reframing and Anchoring Process (R&A). We use them interchangeably. Both produce positive results in the majority of cases. You can use either of them with any blockage to manifesting your dreams that you identify as you read this book and use the tools for manifestation. If you are like us, you may also want to go into more depth with your exploration of these powerful tools. They CAN shift your paradigm.
The Reality Shift with EFT or R&A

One of the most effective approaches we use for clearing is the Reality Shift. Here is what you do:

1. Identify a specific block you want to clear with EFT or R&A.

2. Follow initial steps to identify what is happening emotionally and to quantify the emotion(s).

3. Before you perform the clearing, ask yourself how your reality looks from the perspective of this block. You can do this by imagining this blocked reality as an inner landscape. Write down what you notice, including the following:
   - How your reality looks. Notice the colors, light and dark, the sky, the ground, and anything else in the environment.
   - What you feel emotionally
   - Any sounds or smells you notice in this picture
   - Anything else of note

   Remember, images are holograms. This inner landscape is a powerful representation of your current experience.

4. Perform the clearing.

5. Return to your inner landscape and notice what, if anything, has changed.

6. Repeat if necessary until you feel clear.

7. When the process is complete, review the images again and ask yourself if there are any more insights on your situation. What might be possible now that was not possible when you started the process? What might you do differently?

The Reality Shift is one of our favorite processes. It CAN shift your reality dramatically.

A Real Life Example of the Reality Shift

Here's an example from one our Jane's clients we will call Dorothy. She contacted Jane because she was in a funk after experiencing some financial setbacks. Dorothy had been quite prosperous at one time, but in the light of recent events, she doubted she would ever return to her formal level of abundance. Emotionally, this made her feel angry. She also mentioned feeling insecure about the future and sad about missing out on the blessings that money can bring. She rated the anger at 7 out of 10, the insecurity at 5 and the sadness at 6.

When Jane asked Dorothy to imagine her situation as an inner landscape, Dorothy closed her eyes and immediately saw herself on a path littered with rubble from her shattered dreams. Around her were trees that were bare of leaves and charred ground, like a fire had ravaged everything in sight. The sky was gray, too, and the future before her was in a haze. Dorothy also noticed the smell of smoke and the absence of other people. She heard ominous sounds from black crows in the nearby trees.
After one round of clearing with R&A, Jane asked Dorothy to return to the landscape and share what she noticed. As Dorothy focused again on the scene, the light of the sun started to shine through the gray sky. A sweet little blue bird landed on her shoulder and told her "It's just temporary." The bird then pointed its wing toward the future. There Dorothy saw a completely different scene, a sunny park-like setting with bright green grass, green trees, butterflies, birds, and people enjoying the day.

In this place, a woman approached Dorothy, took her by the arm, and welcomed her to this new reality. Now Dorothy felt loved. What a shift! She realized she had been feeling abandoned. Now she was ready to welcome new life.

Reviewing where the process began, Dorothy reported that her anger was completely gone. Now her heart was filled with gratitude. The insecurity and sadness were also gone. It occurred to her then that when she started, just about everything was dead and she wasn't going anywhere. No wonder they had been in a funk. When Jane asked her if there was a message for her now, Dorothy said that she knew she was on the right track. Her guidance was to keep her spirits up and keep moving forward.

This is a beautiful example of what is possible with the Reality Shift. In this case, Dorothy only needed one round of clearing, but it's common to do two or three. On a related note, if you are new to imagery, you'll find that it comes more and more easily with experience.

**Step 5: Eliminating the Hold of the Past**

You may have noticed that a lot of people get stuck in the past. The surprising fact is that most people don't change much after age twenty. They settle instead for the status quo. You can be different.

**Always remember that your history is not your destiny.** Wallace Wattles makes this point clear with this advice:

"Abandon everything you have outgrown."

Just because someone told you that you couldn't do something or have something you really want, that doesn't mean it's true. If you look at the most successful people in the world today, you'll find that you don't have to be the most intelligent, the most attractive, or the most charismatic person in the world to achieve success. You're never too young or too old, too short or too tall, or too anything to move in the direction of your dreams.

In the same way, you are not in any way limited by your heritage. If you believe that you can't earn more than your elders or achieve more in life, then you're right. Fortunately, you can choose different beliefs. You are, after all, a magnificent creator with access to an Infinite Intelligence. Leave your limiting beliefs about who you are and what is possible behind you. Focus instead on what you are creating NOW.
Embracing Your Magnificence

Beliefs like the ones mentioned above can block you from fully embodying the truth of who you are. This book can help you to understand your greatness, release resistance, and move forward in the light of your heart and soul. Refer back to the list of stumbling blocks earlier in this chapter. It may trigger awareness of any resistance you'd like to release. Instead of butting your head against the same old walls every day, facing the same worn out thoughts and fears, you can happily move toward your brightest possible future and a truly magnificent life.

Transforming Your Perspective on Who You Are

At best, we understand that each of us is magnificent and life is miraculous! At the deepest level, you could say that the essence of the journey involves transforming our perspectives on who we are and what is possible for us so more miracles can appear.

Many of us have been programmed to downplay the special qualities we have that demonstrate our value to ourselves and the blessings we offer to the people around us. To make it worse, we tend to compare what we consider our largest weaknesses to the greatest strengths of others. To make ourselves feel particularly bad, we choose to compare these perceived weaknesses to the strengths of some of the most amazing people we can imagine, like celebrities or other highly successful people. Feels terrible, doesn't it?

