How To Create The Life Of Your Dreams

A Simple Step-By-Step Guide On How To Create A Life That’s Filled With Love, Abundance, Happiness and Freedom

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1 The Biggest Adventure Of Your Life Is About To Start

Did you ever wonder what your life would be like if you could create just anything you wanted? Imagine, you simply make a choice - the house of your dreams, an exceptional career, perfect health, happiness and fulfillment, extraordinary success, the partner of your dreams... and draw it into your life. Wouldn't that be fantastic?

And you know what? It is very possible and it's not even that complicated. In fact, everyone carries the power within to do it. I am not saying it's just a piece of cake, there surely will be challenges and obstacles to overcome, but creating the life of your dreams is well within your reach.

Everything you need to realize your dreams is already within you. And I can assure you that you don't need any specific talents, no university degree or any other sophisticated education is required. It doesn't matter how wealthy and influential your parents are, you don't need a powerful politician as your friend...

Nothing of that is required, all you really need is already within you and in this course you will learn how you can access and make use of these powers in order to become the master of your life, to create whatever you want and to make all your dreams come true.

You are a born creator, that's your inherent nature and the purpose of your life is to discover, to develop and to make use of your creational potential. Developing your creational powers is a transformation process. It's the biggest adventure of your life and only through your own transformation can you also transform the world around you and make it a lighter, friendlier, happier... place.

Maybe you are not aware of it, but you have been using your creational abilities - well, at least a part of it - already throughout your whole life. But you did it mostly unconsciously and that's why you probably also created many things you don't like at all: The wrong job, a lack of money, a partner who doesn't appreciate you enough, frustration and dissatisfaction...

Your entire life is nothing but a product of your own creation. Everything you have, you do, you are, everything you don't have... is a result of your (mostly unconscious) creation.

This book, this "dream life creation" manual will show you exactly how you can get rid of anything in your life you no longer want and how you can create exactly what you want, how you can realize the life of your dreams.
As I already mentioned, the power to create whatever you want is already within you and this book will teach you how to "drive", it will show you how you can develop and use this power in order to realize all your dreams.

Are you ready to jump into the biggest adventure of your life? It will be exciting, fulfilling and deeply satisfying, but there will also be challenges - don't worry, nothing you couldn't master. In fact, these little challenges are absolutely necessary, they are periods of extensive personal growth and transformation and properly used, they allow you to make quantum leaps forward... towards your biggest dreams.

I recommend you print out this book and do a quick read-through so you get a basic understanding of the whole dream life creational process. Once you are finished, start all over again and work through each chapter.

Take your time to digest the presented information and to get familiar with the different exercises. And most important of all, take action on what you have learned! For certain chapters you might want to spend 2 days, for others you might want to spend 2 weeks or more - this isn't a race, so take as much time as you need.

Simply reading this book once and then putting it away won't transform your life and it won't allow you to create the life of your dreams. Actually, this is not only a "reading book", it's much more an action manual and an instruction guide on how to create the life of your dreams. So again, you have to take action on the given advices and directions if you want to get the most of this book.

You attracted this book into your life and that's not a coincidence, it means that you are ready, deep within you made the decision to add more love, abundance, happiness, freedom... to your life - to create the life of your dreams. And just as you attracted this book to help you on your way, you will also attract anything else you need to make your dreams come true.

Are you ready for the biggest adventure of your life? Jump into it and make all your dreams come true - you can have it all and it's not even that difficult.

So, let's get started...
2 Today Begins The Journey To The Life Of Your Dreams - Leave The Past Behind And Step Into A New World

The creation of your dream life starts right here and right now, exactly at this point where you are currently standing in your life. This is your departure point and it defines the route towards your dream life.

If you don't have a starting point, you won't be able to pick the roads that lead you to the life of your dreams, to a life that's filled with love, abundance, happiness, freedom...

So, first you need to become aware of who you are right now. What are your predominant thoughts and feeling throughout the day? Are they rather positive or negative? What are your inner beliefs and convictions?

Do you think you are strong, intelligent, weak, a failure, motivated, happy, mostly sad...? What are your desires? What are your goals? Do you think you will reach them one day? What are you yearning for? What is missing in your life? ...

Dig into your life, look at your current circumstances and become aware of all the things you like about yourself and your life and about all the things you don't like so much.

These questions will help you to get a better idea of where you are standing currently. Be honest with yourself and try to answer them as good as you can. Whatever answers you may find, don't judge yourself and don't let them make you sad or frustrated.

No matter where you are standing at the moment, you have the power to create the most amazing life you can imagine and as you will see in the coming chapters, it's not even that difficult. Soon you will learn how to make use of the almighty power that lies within you.

To get the most out of this first step towards realizing your dream life, you should pay attention to the following recommendations:

Above all, be honest with yourself. If there is something in your life you don't like so much, something that causes you sleepless nights or something that makes you sad, desperate or frustrated, then bring it up. Don't try to suppress it or to run away from it.

You are doing this for yourself and only for yourself. Becoming aware of everything you are and you are not, you have and you don't have, you do and don't do right now is crucially important in order to create exactly what you want, in order to create the life of your dreams.
Do this for yourself, there is no need to share whatever you discover and become aware of with others - except of course you want to talk about certain things with a close friend.

Also, don't feel guilty, miserable, ashamed, depressed, angry... about anything. These are all negative feelings and they won't help you at all to get what you really want - love, abundance, happiness... In fact, they will even push them further away from you.

Your current life, your circumstances, all the good things and all the bad things in your life are a result of your past thoughts and feelings. And this also means, if you change your thoughts and feelings and your inner convictions and beliefs, naturally your future will change as well.

Over the following chapters you will learn how you can transform the way you think and feel in order to attract exactly what you want into your life.

This might sound too simple and almost unbelievable, but your thoughts really are the cause of everything you are, you do and you have - the cause of the life you are leading right now.

Just look at the physical world around you, the chair you are sitting on, the building you are living in, the mountains, the food you are eating, your body... everything can be reduced to atoms - protons, electrons and neutrons.

Everything is made of the same, simple, tiny building blocks. And so it is with your life, everything is made of the same, seemingly inconsiderable building blocks: Your thoughts, which lead to according thoughts and actions.

So far you might have been completely unaware of your thoughts and feelings and of the great- and not so great things they brought into your life. Everything you created in your life - the good things and the bad things - you did without even realizing what you were doing.

In the process of creating the life of your dreams, you will realize more and more who you really are. You will become aware of your godlike potential and your true nature, which is love, abundance, happiness, freedom... This will finally allow you to leave anything behind that no longer corresponds with your true nature and to create the life of your dreams, the life you deserve.

So, whatever you have or have no right now, whatever you did or did not, whatever you are or are not at the moment, it simply doesn't matter any longer. All this is a creation of your past, a past that's no longer valid, that has nothing more to do with you. Now you are waking up to a new reality and this will create a new life for you, the kind of life you consciously choose and create.

Everything you (unconsciously) created in the past, all are your current circumstances,
whoever you are at the moment... face it, look at it and accept it, but by no means attach any negative feelings to it.

Remember, it's your past, it's dead and any negative feelings towards it will only keep it in your life and create even more of those things you no longer want. Never again waste even a single negative thought or feeling on it.

So, whatever your life and your circumstances might be at the moment, realize it, accept it (as a creation of your past) and then simply let go of it. Now you are starting out to create something different, something you consciously choose, the life of your dreams.

2.1 Your current life - become aware of all the things in your life you really like as well as of the things you don't like so much

All the great things in your life:

Write down all the great things in your life, everything you appreciate, all the things that make you feel good, everything you are grateful for. Put together a list of all those things or write a little story about all the wonderful things in your life - whatever you prefer.

Here are some examples you could put on your list:

- I have enough to eat - every day (you know, millions of people are not that lucky, hundreds are dying every day from hunger - so, don't take these things for granted)
- I am living in a free country
- I am not living in a war zone
- I am healthy
- I have enough money for my weekly supermarket shopping...
- I am alive

There are already so many great things in your life, don't take them for granted, be grateful, be happy and more wonderful things will start flowing into your life.

All the things in your life you don't like so much:

As before, make a list of all those things. There could be issues at your work place, problems with your husband or wife, a lack of money, success, self-confidence..., health issues, ... whatever comes to your mind.

Be objective and honest with yourself. The goal here is to become aware and conscious of where you are standing right now and what your current mindset (your predominant thoughts and feelings) is like.
Again, whatever comes up, don't feel sad, depressed, angry, guilty... about it. As I already explained, your current life is simply a result of all your past thoughts, feelings and actions and they were mostly performed unconsciously, in a state of unawareness.

Many of these thoughts, feelings, inner convictions and beliefs are a result of conditioning by your teachers, parents, society... Don't blame them, they simply didn't know better either.

Now you are in the process of becoming aware of who you really are and this will allow you to create the life of your dreams and that's all that really counts. Your past is gone, it doesn't count anymore.

The only thing that matters is your present, this very moment, that's where you create your future. Be in it, experience it and fully live it. The past can't be changed, so forget about it. The future isn't yet, so don't worry what will come. All you have is this very moment and it immensely powerful, out of it, your future - the life of your dreams - is created.

Before you move on to the next chapter, please take some time to do the little exercises as explained above. This is really important as it provides the base and starting point for the creation of your dream life.

Again, be objective and honest, look at everything like a distant, unattached observer and whatever comes up, don't judge it and don't feel sad, guilty or bad about it. Remember, all this is a creation of your past and it's no longer valid. Your true nature - love, happiness, abundance, fulfillment... - is just starting to unfold, allowing you to create the life of your dreams and everything you no longer want is simply dropping off.

Summary:

- The creation of your dream life starts right here and right now, exactly at this point where you are currently standing in your life. This is your departure point and it defines the route towards your dream life.