Fortunately, there is a cure. The antidote is to celebrate your strengths. And remember, there is no comparison; we are all uniquely wonderful spiritual beings. To effectively fill our roles as creators, we can claim our magnificence, whatever it may be, and shine it brightly everywhere we go.

"The world reflects back to you how much you value yourself."

- DANIELLE LAPORTE

You Are Amazing!

If the thought of shining brightly makes you cringe, the process we present here is definitely for you. It's time to set the record straight. As the saying goes, "God doesn't make junk," and when you belittle yourself you belittle the hands that created you.

Turning this around may be easier than you think as you learn to acknowledge the special qualities you hold as a unique aspect of an infinite creator. Most of us misunderstand our true nature because we've been told otherwise by other people who misunderstand their true natures. It's a case of the blind leading the blind. Unfortunately this leaves just about everyone with a bucket load of negative self-talk, repeating messages about our limitations that we would never admit to anyone.

Always remember that limitation is an illusion. You truly are amazing and deserving of all the miraculous blessings life can bring. To make this a reality and eliminate the negative self-
talk, we developed a light-hearted way to reprogram your mind and heart to claim your true identity with "Amazing Me" Affirmations. They consist of a set of positive statements you repeat to yourself each day to acknowledge and fully embody your magnificence.

On the next page, you'll find a list of qualities to consider including in your "Amazing Me" Affirmations. This list may also bring other qualities to mind. As you check off your positive qualities on the list and consider others that may not be on the list, you may be surprised to discover how many positive qualities you possess and offer to the world. Notice, too, if you feel like you shouldn't think highly of yourself. This kind of self-deprecation is just negative programming.

The qualities you identify may also relate to your core values. If, for example, you value the Golden Rule, "Do unto others as you would have others do unto you," accepting others and treating others with respect may be both values and strengths. These then become gifts you contribute to making the world a better place. If everyone acted in accordance with the Golden Rule, imagine how different the world might be.

The "Amazing Me" Process with Continuous EFT Tapping

You can counter self-deprecation with EFT, using Continuous Tapping. It feels surprisingly good and it's quite effective for shifting perspectives.

1. Just start tapping continuously on the EFT points in Appendix A as you read (preferably aloud, with feeling) the affirmations you have checked off on the list. Example:

   "I am charitable," "I am empathetic," etc.

You can have as many qualities on your list as you want.

Most likely, you'll feel your perspective toward yourself softening as you acknowledge the gifts you bring to the world. You have every reason to value yourself highly and feel excited about your future. Enjoy feeling good about yourself and notice that when you feel good about yourself, you also feel vibrantly alive and happy, and life feels ripe with possibilities.

2. When you finish, acknowledge something like the following as you continue to tap:

   "Because of these qualities, I have tremendous value and deserve the all of the miraculous blessings life can bring. I am amazing!"

Connecting with "Amazing Me" Every Day

The most important part of your day may be the time you reflect and set your intentions for the life you want to create.

It starts with who you perceive yourself to be. To strengthen your sense of how valuable you are, we suggest reciting your "Amazing Me" list with continuous tapping every day for a month. The best time for this is first thing in the morning. This supports you in starting the day as a fully empowered creator.
The Amazing Me Affirmations: I am _____:

___ accepting of others
___ a great listener
___ amiable
___ an overcomer
___ artistic
___ a skilled __________
___ authoritative
___ charitable
___ compassionate
___ conscientious
___ considerate of others
___ courageous
___ creative
___ deep in spirit
___ dependable
___ empathetic
___ ethical
___ financially responsible
___ focused
___ forgiving
___ friendly
___ full of life
___ generous
___ goal oriented
___ gracious
___ helpful
___ honest
___ honorable
___ in the flow
___ inspired and/or inspiring
___ intelligent
___ intuitive
___ joyful
___ kind
___ lighthearted
___ loving
___ loyal
___ motivational
___ naturally ________
___ nurturing
___ open minded
___ playful
___ powerful
___ presentable
___ responsible
___ respectful
___ sincere
___ strong
___ supportive
___ talented at _______
___ thoughtful
___ trustworthy
___ truthful
___ understanding
___ wise
___ other: __________
___ other: __________
___ other: __________

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The Amazing Me Process may trigger some emotions as you open your heart to the wonder of who you truly are, a magnificent spiritual being. If you want to add more power to the process, you can also add an image. As your heart opens to the wonderful feelings of appreciating yourself, imagine surrounding yourself with these feelings and ask yourself what color or colors vibrate with these feelings. Once you identify the color or colors, you can imagine surrounding and filling yourself with it or them any time during the day to recreate your heartfelt appreciation of yourself. With practice, this will be more and more powerful. You can then imagine the color(s) any time you want to boost your confidence. This is called Anchoring in NLP (Neurolinguistic Programming), and there are a number of ways to do it.

Here is another fun and lighthearted idea for anchoring your confidence. Whenever you see yourself in your bathroom mirror, or any mirror, look yourself in the eyes and say "You're amazing!" If you're alone, say it aloud, happily, and give yourself a big smile. Feels good, doesn't it?

As a note, a month is the approximate amount of time it takes to change a negative habit. Devoting just a few minutes each day to these daily affirmations will create new pathways in your brain and open your heart to a fresh appreciation of yourself. If you're happy with the results, continue doing it. We all benefit from daily reminders of who we really are.

**Step 6: Shifting into Manifestation Mode**

You may be familiar with this quote by Bill Kean from the movie *Kung Fu Panda*.

*"The past is history, the future is a mystery, and today is a gift. That's why it's called the present."*

This is an important factor if you want to manifest miracles. When it comes down to it, the only moment you have is NOW.

**Your Brightest Possible Future**

If it's true that miracles exist in the present moment, it may seem odd that we would shift into the future. One way to look at it is that the present is created by the future. When you believe you have a bright future before you, today looks good, too. The greatest motivator for studying and implementing these teachings is having a clear vision of your brightest possible future and a strong desire to make it a reality. As the song goes,

*"If you don't have a dream, how are you going to make a dream come true?"

Once you have your dreams and goals in writing, it's time to explore how you feel about your potential for realizing these dreams. This will help you to place yourself firmly on the path to their realization, the path to your brightest possible future.
The Path to Your Dreams

People often get confused at this point. You may find yourself reaching beyond what you believed to be possible in the past and not knowing if you're actually on a path that will take them to a bright future. If nothing seems to be happening, you may not know why, which also means you don't know how to change it. You may have a lot more questions than answers and this is uncomfortable.

The fact is that if you don't know where you are on the path, you can spend a lot of energy going nowhere. With this in mind, we created a clear description of the steps we all take when we reach into the unknown to make our dreams come true. This information is extremely important and as you will see, clarifying. With these steps, you can determine where you are and where you need to go to move freely forward.

A Guide for Getting and Staying on the Right Track

A healthy way to look at making your dreams come true is that manifesting your dreams takes you on an adventure. It becomes much more a way of living than a destination. You are here with a dream in your heart and your purpose in life is to move into the direction of that dream every day, starting now.

A miraculous life unfolds one step at a time as you move steadily in the direction of your brightest possible future. The best part of all of this is the happiness you can experience right now knowing that you are on your way.

From this perspective, a breakthrough in manifesting anything you want includes seven stages that take you to a place where you feel confident and clear about your direction. From there, as the saying goes, "The sky's the limit."

The Starting Place

The adventure starts with a heartfelt desire to reach into the unknown to create a bright future, recognizing that there may be more to life than you imagined up until now.

Here are the seven stages most people pass through in the process of manifesting what they want:

1. **Total Disbelief**: Often, the idea of stretching into a more expansive way of being in the world is accompanied by thoughts like "You must be kidding" and "That'll never happen." These kinds of thoughts in no way acknowledge that more MIGHT be possible.

   If that's not enough to stop a person from reaching into the unknown, there are generally people in their lives who will compound their disbelief. Many people give up here and retreat back into the comfort of the status quo. Stretching their minds is too painful and the desire to avoid disappointment is stronger than the calling of their hearts.
2. **Confusion:** Those whose hearts prevail when they encounter disbelief and external pressure generally end up feeling confused and overwhelmed by the continuing thought that more might be possible. After all, they have no idea HOW it could possibly happen.

   The good news is that confusion means that you are exploring new possibilities and expanding, but it's uncomfortable. It's again tempting just to retreat back into the comfort and safety of the ordinary majority, which many more do. In some cases, however, the heart, which is also the spiritual spark to live more and be more, won't give up this easily. This is a good thing.

3. **Doubt:** With the continuing prompting of the heart, disbelief softens into doubt. The heart views life differently and its influence gradually strengthens belief. Now, you may think it's unlikely that your heart's desire can become a reality, but the door opens slightly to the possibility that maybe it could. After all, other people have done it.

   The Soul Centering process we described earlier can be helpful here. The truth, love, and joy in your heart are emerging now and starting to clarify your potential to realize your dreams.

4. **Hope:** Now the dream takes a new light. As doubt subsides you may start to think if others have done it, why not you? After all, you are a magnificent human being, just like everyone else. As you open to the possibility it COULD happen to you, a sense of empowerment begins to emerge and the door opens further.

5. **Faith and Belief:** Possibility thinking builds trust and faith that you are on the right path to the point that you genuinely believe in your heart that you CAN realize your dream. Now you start to think that this could be a real possibility and the possibilities are exciting. With growing enthusiasm, the inspiration to take inspired action to make your dream a reality increases.

6. **Knowing:** This is absolute certainty that your dream is becoming a reality. You can see your bright future, feel it, and touch it! When you absolutely KNOW with complete certainty that your dream is manifesting, IT IS!

7. **Being:** Now you ARE the dream. Regardless of the externals, nothing lies between you and your desire. Your heart is full and you experience the aliveness and joy of living the dream now. The door is open all the way!

   These stages again highlight the importance of belief in creating success. It's like looking into the workings of the brain and seeing how it all fits together. It's also worth mentioning that these stages don't always define a linear path that goes directly from disbelief to being. It's a journey and we all encounter twists and turns along the way.

   The reason we provide this guide for getting on track and staying on track is because we've seen a lot of people get completely lost along the way. They don't know what they are missing, and we've seen this stop people completely. You don't have to worry about getting lost. Understanding these stages gives you an advantage. When you fall back, you now know how to get back on track and move forward with greater ease.

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Make Your Dream a Reality for You NOW

Expect your every need to be met.
Expect the answer to every problem.
Expect abundance on every level.

- EILEEN CADDY

As success coaches, we have seen firsthand the importance of striving for the things that make you feel most alive and passionate about being. The key point is that if you don't feel excited about where you are going, your commitment will fade when times get tough. Your dream has to be strong enough to stay alive through thick and thin.