- Dig into your life, look at your current circumstances and become aware of all the things you like about yourself and your life and about all the things you don't like so much.

- No matter where you are standing at the moment, you have the power to create the most amazing life you can imagine and it's not even that difficult.

- Your current life, your circumstances, all the good things and all the bad things in your life are a result of your past thoughts and feelings. If you change your thoughts and feelings, your convictions and beliefs, naturally your future will change as well.
• Whatever you have or have no right now, whatever you did or did not, whatever you are or are not at the moment, it simply doesn't matter any longer. All this is a creation of your past, a past that's no longer valid, that has nothing more to do with you. Now you are waking up to a new reality and this will create a new life for you, the kind of life you consciously choose and create.
3 Your Biggest Dreams - Find Out What You Really Want And Need In Order To Fill Your Life With Love, Abundance, Happiness, Freedom…

What do you really want? That's the big question and although it sounds very simple, it's not an easy one to answer. Ok, on the "surface" you might think that you want a bigger house, a successful career, a good-looking partner... and possibly thousands of other things, but these are not necessarily the things that give you the happiness and fulfillment you are really after. What's the point of having everything you can imagine when happiness and fulfillment still eludes you? Right, there isn't much of a point.

Deep within yourself you already know what will give you the happiness and fulfillment you are yearning for. But the problem is that you lost touch with your innermost nature, with your higher self. Now, when you ask yourself what you really want, you will only hear your noisy mind giving you lots of (false) ideas and you won't be able to understand the subtle voice of your higher self.

Sure, your mind is a great tool, but it's also very limited and incapable of answering life's most important questions. It allows you to access only from a rather limited pool of knowledge and personal experiences and the other problem is that it's far too conditioned by your society, the media and other sources to tell you what you really want in life.

From early childhood on, everyone was trying too tell you what's good for you, what's not good for you, what you should do, who you should be, what you must have, what is important...

You have been conditioned all life long by the media, your parents, your teachers, society... and that's what's engraved in your mind. So, no wonder that you no longer feel what YOU really need to be happy and fulfilled. But don't blame anyone, most probably they all wanted the best for you, they simply didn't know better and they have been conditioned exactly the same way as you.

This means, it's nearly impossible to find a satisfying answer to the question what will fill your life with love, abundance, happiness and fulfillment using logic and intellectual reasoning only. To find the best possible answer of what you really want to do with your life, you have to dive deeper, get in touch with your soul, with the higher source within yourself, with your higher self, with god... or whatever you prefer to call it.

The easiest and most effective way to get in touch with your higher self, with god is meditation, deep silence and temporary detachment from your noisy mind. We will talk later about how you can get in touch with your higher self and how you can receive answers and solutions to all your questions and problems.
Now let's come back to our original question: What do you really want? What should the life of your dreams look like?

At first, you might think of all kinds of things you would like to have, like a big, beautiful house, a flashy sports car, climbing up the ladder in your company, becoming a highly successful lawyer…

The reason behind these desires is often a deeper lying desire for more respect, love, recognition, admiration… However, the ultimate and most important question is, if these things will really transform and change your life. Once you get all those things, will you be happy and fulfilled or will there only be temporary excitement that quickly ebbs away?

Don't get me wrong, there is no problem with wanting a big, beautiful house, a sports car, a professional career or whatever else. Go and get it if you want, but don't expect that these things will give you love, happiness, abundance and fulfillment - the things you really want.

To realize what you really want to do with your life, what will give you all the fulfillment and happiness you are yearning for, go within, go into deep silence and drop your noisy mind for a few moments.

This will open new doors for you. This will inspire you and suddenly you will know: “That's it, that's what I really want!” Keep on asking yourself the crucial question: “What do I really want?” Do regular meditations - just become silent, get out of your mind - to open up for higher sources of information.

And suddenly, one day you will know exactly what you want, you will know your purpose in life. You realize it immediately when the answer comes, because it's a very intense feeling. Within yourself you there will be a happy scream: “Yes, that's it, now I know it”.

At the beginning, it's often better to keep this little “discovery" for yourself, because others might try - simply because they don't know any better - to discourage you: “Forget it, this will never work", “What a strange idea?", “You will never be able to make a living out of this”...

Well, truth is as long as you don't fulfill your dreams, as long as you are not expressing who you really are and as long as you are not willing to step out of your comfort zone and to grow, you don't really have a life.

You are existing, but there won't be any deep fulfillment, happiness, passion, freedom… You will be doing what almost everyone else is doing and all you will have will be some temporary excitement every now and then.

You will buy this and that, a new car, maybe a new house, you will go out, do some
traveling... but that's it more less, some occasional excitement, but not the fulfillment you are longing for.

Make use of your full potential, express who you really are, create the life of your dreams and live life to its fullest, that's what it's all about. Over the following chapters you will learn step by step how you can do that and as you will see, it's not that difficult at all. There isn't really anything complicated about it, just applying a few simple principles and taking one step after the other.

Sure, it's always a good idea to listen to the advice of others to get new ideas, to widen your horizon and to get some inspiration, but at the end it's entirely up to you to decide which path to choose. Use your own intelligence and intuition and listen to your gut feeling.

Don't allow anyone to push you in a certain direction, most people don't even know what's best for themselves, so how should they know what's best for you? Also, don't try to meet anyone's expectations, it's your life and you are responsible for your own happiness. Doing what others would like you to do, won't allow you to create the life of your dreams. You are unique and so will be the life of your dreams.

And even your own mind might try to discourage you, because it has been conditioned over many years and it is used to think like the society you are living in. That's why it's so important - especially at the beginning - to go within and to do regular meditations.

Within, in deep silence, when you are getting in touch with your true nature, you feel and know what's best for. At this level, there is no complicated intellectual reasoning, no need to weigh advantages against disadvantages. You simply know and there is no doubt and uncertainty.

What you really want in life is fulfillment, happiness, love, freedom and abundance, all other things (like the car, the house, the career...) usually come on their own and you don't even have to make a big effort to get them, they are simply the icing on the cake, the bonus gifts that come for free with the rest of the package.

To fill your life with love, happiness and all the other wonderful things, you have to find your own unique path. There isn't a single one laid out path that works for every human being. You have to pick something you are (or can become) passionate about, something that gives your life a special purpose and only you can decide what this will be.

There might be a million possibilities: Saving the whales in the ocean, being a history teacher, taking care of the homeless, writing a book, building a business, being a rock star, taking care of the environment, being a great mother... Anything could be the right path for you. So, don't let anyone tell you what's purposeful and what's not, only you can decide it for yourself and only you will be able to know and feel it within yourself.

I once heard a story of a monk who became enlightened and a great teacher in the
process of cleaning the floors in a monastery. You see, even cleaning the floors could be the right purpose that leads you to happiness and fulfillment.

Following your purpose and passion allows you to get more and more in touch with your inner nature, with your true self, which is nothing else but love, abundance, happiness, freedom...

This is more and more becoming your inner reality and everything else that doesn't correspond with your real, godlike nature starts disappearing. Now, whatever your inner reality, your convictions and beliefs are, will also become your outer, physical reality.

When your inner reality, your being, your feelings are love, abundance, happiness... then these things will also be reflected in your physical world and you will automatically draw more love, money, happiness, fun... into your daily life.

So, what do you really want? The answer is already within you, keep looking, remain open and you will find it. It might come when you least expect it. It could take some time, so be patient. Maybe you have to try a few different things and go through some trial and error.

The answer is not in your head, it's deep within you, a place you can only reach when you go into deep silence. Also ask your higher self for help and guidance; in a later chapter I will explain in detail how you can do that and how you can receive answers and solutions to all your questions and problems.

3.1 Get in touch with your "inner nature" - find out what your heart is really longing for:

In the next chapter you will put together your wish list, a list of all the things you would like to be, have and do - everything that describes the life of your dreams. You will brainstorm various ideas, write down what you are passionate about, check out your local bookstore to get additional ideas, maybe ask your family or friends for advice...

But before we get there, I would like to show you how you can get in touch with your inner nature, with your own godliness, because that's where you will find the answers to all important questions and amongst others to the question of what you really want in your life.

The best way to get access to your all-knowing inner being is meditation and I highly recommend you start meditating on a regular basis. Meditation is such an important pillar in the process of creating your dream life that I dedicated an entire chapter to it, but more on this a bit later.
Here is a very simple meditation technique that will help you to get in touch with your "inner nature", to gain clarity and to find answers to your most important questions:

Make meditation an integral part of your life. There are hundreds of different meditations and the one I recommend is silent meditation. The goal here is to “get out of your mind”, to calm down your mind and to go within, into deep silence.

- While inhaling, focus on your breath. Don't do anything else, don't allow your thoughts to wander around… focus only on your "inhaling". When you are finished inhaling, be absolutely silent. There are no thoughts, you don't do anything, you don't focus on anything… Now there is complete emptiness, you simply observe and watch.

- Whatever happens, let it happen. Don't try to change anything and also don’t cling to any enjoyable and pleasant feelings you might experience. Again, simply watch and enjoy whatever happens – absolutely BE here and now in this moment.

- While exhaling, do exactly the same: Focus on your breath, don't do anything else, don't allow your thoughts to wander around… There are no thoughts, no tension, just let it happen and simply watch. Don't try to control or direct anything, this will only push you away from your center. Just let it happen and enjoy the silence and nothingness.

- Focusing on your breath will help you to calm down your mind. Once you are a bit more experienced, you will be able to "get into meditation" (into no-mind) relatively quickly and easily and you won't have to focus on your breath any longer. You just remain in deep silence while inhaling, while exhaling and in between.

As you see, there isn't really much to do. It's very simple, but not as easy as it might look like and that is because you are so used of being constantly in your mind that calming it down and getting out of it for only a few minutes will need some practice.

Start with a few minutes every day, or simply as long as you like and enjoy it. Then, with some practice slowly extend your meditations to maybe 20 - 30 minutes a day, or again, simply to as long as you like.

Enjoy your meditations as much as possible and don't force yourself. Also, don't worry if you are doing everything the right way, simply let go and let it happen.

Don't treat your meditation as something you HAVE to do, as something you have to get off of your task list. That way, it will be impossible to move into your center and you won't get out anything valuable from your daily meditations. One minute of deep, joyful meditation is more beneficial than one hour of forced meditation. Don't be too
serious, just take it easy, enjoy it and play with it.

Meditation allows you to get in touch with your center, with your true nature and to experience who you really are. This will help you to choose your purpose in life and to realize what you really want, what will give you all the love, happiness, abundance and fulfillment you are longing for.

**Make it a habit to meditate every day - even if it's only 5 minutes - and let it become as natural as brushing your teeth.**

**Summary:**

- To realize what you really want to do with your life, what will give you all the fulfillment and happiness you are yearning for, go within, go into deep silence and drop your noisy mind for a few moments.

- Your mind is a great tool, but it's also very limited and incapable of answering life's most important questions.

- Make use of your full potential, express who you really are, create the life of your dreams and live life to its fullest, that's what it's all about.

- Doing what others would like you to do, won't allow you to create the life of your dreams. You are unique and so will be the life of your dreams.

- What you really want in life is fulfillment, happiness, love, freedom and abundance, all other things (like the car, the house, the career...) usually come on their own and you don't even have to make a big effort to get them.

- Following your purpose and passion allows you to get more and more in touch with your inner nature, with your true self, which is nothing else but love, abundance, happiness, freedom...

- When your inner reality is love, abundance, happiness... then these things will also be reflected in your physical world and you will automatically draw more love, money, happiness, fun... into your daily life.
4  Become Crystal Clear About What Your Dream Life Should Look Like - Be Bold And Daring And Choose Whatever You Want

In order to create the life of your dreams, you first have to become crystal clear of what exactly you want. You need to get a clear vision what your dream life should look like, what you want to be, do and have.

The sad truth is, most people don't really know what they want. When you ask them what their dream life would look like, they first need some time to think about it and then they usually tell you things like: “Having... would be great”, “I would like to be...” and so on.

That's all very vague and there isn't really any focus, determination; passion and belief to get what they want. It is more like: “Yes, this would be great, but it's just a dream and it will never come true anyway”.

So, the first step is to get crystal clear about what you want, all other elements that will allow you to realize your dreams will be covered in the following chapters. Use the meditation and advice I gave you in the previous chapter to find out what you really want.

Right now, you might think that certain things are crucially important for you and that having them would make you the happiest person in the world. However, if you go a bit deeper, you might realize that it's not really that important at all or you wouldn't even like any longer what you have been superficially desiring at first.

So be careful what you are wishing for, it might not give you the desired happiness and fulfillment at the end. As I already said, your mind has been influenced and conditioned by your society, parents, priests, the media... all life long and the things that come to mind first are rarely the things you really want - deep within yourself.

When you design the life of your dreams, when you choose all the things you want to be, have and do, go within and ask yourself if that's really what you want and if it will fill your life with love, happiness, abundance, freedom...

All the love, abundance and happiness is already within you, you only have to open the doors and express it and in order to do that, you have to be yourself - nothing else. Do and be whatever corresponds with YOU, with your inner nature and all the great treasures that are already within you will flow into your life and all your dreams will come true.

You might achieve all kinds of worldly successes and riches, but if whatever you are and whatever you do doesn't correspond with who you really are, you won't find
happiness and fulfillment and without it, all material success is useless. Be yourself, realize the life YOU want, the life of YOUR dreams, do, be and have what corresponds with YOU and you will have both, the material things and the happiness and fulfillment.

4.1 Create your wish list - write down whatever your heart desires

Create a list of all the things you would like to do, be and have in your life. Imagine you can have everything, really everything, and write down whatever comes to your mind. Be bold and daring.

Your mind might tell you things like: "That's ridiculous... you can never have... it's impossible... you don't have the right education..." - don't listen to it, just keep on writing. Later on you can always delete certain points that don't appeal any longer to you.

Take your time for this little exercise. Close your eyes and do some day-dreaming. Meditate and go within. Ask your higher self for help and guidance. Ask what you really want and what will fill your life with love, happiness, abundance, freedom...

Talk to your higher self as often as you want, ask whatever question you might have, be assured that you will be guided and then let go. The answers will come, often when you least expect them.

Also, there is no need, and most probably it's not even possible, to finish your wish list in one go. Come back to it over the following days, weeks or even months and add new ideas to it.

Once you have a first draft of your wish list, you can start refining it. You can do this already after your first big brainstorming session, where you have written down everything that came to your mind. Simply get rid of everything that's not really that important to you.

Whatever you choose to be, have or do, it should be at least somewhat believable. If you want to realize big dreams, there surely will be doubts at the beginning and that's completely normal. Unshakeable belief and faith is something you develop on your way. While moving towards your dreams, you are growing, you are transformed and your belief and faith grows as well.

It's just important that deep within you feel at least: "Yes, I think it could be possible, I might be able to do it". That's the seed and that's all you need at the beginning.

For the moment, don't worry about HOW you will get, become or achieve something. The only thing that counts right now is to find out WHAT you really want. The HOW will be taken care of later on, on the path to your dream life.

Go within, leaf your critical mind aside for a moment and imagine yourself in the
desired situation. Imagine directing your own company or writing a bestseller or whatever you put on your list. How does it feel? There will be an impulse telling you either "yes, go for it" or rather something like "no, somehow it doesn't fit, it's not the right thing for me, it's not what I really want".

Do this with all the points on your list to find out if you really need and want whatever you have written down previously. Ask yourself if it will give you all the happiness and fulfillment you are looking for. Does the idea of realizing your dream get you excited and thrilled? Are you passionate about it? Take off of your list whatever doesn't pass this test.

You might not have realized yet, but the list you just compiled brings you a big step closer to the life of your dreams. Now you belong to a small minority of people who know exactly what they want in life and this allows you to walk directly towards your dreams. If you don't know what you want, you might be running in circles all life long without really getting anywhere.

From now on, whenever you take any action (and this also includes your thoughts and feelings), ask yourself if this gets you closer to your dreams or if it pushes you further away. Whenever you realize that your current thoughts, emotions or actions aren't helping you to create the life of your dreams, then you can immediately change directions and do whatever allows you to make your dreams come true.

Keep a clear vision of your dream life in your mind, put all your focus on it and verify as often as possible throughout the day if you are moving towards your dreams or away from them.

You know, whatever you focus on becomes your reality. That's a universal law and it works in any case, with 100% accuracy. Your life and all your current circumstances is nothing but a reflection of your past thoughts, feelings and actions. A reflection of whatever you focused on in the past.

And you can only focus properly on your dreams and goals, when you are absolutely clear about them. Being focused means, thinking about your goals, visualizing them, feeling as if they would already be part of your life, being passionate and excited and using the energy that is created in this process to take the appropriate action.

As often as you can and like, visualize your dream life and feel as if it would already be your reality, feel it with all your senses and be passionate about it. A lot of energy is created in this process and it's the kind of energy that turns hard work into child's play.

You might even come to a point where you no longer have to make an effort at all. The appropriate action will just be happening through you as a result of the accumulated thoughts and feelings that are focused towards the vision of your dream life, and the reality (your dream life) that's already crystal clear within you will also be manifested in your physical world.
Doing all this, you will realize something else: The actual process of creating whatever you want is so exciting and fulfilling that it is even more joyful than "holding the final achievement in your hands", like moving into your new house, succeeding in your career...

You will realize who you really are. You will realize that you are a creator and that you can create anything you can imagine and believe in. You have the power to create the most amazing life you have ever dreamed of, a life that's filled with love, abundance, happiness, freedom...

If your current life doesn't correspond with the vision of your dream life, then simply change your thoughts and feelings and align them with your goals. Now, as you have a clear vision of what you want in life, this should be relatively easy for you.

Actually, simply knowing what you want is not enough, you have to develop a crystal clear vision of what you want, it has to become a part of you, you nearly have to get "obsessed" by it.

When I use the word “obsessed", I mean it in a very positive way, in a sense of being happy, excited and full of gratitude about your vision, your dream life coming true. If someone wakes you at 3AM in the morning and asks you what your dream life would look like, you have to be able to tell immediately, without even thinking.

Once you decided on what you want in life and once you have a clear vision of it, stick to it and don't change it every few days and weeks. You can always slightly modify your vision and add new elements to it, but stick to the core of it.

If you keep changing what you want - today this, tomorrow that and next week again something else.. - it will be impossible for you to ever realize your dream life, because your energy (thoughts, emotions and actions) will be scattered and not focused on one specific thing.

So, decide what you want, what you really want and what counts most, put all your energy on it and simply create it, materialize it in your life. When your neighbor buys a new car, don't suddenly put all your energy on the desire of getting a new car as well, stay focused on your dream. When a friend changes his job and tells you how happy and successful he is, don't suddenly put all your energy on the desire of having a successful career as well, stay focused on creating your dream life.

If you start chasing a different dream every few weeks, you will never get anything, nothing will materialize and your dreams will remain only dreams. Stay focused on your dream life, align your thoughts, emotions and actions with the vision of your dream life and it will become your reality - with 100% certainty.

You know, you don't achieve extraordinary things because you are highly intelligent, because your parents are very rich and influential, because you have a great mentor, because you graduated from Harvard...
No, you only achieve your biggest dreams because you focus all your energy on them and because you are absolutely convinced (this conviction is the result of your faith and belief, and it is something you develop and grow on your way - we will talk about this a bit later) of your success - nothing else really matters.

No matter what your background, education, financial situation, this incredible creational power within you allows you to achieve a life that's filled with love, health, happiness, abundance... beyond your wildest dreams. Make use of this power within you and create the life of your dreams!