Visualizing Your Brightest Possible Future

This is a perfect time to create a clear picture of your brightest possible future in your mind. After all, what you see is what you get! The process here is simple.

1. Imagine yourself out in the future when your dream has come true.
2. Make this picture clear in your mind. Write it down, so you can return to it often.
3. Notice any resistance or doubt that emerges and clear it with the Reality Shift, which will help this new reality to become more real for you now.
4. As you do this, measure how alive and exciting this bright future feels on a scale of one to ten and focus often on feeling now the way you will feel when your dream is a reality.
5. Notice when your future looks bright that your present feels better, too. Knowing you are on the path to the life you were born to live changes everything.
6. Take time every day to focus on the image of your bright future and express gratitude to your creator in whatever way feels right to you for supporting you in making your dreams come true.

Connecting with Your Greatest Aliveness and Excitement

We have consistently seen that a person will only commit fully to a goal that is close to a 10 on a scale of 1-10 in aliveness and excitement. This makes sense since we are here to live fully and grow. The things you are here to do are the things that make you feel most alive and the desire to live fully is your best possible motivator.

If you are not completely excited and fully committed to your goals, your desire will wane sooner or later. We've seen this over and over again. But when you set goals are your reason for being alive, they take on immediate importance. It almost feels like life or death, which produces a high level of commitment. We felt this way when we were developing our holistic practice. Nothing was going to stop us, because this was our reason for being alive.

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Pursuing your heartfelt desires enhances aliveness. In contrast, settling for anything less represses aliveness. We don’t generally see people consciously choosing to repress aliveness, but we do see this happening every day due to lack of awareness and clear intention. If you observe the people around you, you'll see that most people repress their aliveness to some degree. As you start to grasp the principles you're learning here, your awareness changes and you will gravitate more and more toward greater life.

**Setting Your Intention with Your Brightest Possible Future**

Once you have an image of your brightest possible future, you can use it to stay firmly on the path to the life you desire. Maintaining a clear intention on a daily basis is essential to your success and with the image of your bright future, it doesn't require any additional time - just a clear focus.

**Using Belief Statements**

Also remember, whenever you want an energetic boost, you can draw on something like one of the following Belief Statements:

"*I have no idea HOW my dream could possibly come true, but I know it will.*

   Thank you Universe!"

   or

   "*This may seem unlikely now, but I know everything is going to work out amazingly well. I'm prepared to be surprised and delighted with the results.*"

   or

   "*I know that anything is possible and miracles are happening now.*"

These are all expressions of faith and we've been amazed at their effectiveness. When we removed the pressure of thinking we had to know "HOW" everything was going to happen, we felt much lighter and optimistic.

Find a statement like one of these that works for you. When you know in your heart that the Infinite wants you to have what you want just as much as you do and maybe even more, your faith will expand and trust will replace your desire to know the details.

**Staying on Track with Clear Intentions**

Each day, stay focused on your intentions. Each day, maybe in the morning when you rise and in the evening as you retire, do the following:

1. Focus on the image of your bright future. Feel the excitement and the joy of creating the life you were born to live.
2. Express gratitude to your creator for supporting you on the journey and for the blessings that are coming your way.
3. Also remember to use your Belief Statement or a few statements during the day whenever doubt raises its head.

Practice will strengthen your belief and your trust in the Infinite will grow. The ultimate goal with your brightest possible future is to make it real for you NOW, so you can see yourself living your dreams today. Making it real involves reprogramming your mind and changing your default perspective.

Clear intention is an essential element in the Ultimate Paradigm Shift. It can also change your experience of your present situation in wonderful ways. Keep our bright future clearly in front of you, where you can see it, feel it, and touch it with ease.

**Step 7: Starting to Take Inspired Action**

*Everything you want also wants you. But you have to take action to get it.*

- Jack Canfield

In the Overview and earlier in this chapter, we provided a map of the Creation Process we all go through as we reach for our dreams. Here is another brief review.

**The Creation Process**

Creative Imagination = The creative power of the heart and soul

GIVES LIFE TO

Heartfelt Desire = Desire for greater life

WHICH GENERATES

Enthusiasm and Initiative = Excitement about making dreams a reality

WHICH STIMULATE

Inspired Action = Heart's enthusiasm to create

WHICH CREATES

Dreams Coming True = SUCCESS!

WHICH STARTS
THE PROCESS AGAIN
As you approach taking action, always remember that the inspiration, the heart's joyous, enthusiastic desire to create, is the fuel you need to move forward optimally toward success and fulfillment. This is true in every area of life.

We also want to highlight the importance of feeling inspired to take action. When you are pursuing the dream that makes you feel alive, your heart is in it. This is another common phrase people often say without questioning what it means. When a person says "I couldn't do it, because my heart just wasn't in it," they were revealing an important truth. The heart and soul are life-enhancing when we follow their lead. When we ignore their truth and try to succeed when our hearts are not inspired, we're missing an important point.

This doesn't mean you won't ever encounter doubt or face obstacles. You will experience uncertainty. It can be uncomfortable, but you can also see it as a challenge.

To the Chinese, uncertainty represents opportunity, when hidden possibilities can emerge.