Summary:

- In order to create the life of your dreams you first have to get a clear vision what your dream life should look like - what you want to be, do and have.

- Be careful what you are wishing for, it might not give you the desired happiness and fulfillment at the end.

- When you choose what you want to be, have and do, go within and ask yourself if that's really what you want and if it will fill your life with love, happiness, abundance, freedom...

- Be yourself, realize the life YOU want, the life of YOUR dreams, do, be and have what corresponds with YOU and you will have both, the material things and the happiness and fulfillment.

- For the moment, don't worry about how you will get, become or achieve a certain thing. The only thing that counts right now is to find out what you really want. The "how" will be taken care of later on.

- If you don't know what you want, you might be running in circles all life long without really getting anywhere.

- And you can only focus properly on your dreams and goals, when you are absolutely clear about them. Being focused means, thinking about your goals, visualizing them, feeling as if they would already be part of your life, being passionate and excited and using the energy that is created in this process to take the appropriate action.

- Stay focused on your dream life, align your thoughts, emotions and actions with the vision of your dream life and it will become your reality.

- No matter what your background, education, financial situation, this incredible creational power within you allows you to achieve a life that's filled with love, health, happiness, abundance... beyond your wildest dreams.
5 You Are Unhappy, You Don't Like Your Job, You Have Financial Problems...? It's Time To Get Rid Of All The Things In Your Life You No Longer Want

In the previous chapters you learned how you can find out what you really want in life, what gives you all the happiness, love, abundance, fulfillment.. you are yearning for. You developed a very clear vision of what you want and you started focusing your thoughts, feelings and actions on it.

And you know what? This vision, this clarity and awareness of what you want is already creating your future. It is happening right now and your dreams are already becoming reality.

Within you, a transformation is happening and you are already attracting whatever represents your dream life. It is not visible yet on the outside, but within yourself it's already manifesting.

Be patient and give it some time. The only reality that exists is within, everything on the outside is only a reflection of what is within. So, the transformation has to happen first within before anything can become visible on the outside, in your physical reality.

And as you already know, your life, your current circumstances are nothing but the result of your past thoughts, emotions and actions. In the past you only have not been aware this.

Your thoughts and emotions were running in all kinds of directions and most probably there were also lots of negative and destructive thoughts and feelings, thoughts and feelings that created the opposite of what you really want in life.

But this was your past and it's no longer important. Now you know that you can create whatever you want, simply by focusing your thoughts, feelings and actions on it and that's all that really counts.

You focus on positive things and that way you attract positive things into your life. You concentrate on negative things and this will attract negative things into your life.

Another important factor is faith and belief, the inner conviction that your dreams will come true. Without any belief, you will be very susceptible to negative thoughts like: "What if it doesn't work out?", "What if I don't succeed?", "I have to get a backup plan if it doesn't work out", "I'm not sure if I can do it"... will arise and you will immediately imagine yourself failing.

As I already said, you create what you focus on and if your focus is on failure, then you will create failure. Focus on what you really want, on your dream life and believe and trust that it's already becoming your reality. That's all you have to do, it's really that
simple, nothing else is required.

Realizing your dreams and creating whatever you want is a bit like planting a tree:

- First you decide what kind of tree you would like to have and where you would like to plant it. - You decide what you want, you get a clear vision of what you want.

- You buy the seeds and put them into the soil. - Your thoughts, emotions and actions are focused and aligned with what you want.

- You belief and trust in the power and “magic” of your seeds and you know that soon you will have a nice tree in your garden, although nothing is visible yet. Maybe you water the soil every now and then, but that's it. - Your faith and belief is stronger than your doubts and worries. There is no need to dig out the seeds every few days to verify if the little tree is already on its way. Your thoughts, feelings and actions remain focused on what you want.

- Your work is done and the tree that initially existed only in your thoughts becomes part of your reality.

Realizing the life of your dreams follows exactly the same principles: Decide what you want - focus your thoughts, feelings and actions on your goals - get rid of all thoughts and emotions that are not aligned with your dreams - trust in the process and be assured that your dreams will become reality.

Don't be fooled by your present circumstances, they are only a manifestation of your past mindset and they no longer correspond with your current reality. You changed your mindset, you started focusing only on those things you want in your life, you no longer waste any time and energy on things you don't want and the happenings and circumstances in your life will soon reflect this new mindset.

Just give it some time, like the seeds you put into the soil, your dreams also need some time until they “break through the ground” and become part of your physical reality. Don't start doubting when you don't see any results immediately.

Whatever your current (“bad”) circumstances might be, realize that they belong to your past. Don’t fight them, don't be angry, sad or depressed, rather accept them. Yes, look at them, become fully aware of them, accept them and let go.

Fighting against them means that you put your focus on something you no longer want and this creates only more of it. Remember, whatever you focus on, becomes your reality. Due to your new mindset, your circumstances will change automatically and there is no need to force or fight anything.

So, whenever you catch yourself dwelling and moaning over one of your current
negative circumstances, stop immediately and focus your thoughts on the things you want. There is nothing complicated here, you simply direct your thoughts towards the things you want, towards your dreams and with your thoughts your feelings change, with your feelings your actions change and this changes your life.

It's not difficult, if I tell you to think about an elephant and you can think about an elephant and when I tell you to think about an airplane, you simply change your thoughts and imagine an airplane...

And it's the same with everything else. For example, you catch yourself dwelling on your health problems, then you simply change your mindset and imagine yourself with radiant health, full of energy, happily jumping around.... Do it! Why keeping your thoughts on something you don't want, when you know you create only more of it by doing so?

5.1 A few simple steps to get rid of all the things you no longer want in your life

- Create a list of all the things and circumstances you no longer want in your life.

- Now take a last look at all the points on your list. Realize that it was you who created all those things. You did this unconsciously, because you didn't know how to properly use your creational powers. Now as you are learning how to use these powers you can free yourself from everything you no longer want and start creating exactly what you want and only what you want.

- Make a promise to yourself to never again spend any time and energy (thoughts and feelings) on anything you don't want in your life. Whenever you catch yourself indulging in any “negative” thought (thinking about anything you don't want in your life), immediately change directions, dismiss the current thoughts and focus on something you want to create in your life.

- Becoming aware of “harmful” thoughts and re-focusing on the things you want, on your dream life becomes easier and more natural with every day. It's just a matter of practice.

- It's not only about your thoughts, focus also on your feelings. Create a mindset that clearly reflects what you want, think, feel, act, live as if your dreams would already be your reality.
Summary:

- The only reality that exists is within, everything on the outside is only a reflection of what is within. First, a transformation has to happen within before anything can become visible on the outside, in your physical reality.

- Decide what you want - focus your thoughts, feelings and actions on your goals - get rid of all thoughts and emotions that are not aligned with your dreams - trust in the process and be assured that your dreams will become reality.

- Whatever your current circumstances might be, realize that they belong to your past. Don't fight them, don't be angry, sad or depressed, simply accept them and let go.

- Make a promise to yourself to never again spend any time and energy (thoughts and feelings) on anything you don't want in your life.
6 Energize Your Dream Life Vision And Accelerate The Realization Of Your Dreams

You probably already have a very good idea of what you want in your life. But having a good idea isn't enough, you need to get crystal clear about what you want and today we will add some life to your dream life vision, you will be writing the "story of your life".

What would a typical day in your dream life look like? Where do you live? What are you doing? How are you feeling? With whom are you living?... Describe the place where you are living, the car you are driving, your family... Write about the work you are doing, your hobbies, the people around you...

Express how you are feeling, how successful you are... Write down everything that comes to your mind. Describe exactly and as lively as you can how your dream life would look like.

Be creative, be daring, don't be shy and don't limit yourself. Write from your heart, put all your passion into it. Don't worry about your grammar or any spelling mistakes, this doesn't matter at all, just let it flow from your center.

This is only for you, no one will ever read what you are writing down - except you want someone else to read it. While writing, feel as if this would already be your reality.

Write the story of your life, the life you are about to create. Make it as lively as you can, capture all your emotions and feelings, describe the clothes you are wearing, the color of your car, your spouse, your children, everything that's important to you...

But what's the point of this exercise? Why should you do this?

- Writing the “story of your life" will help you to get a clearer vision of what you really want in life.

- So far you only compiled a list of all the things you want, this exercise will allow you to add your emotions and feelings and to breathe life into your dream life vision. This will allow you to realize your dreams much quicker.

- Thoughts alone are not strong enough to make your dreams come true, you have to charge them with your feelings, with all your passion. The more intensely you feel what you want to attract into your life, the quicker it will become your reality.

- This exercise is a great preparation for your daily visualizations you will be starting soon. It provides you with many different images, sensations,
impressions... you can use in your visualizations and power visuals.

Take as much time as you want for writing the story of your life. You don't even need to finish it in one go, you could also decide to write a little bit every day or whenever you feel like it.

Have fun and enjoy the process of writing about your dream life, that's what's most important. Be passionate, excited and thrilled, feel as if what you are writing down is already your reality.

Also, be aware that your dream life is already becoming your reality and the more intensely you can feel it within, the quicker it will also manifest on the outside.

Your new reality, your dream life is still like a tiny, fragile plant, it's not even visible yet on the outside, but if you keep your thoughts, emotions and actions aligned with your vision, your dreams will become true, there is no other way. This is a universal law and it works with 100% precision.

Unfortunately, most people don't have any idea how simple it actually is to make ones dreams come true and to realize the most magnificent life one can imagine. Not only that, but most people don't even have any dreams, they don't even know what they want.

That's a real shame, because each and every person carries these creational powers within that allow to create whatever one focuses on. And actually, everyone uses these powers, but mostly unconsciously, and that's why most people create more of the things they don't want instead of creating things they really want.