Consider this: anything could happen. You're on a treasure hunt to discover opportunities. To succeed, you need to be open and flexible, recognizing that something wonderful is happening now, not sometime out in the future. Your brightest possible future is in the process of coming into being this very moment and the universe is realigning itself to accommodate your desires. Nonetheless, you may need to surrender to a period of uncertainty as your future takes form.

Here are some ways to deal with uncertainty:

1. **Take inspired action right away**, however small, to start incorporating your dreams into your life. If you just sit in a closet, it may be difficult for the Infinite to guide you.

2. **Focus on being grateful** for the blessings you have in your life and avoid complaining or whining. These bad habits carry tremendously low vibrations that block the synchronous flow of the universe. This will give you even more to complain about.

3. **Let go of the old.** As you open to the new, remember to take some time to release old energy that might interfere with the flow. Cleaning closets, file drawers, and so on to get rid of old stuff can help you to

4. **Know that your dream is in the process of coming into being and let it go.** Don't fret about it.

5. **Watch for synchronicity.** If you are paying attention, your reality will provide messages and new awareness as you progress.

6. **Open yourself to the new ways of thinking, doing, and being** to shift from your current ways of being in the world to more effective ones. If you avoid change, cultivate doubt, and stay as you are, your reality will stay as it is. Your doubt will
prove itself to be right. If you connect with the flow with joy and ease, the mysteries of the universe will be revealed and your life will change in miraculous ways.

7. **Recognize above all that the real joy is in the journey.** You're expanding and the world is on your side. Keep your spirits up with a positive focus to access your full potential. This is your number one goal for whatever you want to create. The ultimate goal is to focus on being happy now and connect with the joy and excitement of being you.

**Taking Inspired Action**

*To make your dream a reality, it is essential at this stage for your behavior to match your expectations.*

Taking action is where dreams take form and only you can make your dreams a reality. This doesn’t mean you need to struggle, spending endless hours each day at the gym or exhaustively looking for a publisher for your books. The idea is to explore different possibilities. For instance, if you want to tone your body, you can experiment to find a form of exercise that is healthy and fun; then the journey becomes its own reward. Try different approaches and watch for signs that the universe is guiding you on your next steps. The signs are there if you are open to seeing them.

Setting goals and acting on them magically draws synchronicity into your life. Opportunities may appear. Resources may become available. Being in the moment gives you a clear sense of timing. You develop your intuition and trust your Inner Guru. As your possibilities expand and your life becomes fuller and richer, you stay grounded and yet flexible. You realize that there is no need to be attached to any outcome and you trust that the universe will surprise and delight you along the way.

**Enjoying the Journey**

In all areas of our lives, we ultimately need to come to the understanding that what we do and what we create are actually props on the journey to wholeness. As mentioned, it is the joy of the journey that is truly important, not what we have or how far we have traveled compared to others. A wealth of spirit is always in our grasp.

That being said, being on the path to manifesting dreams is an integral part of the journey that makes us feel fully alive and engaged. In the process, we have the opportunity to go with the flow of being alive in each moment, rather than trying to swim against the tide.

*"The Present is the point at which time touches eternity."*

— C.S. Lewis
We are what we repeatedly do.
Excellence, then, is not an act, but a habit.
- ARISTOTLE

As you've seen, this book draws upon eternal truths that have come down through human history; validation provided by new sciences that include quantum physics, epigenetics, neuroscience, and heart math; AND your personal experience. The keys you now have work. They give you a view of the big picture of how you can make your dreams come true with simple practices you can incorporate into your daily life. Many of them don't even require any extra time.

Here's what happens to most people on the path forward:

1. Some people won't follow any of the practices in this book. When effort is required, it's easier to move on to the next thing and the next and the next. Many people do this all of their lives, with little to show for it, except maybe a big pile of books.

2. Some will do a few things, then settle back into their old, familiar habits and forget the whole thing.

3. A few will decide "This is my time!" and follow up on what they have learned. We can assure you that it's worth it. These lives will never be the same. The key is deciding that this is your time.

What do you want? It's your choice. With just a little effort, you can start to make powerful changes today. If you are busy, as most people are, just start and be easy on yourself. As you intend for more time to come available, it will.

Is This Your Time?

Only you can make this decision. Always remember, you are making up the rules you live by and you can make life difficult or easy, empty or fulfilling. Taking control involves increasing your awareness and making small changes to improve your life a little each day. If you take an active interest in feeling good each day and following some of the suggestions in this book, you'll feel better and better.

Make it enjoyable! It will take some effort to apply the principles you're learning but happiness will start to overcome stress and miracles will start to become a greater part of your normal way of being. Imagine waking up each day (or most days) feeling excited about being
alive. There was a time when we didn’t think this was possible, but we discovered that it is. In the end, life is what you make it.

To achieve anything worthwhile, you have to make five heartfelt decisions:

1. You feel passionate about living to the fullest and creating your best possible life.
2. You have a strong desire and willingness to learn.
3. You're ready to do things differently to get different results.
4. You know this is your time. You need to do it NOW, not tomorrow or some time in the future.
5. You have a never give up attitude. If your dreams are your reasons for being alive, quitting is not an option.

People who read this kind of information sometimes say things like “I’ve heard this before” and “I know that.” Our question is, if you really know it, why isn’t your life different? The reason is because they haven’t taken it far enough. They haven’t changed their set points, their default ways of thinking, feeling, and doing.

You can experience the ultimate reality shift into a whole new way of being in the world. “Only knowledge that is used sticks in your mind.” The truth is that no one knows it all. We are all on a miraculous journey of discovery that can transform ourselves and our world.