Fortunately you are aware now of the simple laws that allow you to create whatever you want and all that's left to do is using and applying them. You realize how lucky you are? Don't miss out on this fantastic opportunity. Be what you have always meant to be - the creator of your life - and get started creating the life of your dreams.

Get into the habit of focusing only on the things you really want in your life and never again waste any thoughts and emotions on things you don't want. Whenever you catch yourself dwelling on any “unwanted” thoughts and feelings, simply stop following and developing them, change your mindset and focus on something you want. That's not difficult at all, you just have to make it a habit.

I know, I'm repeating myself with my “Focus on what you want...", but I'm doing this deliberately, because it's so important and probably it won't be the last time you hear it from me.

People often tell me that they know and understand that they have to focus their thoughts on the things they want to create in their life's... But the problem is, they don't do it! They didn't fully grasp the importance of this simple law, they think they need something more complicated, something a bit more “magic”...
There are many other things you will learn in this “dream life creation” course, that will make your path easier and that will allow you to materialize your dreams much quicker, but only this simple law of “focusing on what you want” would be sufficient to create the life your dreams.

So, here it comes again: Focus on the things you want...

**Summary:**

- Having a good idea of what you want in your life isn’t enough, you need to get crystal clear about it.

- Thoughts alone are not strong enough to make your dreams come true, you have to charge them with your feelings and emotions - with all your passion.

- Have fun and enjoy the process of writing about your dream life, that’s what’s most important. Be passionate, excited and thrilled, feel as if what you are writing down is already your reality.
7 A Crystal Clear Vision Of Your Dream Life... And It's Already Becoming Your Reality

You see, the vision of what your dream life should look like is getting clearer and clearer and not only that, it becomes also more believable for you. Your entire mindset, the quality of your thoughts and feelings have already completely changed.

Within, your dreams are already becoming reality - they are growing like the little plant in the soil - and soon, it will be the most normal thing for you to hold the product of your creation “in your hands”.

Ok, let's move on...

I hope you kept the wish list you created a few days ago, because now it's time to clean it up a bit. You shouldn't really have more than 3-8 points on your master wish list, because it's difficult - especially when you are just starting out on your creational path - to focus on too many things at once.

For the moment, select only those points on your list that are most important to you, the things you are most passionate about. Anyway, as you know, your creational powers are unlimited and you can always come back later on in order to realize some of your other wishes.

Describe what you want in your life in simple and short sentences. Everything should fit easily on one single page of paper and there shouldn't really be more than ~ 8 points. So, this is your dream life (or more precisely, the first version of it) in a few short sentences.

This list will be your guideline when you get started with your daily visualizations and you should also read it (and deeply feel what you read) several times a day - maybe in the morning, after lunch and before going to bed, or simply as often as you want.

Sure, after a few weeks you won't need this list any longer, because you will know everything on it by heart, but at the beginning it is very important. The points on your list act as “anchor points”, which facilitate the visualization and experience of associated mental pictures and feelings, and this will help you to make your “focus” more lively and to accelerate the materialization of your dreams.

In other words, this list allows you to create what I call an “energetic representation” of your most important desires, and you will use them later on in your power visuals, which will be covered in one of the following chapters. In your power visuals you put all your focus for only a few seconds on your dream life or on certain aspects of it. You can practice them as often as you like and basically in any situation and at any time of the day.
The total sum of all the points on your list represent a very specific and unique energy. This energy represents your dream life and it will probably be a “mix” of happiness, abundance, love, freedom... The more often and the more intensely you put your focus and attention on this energy, the quicker your dream life will become reality.

So, take your time for this little list. Whatever you write down should resonate with your innermost feelings, with your innermost being. Change the wording until it fits, until it feels good to you.

All points together should provide a relatively complete picture of what your dream life will look like. After writing down a sentence, stop for a moment. Close your eyes and repeat it in your mind. Does it feel good? If not, change the wording, rephrase your sentence, choose different words...

Of course, it's completely irrelevant if whatever you write down is grammatically correct or not, the only thing that counts is that it feels good and harmonious for you. You can write simply as you talk, or whatever you prefer.

Also remember, it's not necessary right now to fully believe that all the points on your list will come true. For the moment it's sufficient if you can “somehow” believe that your dreams will come true.

It's basically impossible to start out on a big project with unshakeable belief and inner conviction of your ultimate success. This is something you develop on your way and your daily visualizations, your focused thoughts, feelings and actions... will help you to turn your initial “maybe this could work out...” into unshakeable faith and belief.

Of course, the points on your list surely won't represent your entire life. This is only the current vision of your dream life, something you might want to realize over the next 1-5 years, depending on the magnitude of your project.

And once you realized your dream life, you create the next bigger version of it, you add something new to it, you simply go on creating. You are a born creator and creating whatever you want and desire is exactly what you are supposed to do.

Your “dream life list" is something special and important. You will work with it for a while, so don't just scribble down your “dream life points" on a shoddy piece of paper, make your list look as nicely as possible.

Maybe you want to create your dream life list on a PC (maybe using Word, Open Office or a similar program) and print it out, but that's not absolutely necessary. Use your preferred fonts and colors, maybe put a border around the text, create a bullet point for each list item and leave some space between the items... Whatever you like and whatever feels good for you.

You can also add some images that represent your goals and dreams. For example, an image of your dream house, your ideal partner, something that represents freedom for
you... whatever you want. You can find all sorts of images on the internet, save them on your computer and put them on your dream life list. These images will be very helpful when you get started with your daily visualizations.

Of course, you can also cut out images from magazines or catalogues and glue them on a piece of paper if you don't have a computer. There is no need to add an image for each and every point on your list. Use your own creativity, you can do whatever feels good to you. Because you will be working with this list for the next few weeks, I recommend you put it into a clear plastic folder or something similar to protect it.

7.1 It's time to create your master wish list:

- Re-read your wish list and your "story of your life" you have written earlier on.

- Focus only on your most important wishes and dreams and summarize the elements on your initial wish list into 3-8 key points that clearly express what you want in life. This should easily fit on a single piece of paper.

- Rework these key points until they "fit". The points on your list should feel good to you and they should resonate with your inner self.

- Close your eyes and repeat the sentences on your list in your mind. How does it feel? Is it harmonious? Does it fit? If not, keep on changing the wording until it feels right for you.

- Once you are happy with your dream life list, put it into a nice format. You can either design something on your PC or use your handwriting, whatever you prefer.

- Remember, the points on your list most probably don't represent all the dreams of your entire life. Right now, you are creating the "first version" of your dream life and when you are done with this, you will create the next bigger version of it. It is so exciting and so much fun that you will go on creating all your life.

- Summary:

  - Your master wish list allows you to create what an “energetic representation" of your most important desires.

  - The total sum of all the points on this list represent a very specific and unique energy - the energy that represents your dream life. The more often and the more intensely you put your focus and attention on this energy, the quicker your dream life will become reality.
- Rework the key points on your list until they "fit". They should feel good to you and they should resonate with your inner self.

- It's completely irrelevant if whatever you write down is grammatically correct or not, the only thing that counts is that it feels good and harmonious for you. You can write simply as you talk, or whatever you prefer.

- You can also add some images that represent your goals and dreams. For example, an image of your dream house, your ideal partner, something that represents freedom for you... whatever you want.
8  A Simple Way To Energize Your Dream Life Vision
And To Pull Anything You Want Into Your Life

Now it's time to breath some life into your dream life wish list. The goal here is to create a vivid mental movie around the points on your list. Make this mental movie as lively as possibly, bring in all your senses and make it feel like as if it would already be your reality. The more intense and real you can make this, the sooner it will become your reality.

Of course, it will take some time and practice until you are able to create a really lively mental video of your dream life, but that's absolutely normal. So, don't get discouraged if it doesn't work out immediately.

Practice a bit every day. This could be as simple as focusing for only 30-60 seconds on a certain feeling and its corresponding mental images, whenever you have a quiet moment. Play with it and don't expect too much at the beginning. Your mind isn't yet used to this, you first have to train it.

You will see, after a few days of practicing it will already be getting easier, the images will become clearer and you will be able to create more intense feelings. Take it easy at the beginning and start slowly. Don't try to create a complete mental movie of your entire dream life at once, focus on one point after the other and later on put the various parts together into one single dream life movie.

Creating crystal clear mental images of what you want is very difficult and it's not really that crucial. What's more important is the ability to strongly and intensely feel as if whatever you want, whatever is on your dream life list is already yours.

For example, if one of the points on your list is to be rich, then write down how it would change your life if suddenly you would be rich. What would be different, how would this feel? Make some notes, whatever comes to your mind, whatever helps you to feel and experience the feelings that are associated with your desire.

You can use all kinds of tools and resources that help you to make your “feeling as if..." as real and as intense as possible. Cut out images from a catalogue (your dream house, a car, your preferred actor if you want to become a successful actor, your favorite best-selling author...) and learn to visualize them with closed- or even with open eyes.

Put your "dream life images" on a single piece of paper and look at them several times a day. Imagine and feel how whatever you want is already becoming your reality and start even acting as if it would already be your physical reality.

Don't worry if you can't create very clear images in your mind, the most important is the feeling of already having it, being it or doing it. Or, look at a $100 bill and imagine you have thousands of them, imagine the sound of your new car... bring in all your senses.
Yes, be the actor in your mental movie, be the director of it and bring in all your senses. For example, if you wish for a certain car, imagine yourself driving this car. Hear the noise of the engine, realize how the steering wheel feels in your hands, switch the gears and accelerate, feel how comfortable you are in your new car...

Do something similar for all points on your dream life list. Make it as real as possible, it should feel as if it is already your reality - and actually, within it is already your reality, it just needs some time until it becomes also visible in your physical world - remember, it's like the little seeds you plant into the soil...