The Seven Steps to Success outlined in Chapter Four CAN transform your life.

1. Set your course.
2. Uncover your heartfelt joy.
3. Connect with your heartfelt dreams.
5. Eliminate the hold of the past.
6. Shift into “Manifestation Mode.”
7. Start to take inspired action.

If you really want to experience the ultimate paradigm shift, you’ll have to invest in learning to feel good and inspired to continue on the journey. Sounds tough, doesn’t it?

If time is an issue, remember that activating most of the keys to success actually takes little or no time. The changes are mostly within you, in what you think and feel in each moment.

Ask yourself this question.

*Is what you are doing now taking you where you want to go?*
If not, you may be busily going nowhere. That’s why you feel stressed. Your life is telling you that you are going in the wrong direction.

Remember first and foremost that you get what you think about most of the time. Just reading a book won’t change much of anything. This information alone is of little value, but when applied, it’s priceless! You can gradually change your mind and your default ways of thinking and feeling. If you do this, you'll find out, as we and so many others have, how miraculous your life can become. The yeses will overcome the noes. Over time, your ability to move forward effectively while enjoying each step of the journey will grow and every aspect of your life will change.

You know you’re the only one who can change your life. Decide now what shifting from stress to success means to you. From 0 to 10, how important is this to you? It could make the difference between sickness and health, struggle and happiness, a settled-for life and the life of your dreams, a routine life and a fulfilling life that makes a real difference in the world.

If You're Still in Doubt ...

Remember these key points.

- You can make it easy.
- You are in the perfect place to take your next steps.
- You have much to gain and nothing to lose.
- You CAN make a difference in the world.

“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.”

— Margaret Mead

This works! You don't have to take our word for it. Find out for yourself. You'll never know what is possible for you unless you try it.

If you read this book, put it down and move on to the next self-help book that draws your attention, what is going to change? If you recognize value in the keys, here’s what we suggest:

1. Print this book one-sided and put it in a three-ring binder. It can be a living document. You can interact with it, write down your feelings, observations, and more.

2. Go through it again and mark from 0 to 10 how effective you are with each of the suggestions.

3. Get ready to take action. As you go through the book, put a star next to the places you could start to take action now and make a list of what you intend to do.

4. Interact with the book. Make notes of your insights on the blank left sides of the open pages.

5. Start a 30-day challenge. Challenge yourself to focus on a few of the suggestions for the next 30 days. If you do this, your life will change in miraculous ways!
6. Remember to keep your spirits up and focus on your bright future.

7. Take immediate action. The longer you wait, the less likely it is that you will start.

At the end of the 30 days, review the keys again. This will remind you of some things you forgot and you'll have new insights. As you read, you will also notice what has changed since you last read it.

Begin again, choosing what you want to implement for the next 30 days.

Repeat every 30 days.

You're worth it. Enjoy the journey!
Appendix A: How to Do EFT

EFT (the Emotional Freedom Techniques) is a group of powerful processes that can help just about anyone to achieve genuine freedom from the emotions that have created problems in their lives. These techniques have been described as one of the most important recent breakthroughs in the area of psychology. According to Gary Craig, who developed these techniques, they have been used by over a million people with a broad range of difficulties.

For those who are new to EFT, we offer this introduction drawn from our book Getting Thru to Your Emotions with EFT:

You are about to explore some emotional clearing techniques that many consider a modern miracle. They are based on a series of discoveries that some psychologists consider to be among the most important breakthroughs in their field in the twentieth century. EFT is a group of techniques that just about anyone can learn to use to release the stuck emotions that prevent them from experiencing happiness and moving forward toward their goals in life. These techniques were developed in and introduced in 1995 by Gary Craig and Adrienne Fowlie, based on the work of psychologist Dr. Roger Callahan.

In its short history, EFT has already helped thousands of people with a vast array of common emotions, including stress and anxiety, anger and frustration, depression, all kinds of fears and phobias, negative memories and inner child issues, self-doubt, guilt, grief, confusion, and just about any other emotion imaginable. ... There are almost countless examples of people who have recovered with ease from emotions that have disturbed them for years using EFT.

EFT is one of a number of meridian-based techniques that are now being developed worldwide. It works by simply tapping on a series of points on the body that correspond to acupuncture points in the energy meridian system. Fortunately, you don't have to know anything about the meridian system to use EFT; you just have to remember where to tap and we present the Basic EFT Recipe here for new users.

Why So Many People Are Using EFT

EFT is versatile and has been used confidently by therapists on clients with successes on even the most difficult problems, by relieving imbalances in their clients' energy systems. We have been using it personally and with clients and class participants since 1997 with consistent success. Our book Getting Thru to Your Emotions with EFT describes the EFT techniques in detail, along with different uses of these techniques.
How EFT Works

EFT may sound a bit ridiculous at first, and the only way you'll find out how it might benefit you is by approaching it with an open mind. On the positive side, it is completely non-invasive, fast, and easy to learn. In many cases, you can get results on your own, which also means that it doesn't cost a thing to use EFT. We can't imagine being without it.

EFT is based on a revolutionary discovery that contends that the cause of all negative emotions is a disruption in the body's energy system. With remarkable consistency, EFT relieves symptoms with a simple process of tapping on a short series of points on the body that correspond to acupuncture points on the energy meridians. Where there is an imbalance, there is a corresponding blockage in the flow of energy through the meridians. The tapping releases the blockages that are created when a person thinks about or becomes involved in an emotionally disturbing circumstance. When this blockage is released, the emotions come into balance.