So, this already gives you a good idea how it feels to be rich, how it feels... whatever you desire, whatever is on your dream life list. Keep on working on these feelings, amplify them, make them more intense, add some nuances...

Now, whenever you have a short moment, briefly focus on this feeling: Feel as if you are already rich - be rich, feel as if... - be it. Do this as often as you can. At the beginning it's ok to focus only for a few seconds on a specific feeling, then slowly extend the time and frequency of your “focus periods”, until feeling rich becomes your natural state and completely replaces the currently predominant feeling of lack.

It's all a matter of practice - as with everything. At the beginning it might be a bit cumbersome, but you will get used to it fairly quickly and feeling as if... will soon become a natural habit for you and allow you to create the life of your dreams with lightening speed.

Again, do this with all the points on your list. Maybe make some notes of associated mental pictures or even of the entire screenplay so you don't forget it and have an outline available for your daily visualizations. Remember, the more intense and real you make these mental movies the quicker they will become your reality.

If you can't find any corresponding mental pictures for one or more of the points on your list, study people who already accomplished what you want to do or who accomplished something similar.

Do some research on the internet, look for books on Amazon.com or your local bookshop, get an autobiography of a person who already realized what you want to achieve, look at the picture of this person and try to feel his or her energy and create the same energy within yourself... There are lots of possibilities that can help you to create the energy and sensation of "already having what you want".

Also, your mental movie(s) won't be static, they won't be "fixed" and unchangeable. Most probably you will modify them over time. Sure, the core will remain the same, but you might decide to leave out certain elements or to add something new.

Let your creativity flow during your visualizations (we will discuss these visualizations in more detail over the next few days) and don't be afraid to bring in completely new
elements. The most important thing here is that the underlying energy, your feeling perfectly corresponds with what you want.

For example, it doesn't matter if in one day you imagine yourself slowly driving up a mountainous road in your new car and the next day you imagine yourself enjoying a speedy ride on the highway. Just make your vision feel as real, as exciting, as passionate as possible and use whatever tools, images, scenes... help you to achieve that.

8.1 Create a "mental movie" of your dream life:

- Using the suggestions and ideas above, create a vivid, lively and energized mental movie that corresponds with the points on your dream life list.

- Make it as real as possible: Feel, hear, see and touch whatever you want to have, do or become.

- Feel and start acting as if whatever you want would already be your reality.

Summary:

- Creating crystal clear mental images of what you want is very difficult and it's not really that crucial. What's more important is the ability to strongly and intensely feel as if whatever you want, whatever is on your dream life list is already yours.

- Make it as real as possible, it should feel as if it is already your reality...

- At the beginning it's ok to focus only for a few seconds on a specific feeling, then slowly extend the time and frequency of your "focus periods", until feeling... whatever you desire becomes your natural state.

- The more intense and real you make these mental movies the quicker they will become your reality.
9  Stop Pushing And Hurting - There Are Much Easier Ways To Make Your Dreams Come True

With a burning desire, reaching all your goals and dreams becomes almost child's play. There isn't really any need to push and hurt yourself in order to get what you want. Develop a burning desire instead and use this "magic" power to make your dreams come true.

That way, your path to success becomes much easier and much more enjoyable. The pieces will start falling into place and "things" will happen almost automatically. Imagine, you are already thrilled and excited when you wake up each morning. You can't wait to get started working (or I should rather say playing) to make your dreams come true.

You know what I'm talking about, you must have already had this experience, at least for a short moment. With a burning desire, this feeling, this energy and enthusiasm becomes your daily companion. So, you can imagine how you will be "flying" towards your dreams and how fulfilled and exciting your life will be.

Earlier on, you put together a list of all the things you want in your life - your dream life wish list. Currently, these are "only" things you want, things you are wishing for, but most probably you won't yet feel a burning desire to be, have or do whatever is on your list.

Like with most things, a burning desire is something that needs to be developed. You don't just wake up in the morning with a burning desire for something you didn't even consider before.

A wish needs to be fed with love, passion, belief, little experiences of success... in order to become a burning desire capable of breaking through all barriers. The more often and intensely you imagine yourself in your dream life, the more often you feel the thrill and excitement, the bigger will become your desire to turn your dreams into your reality.

That way, you naturally (and almost automatically) start taking action - inspired, focused action. And soon, this will give you first experiences of success (small at the beginning, yet very enjoyable).

That makes you realize that you are moving forward, towards your dreams, that you can really have it all, that it's very possible. This sparks a flame within you, a flame that turns mere wishes into desires and ultimately into burning desires that allow you to make all your dreams reality.

A burning desire is a very strong energy that allows you to almost grasp what you are longing for and once you reach that stage, it is only a matter of time until you draw whatever you are desiring into your physical reality.
You know, there is a quantum leap between a mere wish and a burning desire. A wish is kind of lukewarm. You reason like: "I would like to have...", "This would be great..." and so on, but there is no energy behind it.

The predominant energy in your mind, in your being is: "would be great..., would be fantastic..., would be..., would be... - but it isn't. And what you are basically expressing is something like: "Yes sure, I would like to have it, be it, do it, but it's just a dream and it will never come true." Mere wishing for something is a statement of lack: "I would like to have..., but I don't have and I probably will never have..."

A burning desire is something completely different. It's not lukewarm, it's hot, it's burning, it's such a strong energy that you can almost grasp what you are longing for. Within, you feel that it's already yours.

The object of your desire (no matter what this might be: love, happiness, your dream house, a sports car, health...) is already your inner reality. And that's all that really counts, because once you created it within, once there is no doubt left, it will also materialize on the outside. That's a universal law and it always works - with 100% precision.

As opposed to a mere wish, a burning desire is a clear statement of having. You are expressing: "I have, it's already mine, I can feel it, I can almost touch it." And this makes all the difference.

So, stop being content with daydreaming about a reality, of which deep within you are convinced that it will never come true. I know, daydreaming feels very nice and it's a good start, but it surely won't transform your life, it won't allow you to make your dreams come true. So, take it a step further and do what most people never do: Turn your wishes into burning desires and make them your reality.

Don't get discouraged if currently you don't feel a burning desire for what you want. This is something that needs to be developed and doing this takes some time. Also, don't forget that you are just getting started in the art of "creating what you want", so be patient.

Turning a wish into a burning desire is a transformational process. It happens when you keep on focusing your thoughts and emotions on what you want and when you keep on taking action - lots and lots of those little, simple baby steps.

Visualize your dream life, feel it, hear it, touch it... Be passionate and emotional, make it as real as possible. Do it again and again and again... let it become your second nature.

You nearly have to become obsessed (in a very positive way) with the process of creating your dream life. But still, start slowly and take it easy. Don't push too hard, otherwise you won't enjoy it any longer and you will loose your passion.
A burning desire is like a little plant (yes, everything follows the same principles), give it time to grow, let it happen naturally. Just keep on focusing, take action, enjoy it, be excited, be passionate... everything else happens on its own, it can't be forced with sheer will power.

The key here is to let it (focus, action...) become your second nature. Your mindset has to change from thinking, feeling, being... about what you don't want to thinking, feeling, being... about what you want.

Look, this can't work if you focus only a few minutes a day on what you want and if you do maybe 2-3 short visualizations, when the rest of the day your thoughts and emotions keep on dwelling on things you don't want. And unfortunately that's exactly what most people do.

As you already know, you get what you focus on, what you feel and belief and when 95% of the time your focus is on things you don't want, then that's what you will be getting.

You might think it's nearly impossible to remain focused on what you want and only on what you want almost all the time. But it's not. It's a matter of getting conscious whenever your thoughts and feelings are not aligned with what you want.

And when that happens, just re-focus on what you want. Do it again and again and soon it will be natural for you, no more effort will be required to do this and your focus will be almost all the time aligned with your dream life.

So, be patient and take your time. Don't give up after only a few short days or weeks if you don't get any specific results. Look how much time it takes to learn a foreign language, to learn how to ski, to learn how to drive a car... This probably takes less time, but still, it will take some time and practice.

The beginning is always the most difficult phase. You make an effort, and another, and another... and nothing seems to move. But suddenly, you make that one crucial additional effort and "boom" - it works, you got it. Focus, enjoy and keep on moving forward and your dreams will become reality.

If necessary, push yourself a little. Keep on bringing back your focus, do your visualizations, take action, one more baby step and another... Do it, even if you don't always "feel like it".

I know, it's late when you come home from work, you are tired, you simply want to relax a bit and watch TV and I'm asking you to do some more, to focus and to take action?

Yes, this transition from your current life into the life where you become the creator of your destiny could be a bit cumbersome at the beginning. But I assure you this will soon become the most exciting thing you ever did and going back to your old habits will...
simply be unimaginable for you.

Compare your current life with the most amazing life you can imagine. And you know what? You can have it, you can create it, it's within your reach. All you have to do is to stretch yourself a little. It's not complicated, it's not really that difficult and you already have everything you need to realize it. Do it, even if you would prefer to watch TV or do something else instead, you won't regret it.

Summary:

- A burning desire allows you to reach your dreams much quicker and much easier, it literally turns hard work into child's play.

- A burning desire is the fuel on the path to your dream life and it turns this path into the most exciting and fulfilling adventure you ever experienced.

- Mere wishes are lukewarm, they don't have enough power to become your reality. Feed your wishes with your love, with your passion, with focused thoughts, feelings and actions and turn them into burning desires.

- Be patient, developing a burning desire and experiencing the first manifestations of your dream life in the physical world will take some time and work.

- Keep your thoughts and feelings focused on what you want. Feel and act as if what you want is already your reality.
10 A Simple Exercise To Help You Make Your Dreams Come True

The previous chapters helped you to find out what you really want in life and what the life of your dreams should look like. You created your initial wish list and you have written the “story of your life” to gain more clarity about what you want.