Many energetic imbalances may be partially or completely relieved within a short time using this process. Others may be relieved through repetition of the process. The Basic Recipe or Short Sequence, as it is commonly known, is the starting point for using EFT. Once you identify the pattern you want to release, it takes less than a minute to complete.

Steps in the EFT Basic Recipe, the Short Sequence

We will break down the steps in the procedure here, because there are some subtleties that can affect your success. Before starting, you need to have a single, specific issue in mind.

1. **THE SETUP**: Focus on bringing an emotion or issue into your awareness in the present moment. The key to the success of this process is to feel the emotion and set up the disruption in the meridian system.

2. **THE EVALUATION**: When you have brought the emotion up to its full intensity (or whatever intensity feels comfortable), measure how strong it feels between one and ten, with one being the least intense and ten being the most intense.

3. **THE AFFIRMATION**: While rubbing the “Sore Spot” on the chest, shown below, (see the diagram in Figure 4.2 for location) in a circular fashion, repeat the following affirmation three times:

   “Even though I have this ____________, I deeply and completely accept myself,”

   filling in the blank with the name of the emotion, like fear, anger, and so on. With the tests for psychological reversal in Chapter 4, substitute the standard affirmation with the one given there.

4. **THE TAPPING SEQUENCE**: Using the tips of your index and middle fingers, tap with a medium pressure about seven times on each of acupuncture points in the order shown on the
diagram below while repeating the following reminder phrase once at each point: “This ______________,” again naming the emotion.

Note: You can tap on the points on either side or tap on both if you feel like it.

5. THE RE-EVALUATION: When you have completed the tapping sequence, take a moment to focus on the emotion or issue again and notice how it feels. Evaluate it again between one and ten to bring any difference in your experience into your awareness. If some intensity remains, evaluate the emotion again to notice if it has changed (such as from fear to anger, and so on) and repeat the process.

That last part is important. One round of tapping with EFT, following the steps outlined above, may produce partial or complete relief. In many cases, several rounds (repetitions) are needed to produce the desired results. When this is the case, notice if the emotion has changed, measure the remaining intensity, and start again.

Free Holistic EFT "Get Started" Manual and Video Series

You can get some great results with the basics of EFT you find here and even more from the specific processes in this book. You can also learn more in our Holistic EFT "Get Started" Manual and video series. This manual teaches how you can benefit from a holistic approach to EFT and more. Just follow this link to get immediate access to your copy now:

http://gettingthru.org/holistic/access-eft/

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EFT Training and Certification

Through Awakenings Institute, we have offered Holistic EFT Training and Certification since 2004. Certification in EFT has tremendous value. It demonstrates a level of competence and professionalism for individuals who want to include EFT in a new career in the healing arts or add it as a new methodology in their current practice.

Many counselors, psychologists, massage therapists, Reiki practitioners, and more are increasing their effectiveness by adding tapping techniques to their practices.

Learn more now at http://gettingthru.org/holistic/eft-courses/
Appendix B: SK Reframing and Anchoring

The Spiritual Kinesiology Reframing and Anchoring (R&A) Process is a wonderful healing method that we use interchangeably with EFT, which was described in Appendix A. Its power is derived from the fact that it heals at the spiritual level, which we regard as the deepest and most complete level of healing. We describe R&A in detail in our book Getting Thru to Your Soul, along with the other SK (Spiritual Kinesiology) Techniques. The abbreviated description provided here is drawn from that material.

The general process for Reframing and Anchoring (R&A) is similar to EFT in that you determine a specific issue to clear, measure its intensity, and perform rounds of the healing process. Each round of R&A takes about as much time as a round of EFT tapping, so it is equally quick and easy. The healing process is slightly different and may even seem to be too simple to work, but based on our experience with thousands of individuals and on extensive feedback from others who use it, we have found it to be just as effective as EFT.

What is SK?

SK (Spiritual Kinesiology) is a set of healing tools we (Phillip and Jane Mountrose) developed that can help anyone to transcend the unresolved emotions, limiting beliefs, and judgments we all encounter on the journey through life. Kinesiology (muscle testing) can detect the blockages that you are ready to release as you progress. SK adds powerful healing techniques, focusing on the Reframing and Anchoring Technique described here, to clear these imbalances quickly and easily by accessing the power of the soul's energy. In addition to providing deep and lasting healings, this approach also connects you with your soul's wisdom, which can also bring higher understanding of any issue you choose to address.

One of the benefits of these techniques is that they are quick and non-invasive. You do not generally have to know the source of a problem or relive a traumatic experience for SK to be effective. Of course, this defies the common belief that progress has to be slow and painful, but aligns with our approach. You need to understand yourself to move forward, but you do not need to dwell on our difficulties. The goal is to transcend them easily, so that you can experience more joy, love, and freedom in all aspects of your life.

Steps in the Reframing and Anchoring Process

Before starting this process, you first need to establish a soul connection, such as with the Soul Centering Process presented in Chapter Four.
Spiritual energy is the most powerful healing energy available, which makes this process surprisingly effective, even miraculous.

1. **Setup:** Decide on a specific issue to clear. As with EFT, you want to be as specific as possible and stay with one issue at a time.