Afterwards you created your master wish list which describes your dream life in a few short sentences. Then you added more life and energy to your dream life vision and started developing a burning desire for the things on your master wish list.

Now it's time to use what you have learned so far and to integrate it into your daily visualizations. The goal of these visualization exercises is to make whatever you want and whatever you desire your inner reality until you can feel the things you want to be, do or have as if they would already be part of your physical reality.

Daily visualizations will help you in many ways on your path:

- They help you to get a clearer vision of what your dream life should look like and the clearer this vision gets, the quicker you will draw it into your life.

- Visualization is probably the easiest and most effective way to make whatever you want your inner reality and once this inner reality becomes strong and powerful enough, it also becomes your outer, physical reality.

- Visualization allows you to grow your belief and inner conviction that your dream life will become reality and as you know, a strong belief is a key element in the process of materializing your wishes.

- Visualization also helps you to grow your inspiration and creativity.

- Visualization fills you with energy and passion for what you want to achieve and this allows you to turn work into play and fun.

- It helps you to get rid of doubts, worries and other negative emotions.

- All in all, visualization allows you to make your dreams come true much easier and quicker.

To get started, I suggest you practice your visualizations twice a day for about 10 minutes. If you want, you can also practice more often and for longer times, however you shouldn't force yourself. Relax, have fun and enjoy your visualizations, don't let
them become just another necessary “work task” that has to be finished.

Take it easy, don't be too serious, don't push and force and don't worry if you are doing everything perfectly right. As long as you are enjoying your visualizations you can be assured that you are on the right track.

Most people find it difficult at the beginning to visualize clear images or even to visualize anything at all, but that's perfectly ok and there is nothing to worry about. The most important is that you bring in a wealth of feelings and emotions that correspond with your dream life. As with everything (and you already know that), it's all a matter of practice.

Focus only on one single point on your list at the beginning. Close your eyes and repeat the corresponding sentence(s) in your mind. Make use of all the thoughts, feelings, images, sensations, mental movies... you already created and used in the previous chapters.

Use all your passion, get excited, have fun and enjoy your visualizations. Move into the right mindset, into the mindset that corresponds with your dream life. Right now, this very moment, be what you want to be, hold the object you are longing for in your hands, do what you want to do... in your mind, in your inner reality, feel it as intensely as possible.

Be aware, that while doing this, you are pulling your dream life into your reality, you literally create it out of nothing. That's your creational power: Thoughts, feelings, beliefs, inner convictions, passion... and that's all you need.

You don't even have to worry about how all this will happen (well, actually you should never worry at all), it will simply happen on it's own. You meet the right people, you do the right things, you get the inspiration, the energy, the passion to take massive action, you attract the expertise you need... all because you planted the right seeds with your thoughts and feelings.

So, know that every single second of focused and energized visualization gets you a bit closer to your dream life. And the only possibility to reverse this effect is by hanging on to thoughts and feelings that go against what you want. So, whenever thoughts like: "What if all that stuff doesn't work?", "I won't make it", "I can't do it"... arise in your mind, dismiss them immediately.

At the beginning you might have only short glimpses of these intense feelings and sensations, but with practice they become longer and longer until they become your continual inner reality. And when that happens, when your dream life has become your inner reality, nothing can stop it from "pushing through the ground" and becoming your physical reality as well.

Now you can also understand, why it is so important to do this in a relaxed state and to enjoy it. If you have to force yourself to do your daily visualizations you won't be able
to bring in all your passion and excitement and to feel deep and intense enough to materialize your dreams.

Just take one step after the other. First, use only your thoughts and some corresponding feelings. Then add some images and maybe even some other elements, like sounds.

Add more mental images and intensify your feelings. Play with it and don't force anything. Get excited, bring in your passion, let your feelings go deeper and deeper. The more you practice, the easier and more powerful it becomes.

Here are some simple guidelines for your visualizations:

- Choose a quiet, comfortable spot and make sure that no one disturbs you for the next 10 minutes or so.

- Make yourself as comfortable as possible, take off your tie, loosen tight clothing and close your eyes.

- You can do your visualizations while lying on your back, sitting on a chair, on the floor... - whatever you prefer.

- Good times to practice are in the morning and the evening or simply whenever you have some time and feel like it. A minimum of concentration is required for these exercises, so make sure you are not too tired.

- However, it is also great idea, to visualize your dream life, or certain aspects of it just before falling asleep. That way, your mind literally keeps on pulling your dreams into reality while you are sleeping.

- Maybe read again some of the previous chapters, they are a great preparation for your daily visualizations - apply what you have learned there.

You don't really need any specific visualization technique, the most important is that you are relaxed that you enjoy it, that you are passionate and excited and that you bring in all your emotions. Just keep on practicing, have fun, play with it and try to go a little bit deeper and further each time.

Also realize, this is not an exercise in day-dreaming. Don't think like: "How great it would be if I could do, be, have...". It's not about would's and if's, it's all about "I am", "I have" and "I do". You are creating what you are visualizing and each visualization pulls your dreams a bit further into your reality.

Day dreams on the other hand can never become your reality, all you are expressing is "how great it would be if... would only come true". There is no certainty and deep within you already know that it will never come true anyway.
Whatever you want in life, make it your inner reality. Feel it within with all your passion and intensity and don’t be fooled by your current outer circumstances. They are nothing but a reflection of your unconscious past creations.

Now you are creating something different and your physical reality will change accordingly. As you already know, your true reality lies within and the outside is only a reflection (like a mirror) of your inner world.

Once you are a bit more experienced with your visualizations, you should also start to carry over these feelings into your day. Don’t just stop feeling as if your dream life would already be your reality after you are finished with your visualization, re-focus on this feeling as often as you can throughout the day. Do this again and again until it becomes a natural habit and until you are able to feel all day long as if you would already have what you are longing for.

The purpose of your visualizations is not only to be able to intensely feel and imagine the life of your dreams for ~20 minutes a day, it’s ultimate purpose is rather to create a new mindset (a mindset that corresponds with your dream life) and to start living in this mindset all day long.

Summary:

- Your visualizations will help you to manifest your dream life much quicker.

- Be patient and keep on practicing. It will take some time until you are capable to clearly visualize and feel the various aspects of your dream life.

- Don’t force yourself to do your daily visualizations. Be relaxed, have fun and enjoy them, bring in all your passion and excitement and make your visualizations feel as real as possible.

- Visualization is not like day dreaming. In your visualization you are absolutely certain that the object you are focusing on is already part of your reality and that soon it will also manifest in your physical world.

- The ultimate purpose of your visualizations is to create a new mindset, a mindset that corresponds with your dream life. Carry over the feelings, images... of your visualizations into your everyday life and make it a habit to live more and more in this new mindset. Throughout the day, feel and act as if your dream life would already be your reality.
11 Power Visuals - Another Great Tool To Simplify And Accelerate The Realization Of Your Dream Life

Power visuals are very similar to the visualization exercises we discussed in the previous chapter and pretty much everything you learned about visualization also applies for power visuals.

The big difference between the two is that power visuals are much shorter and you use them more frequently throughout the day. A power visual could last only 10 seconds and you can practice them a hundred times a day or even more often.

The big advantage of power visuals is that they don't require much time to practice and that you can use them in almost any situation. For example, you can do a short power visual on your way to work, when you are waiting for the bus or the train, in your car, during a boring meeting at work, just before falling asleep...

The goal of these power visuals is to keep you in the "right" energy throughout the day. You remember when I told you how important it is to feel and act as if your dream life would already be your reality?

And that's exactly what power visuals will do for you. They keep your mind and your whole being focused on what you want. Each time you do a short power visual, your feelings and your inner reality is immediately aligned with what you want, with the vision of your dream life.

And there is another big advantage: After practicing power visuals for a while, you will realize immediately when you "drift out" of your dream life mindset, when your thoughts and feelings are no longer aligned with what you really want. And then, with a short power visual you can immediately move back into your dream life mindset.

The more you practice these power visuals, the longer you will be able to remain in your dream life mindset, and finally it becomes your permanent inner state of being. So, power visuals help you to stay centered in your dream life mindset, in the kind of energy that allows you to create exactly what you want.

You know, for many people, feeling and thinking negatively doesn't require any effort. It's natural for them, it's a habit and it happens automatically, because they unconsciously "practiced" it for many years. They don't even realize what they are doing to themselves and they think it is the most normal thing in the world. But it's not!

As you can make feeling and thinking negatively a habit, you can also make feeling and thinking positively (focusing on the things you want) a habit and power visuals are the easiest and simplest way to do this.

In order to practice your power visuals you don't necessarily have to be in a quit place...
and you don't even need to close your eyes - although it's not a disadvantage if your situation allows it.

This is because after practicing your normal visualizations for a while, it will be very easy for you to immediately create the mental images and the feelings that correspond with what you want, with your dream life. And that's really all you do in your power visuals: You intensely focus for a few seconds on the images and feelings that correspond with your dream life (or with a certain aspect of it).

When you keep on doing this as often as possible throughout the day for a few weeks, your dream life mindset (feeling as if your dreams would already be your reality) becomes your normal state of being and you won't even have to make an effort any longer to create- and stay in this mindset.

Yes, at the beginning you might have to push yourself a bit in order to get into the habit of re-creating your dream life mindset again and again, but after doing this for only a few weeks it becomes almost as normal and natural as breathing.

But don't push too hard, don't try to force anything. Take it easy at the beginning and start slowly. Remember, it's important that you have fun and that you enjoy doing these little exercises, otherwise they become useless.

So, whenever you want to do a short power visual, simply repeat one of the sentences on your master wish list a few times in your mind and create some of the associated images and feelings, and then put all your focus on these feelings and make them as intense as possible.

Obviously, in your power visuals you don't focus on a lengthy mental movie as you do in your normal visualizations. You only pick a specific feeling, a few mental images, a short sequence of your mental movie... on which you focus intensely for 10-60 seconds. You can also vary the thoughts, feelings, mental images... you focus on during different power visuals throughout the day.