2. **Evaluation:** The purpose of this step, which directly corresponds to the Evaluation in EFT, is to measure the intensity of the issue you want to address between one and ten, with one being the least intense and ten being the most intense.

3. **Balancing:** The Reframing and Anchoring Technique (R&A) shifts an unbalanced energy pattern, which is anchored physically in one place on the body, to a balanced one, which is anchored physically in another place on the body. With a client, we usually use the shoulder and the arm. When doing it on yourself, you can anchor on your left and right knees and this is the way we will describe it here.
   - **Anchor the Issue:** Think of the issue and place your left hand on your left knee for about five to ten seconds to anchor it in the body. Then remove your left hand.
   - **Anchor Your Soul's Energy:** Shift your focus to your heart and open to the soul's energy there. As you feel it radiating out, filling your body and surrounding yourself with its radiance, you can also ask the light above you to send down the perfect energy to clear the issue. As you focus on this higher energy, place your right hand on your right knee for about five to ten seconds to anchor it. Then remove your right hand.
   - **Release the Imbalance:** Think of nothing at all for a moment while you place both hands on both knees at the same time. After about five to ten seconds, remove the left hand, releasing the imbalance, and keep your right hand on your right knee for another five seconds. Then remove your right hand.

4. **Re-Evaluation:** When you have finished balancing, take a deep breath to allow the energy to reconfigure. You may feel the energy shift over a period of a seconds or minutes. Then focus again on the issue and measure its intensity again from one to ten to bring any difference in your experience into your awareness. If some intensity remains, evaluate the emotion again to notice if it has changed (such as from fear to anger, and so on) and repeat the process.

With a little practice, R&A is easy to do and amazingly effective. As one client commented, “It is deceptively simple, but profoundly effective in obtaining real shifts with lasting results.”

**Want to Learn More?**

Just follow this link to more information on Spiritual Kinesiology at:

“Phillip and Jane Mountrose have been pioneers, innovators and integrators for many years, now having contributed a number of excellent books, videos and audios to this growing field of energy and spiritual healing and change. I have been privileged to read, watch or listen to many of these innovative products and I have been amazed at times at how prolific they have become. I have been both delighted to observe their own professional growth along the way and very appreciative of their willingness to be of service to both their clients and their colleagues.”

PHILIP H. FRIEDMAN, PhD
Author of The Forgiveness Solution

Phillip and Jane Mountrose are EFT and energy healing experts, authors, success coaches, trainers, and founding directors of the Awakenings Institute, a non-profit organization dedicated to creating a more loving world.

In their roles as Ministers of Holistic Healing with Awakenings, they have devoted more than two decades to exploring the fields of personal and spiritual development, along with the heart and soul of success.

Their passion in life and greatest joy revolve around helping people to overcome personal challenges, discover their life purpose, and create extraordinary lives. The Lighten Up Plan helps their readers, clients, and students to build a strong foundation for creating the future they deeply desire.

Personal Consultations

If you want personal assistance with the Lighten Up Plan, Phillip and Jane Mountrose are available for personal consultations by phone. They focus on helping clients to shift their Set Points in relation to their weight and much more. They also realize that some blocks to success are harder to change than others and everyone needs help at one time or another.
If you are facing challenges you can't resolve on your own, Phillip and Jane would be happy to discuss your possibilities. You don't have to feel like you are alone. Find out more now at:

http://gettingthru.org/holistic/private-coaching-and-healing-sessions/

**Personal Consultations focus on:**

- Clarifying what is happening and answering questions about your personal situation.
- Identifying current blocks that are keeping your Set Point and your potential for realizing your true potential stuck or in low gear.
- Using state-of-the-art holistic healing processes to release blockages.
- Strengthening your relationship with your most valuable resource, your soulful self.
- Helping you to recognize and achieve your soul’s purpose.
- Providing techniques and suggestions for moving forward in your life.

**Courses and Programs**

The Mountroses also train holistically-minded people to tap into the leading edge of healing and human development with EFT (Emotional Freedom Techniques) and holistic coaching. They offer state-of-the-art EFT, energy healing, and coaching certification programs. Their enlightened approach helps students to expand their possibilities and build confidence. Students learn powerful tools and resources for creating profoundly joyful and fulfilling lives, and how to create a strong support network so they can prosper.

Learn more about the courses and programs now at:

http://gettingthru.org/holistic/eft-courses/

**A Little More Background**

Phillip and Jane have created wonderfully successful and fulfilling lives for themselves, but it wasn't always this way. Earlier in life, Jane was an architect and Phillip was a special education teacher. While they were successful in these areas, their deep interest in personal and spiritual growth drove them forward to learn more about overcoming the blockages that prevent people from experiencing joyful, fulfilling and successful lives.

Since 1992, the Mountroses have taught courses in holistic coaching and healing in California. With the internet, they also added home study courses so students can complete their studies in their own homes on their own schedules. Recently, they converted their premier training program into a transformational Coaching and Healing Certification Telecourse helping students around the globe to develop skills and become successful in their own practices.
Over the years, the Mountroses have written a dozen books and manuals that are sold worldwide. These include the some of the most popular books on EFT, as well as books on Spiritual Kinesiology, manifestation, and more.

The Mountroses live on the sunny Central California coast.

For more about tapping into the leading edge of human development with EFT, holistic coaching and healing, visit http://gettingthru.org/holistic.

For information on Awakenings Institute, its dream for making the world a better place, its mission, and offerings, visit http://gettingthru.org/awakenings.