As with your normal visualizations, don't confuse this with daydreaming. Experience whatever you feel and visualize as your inner reality as an absolute certainty. Always be aware that while you are practicing your power visuals, your dream life becomes a bit more your physical reality. So, never practice with an attitude like: "How great it would be if this would come true one day", rather say: "I'm so happy and grateful that this IS my reality".
Summary

- In your power visuals, you focus intensely for a few seconds (~10-60 seconds) on a specific feeling and mental images that correspond with something you want to become, achieve or create in your life.

- Practice these Power visuals as often as you can throughout the day in order to stay in the mindset that allows you to create whatever you want to manifest in your life.

- When you practice these power visuals on a regular basis, your dream life mindset becomes your normal state of being and you won't even have to make an effort any longer to create- and stay in this mindset.

- Power visuals allow you to gain an increased awareness of your thoughts and feelings and they help you to realize immediately when you "drift out" of your dream life mindset. Once that happens, a short power visual is sufficient in order to re-align your mindset.
12 Turning Hard Work Into Play And Fun - The Secret Of Taking Effortless Action

Ok, it's time to take action! As you know, without action, nothing moves and nothing happens. So, whatever you want in life, some sort of action needs to be taken in order to manifest it in your physical reality.

But don't worry, taking action doesn't necessarily mean pushing, forcing, fighting and lots of hard work. That's not the way I recommend, there are better ways. Basically, there are two types of action, I call them forced action and inspired action.

What is forced action?

If you push yourself to do something you don't particularly like, you need to invest a lot of energy in order to succeed. As an example, lets say you decide to jump on a business opportunity you aren't particularly passionate about, but which promises huge financial gains.

So, the only driving factor, your only motivator might be the possibility to sell your business in 3-5 years, to become a millionaire and to finally live the life of your dreams.

And yes, even if you don't like what you do, this vision might still provide enough motivation to reach your final goal. However, one thing is certain: This surely won't be the most pleasant and exciting time of your life.

If there is no passion for what you do, you will encounter lots of anger, frustration and dissatisfaction on your way. And as you can imagine, you will need an iron will and you will have to push to the maximum in order to make this work out.

And at the end you even can't be sure that you will finally get what you desire so much. Maybe you are just back at zero after five years of struggling, pushing and fighting. Imagine, all those years of frustration and anger for maybe nothing. There must be a better way.

And yes, there is. I simply call it inspired action

Make the actual path your goal. In other words, do something you love, something you are passionate about. Choose your own purpose, a purpose that inspires and fulfills you.

Out of this love and passion flows inspired action. Yes, it literally flows, it happens almost automatically and it deeply fulfills and satisfies you. Inspired action doesn't really tire you, it rather fills you with energy.
Just think about something you once did with great passion. This could have been any kind of activity, a hobby, a job... maybe it was only a week ago or maybe a year or even 10 years ago. You remember how it felt? Whatever you did, it surely didn't feel like hard work, it probably felt more like playing and having fun.

And although you might have invested quite a lot of time in this activity, it surely was deeply fulfilling and satisfying. Yes, this is inspired action, the doing just flows out of your passion and it makes you feel tremendously good.

So, do you see what a huge difference this makes? All along your path there is so much fun, happiness and satisfaction... Your path becomes your biggest reward and even if you wouldn't reach your initial goal, it would not really matter that much. Now, reaching your initial goal is only the icing on the cake.

Remember when you passionately made love the last time? It doesn't feel like hard work, there is no need to push yourself and the "path" itself is neither frustrating nor annoying. Passionately doing what you love to do, expressing your SELF and taking inspired action is equally fulfilling.

So, again, if you focus only on a specific end result without any passion for the actual path (for the actions you need to take), you might still find enough motivation to reach your goal, but this will be very hard work and lots of sacrifices. Frustration, anger and disappointments will be close companions on your way. And what if it doesn't work out as planned? Imagine, several years of pushing and fighting... Then you will have to sadly admit that you wasted all your time and energy for nothing.

On the other hand, if you are passionate and if you truly love what you do, there is no need for hard work. Whatever you do, you do because you love it and because it makes you feel so good. That's inspired action.

Whatever you do corresponds with who you are and who you want to be. All your doing simply flows out of your being, you act on your inner impulses and on your inspiration and there is absolutely no need to push yourself.

Now, even if you wouldn't reach your ultimate goal, it probably wouldn't bother you all that much, because you had so much fun, happiness, freedom... on your path. And that's what counts really most, all other things are only the icing on the cake and they usually come as a "free bonus" without even requiring any additional effort.

Don't misunderstand me, there is no problem with desiring a flashy sports car, a dream house, lots of money... But don't just make it your one and only goal. Material things won't give you the fulfillment and happiness you are yearning for, so make sure you already find all the fulfillment, happiness, freedom... you deserve on your path.

Find your love and passion and express it - take inspired action - and everything else you ever dreamed of will come to you almost on its own.
So, how do you find all the passion and enthusiasm that allows you to take inspired action, the kind of action that doesn't require hard work?

Well, it could happen that you have an idea about what you want to do and you are immediately passionate about it. And I'm talking about passion, not only excitement. Excitement usually "evaporates" after only a few days, passion stays with you throughout your entire journey.

But that's rather the exception. Usually, passion is something you have to develop on your way. Initially, there will be interest, excitement and probably a spark of passion. But this spark of passion isn't yet strong enough to move mountains and to get you through all the challenges on your path, it has to be nurtured and developed.

How can you nurture and develop your passion? Just get started. Take some action, some little baby steps. Don't be afraid and don't take things too seriously. Simply be yourself and express your innermost nature. Play and have fun. That way, your love and passion for what you are doing grows automatically and inspired action happens.

Yes, be yourself! As simple as it sounds, but that's really all you have to do. When you are yourself, you are in harmony with YOUR universe and everything flows naturally and easily. When you are not yourself, it's like swimming upstream and that's a huge struggle, a constant fight.

So, just keep on moving forward, keep on taking action and do it your way, be yourself and the love and passion for what you are doing grows automatically.

Just be yourself, do it your way. Nothing is more fulfilling than being in harmony with your innermost nature - being yourself. And once you get this experience, you will want more of it, so you keep on expressing your SELF, you keep on taking inspired action... simply because it makes you feel so good. And that's exactly why inspired action doesn't really take any effort and why there is no need to push and force.

So you see, love and passion for what you do is something that has to be developed. At the beginning it is tiny and fragile, like a little flower, but as you keep on expressing your innermost being it keeps on growing and becomes your most powerful force. A force that allows you to create a life filled with abundance, happiness, fulfillment... - the life of your dreams.

But this also means that you might have to push yourself a little bit at the beginning (when your passion, your driving force is still small). Switch off the TV, get out of bed, stop wasting your time with idle activities... and do whatever you have to do in order to make your dreams come true.

I know, sometimes it's difficult to get motivated and you will have to push a bit in order to get into the "flow". Just get started and "push through" the first few minutes of
whatever you have to do and then suddenly you will get into the flow and it will feel great.

Yes, at the beginning it might be a bit annoying to switch off the TV, to get out of bed...to get rid of your old habits and to start taking action towards realizing the life of your dreams.

But already after a few weeks this becomes a normal habit and it won't bother you any longer. Actually, the process of finding and expressing your SELF and creating the life of your dreams becomes much more exciting and fulfilling than anything else you can imagine.

Use the vision of your ultimate goal to fuel yourself with the required motivation to get started and to get over the first stumbling blocks. Be yourself, have fun, enjoy what you are doing and don't be too serious. The love and passion for what you are doing grows automatically and soon there won't be any more need to push yourself. The right kind of action, the doing starts happening almost automatically, it's just a natural effect of expressing your self.

Summary:

- Without action, nothing can happen. Creating whatever you want, the life of your dreams requires thought, feeling and action.

- There are two types of action: Forced action and inspired action.

- When you are only interested in a specific end result (for example, making a lot of money) and when there is no love and passion for what you are actually doing, then you will have to apply lots of forced action in order to succeed. Forced action is always experienced as hard work and not only that, it's also likely to fill your life with anger, frustration and disappointments.

- Inspired action is completely different, it's a natural effect of the love and passion for what you are doing. Inspired action happens almost automatically, it's exciting and fulfilling and there is no need to push yourself.

- At the beginning, there is excitement and interest, but real passion (the force that gets you through all the obstacles and challenges) will have to be developed. And this means that you might have to push a little bit every now and then at the beginning until your passion grows strong enough in order to turn forced action into inspired action.

- To grow your passion, simply get started. Take some action, some little baby steps. Don't be afraid and don't take things too seriously. Simply be yourself and express your innermost nature. Play and have fun.
13 Step By Step Towards The Life Of Your Dreams - Turning Your Most Complicated Projects Into Many Simple And Easy To Manage Steps

Today you will learn how you can create a simple step-by-step plan that will guide you on your way to your dream life. Your plan ensures that you keep on moving in the right direction and it is the map that leads you directly, step-by-step to the life of your dreams.

No time and energy is wasted with unnecessary things, you simply take one step after the other and each step brings you a bit closer to your dreams. On the other hand, if you don't have a plan you risk to keep on running in circles without ever getting anywhere.

Also, a plan allows you to split a huge, intimidating project into lots of little and easy manageable baby steps. At first, an entire project might seem too overwhelming to tackle, but once you break it down into many little steps, you will suddenly realize that it's very well doable.

As you already know, nothing happens without action. And it's not only about taking action, it's also about taking the right kind of action in the right order. And that's exactly why you need a plan, to provide you with a roadmap that clearly indicates what needs to be done and when.

Keep it simple at the beginning. Don't try to put together a hugely complex plan that takes into account each minute detail. Anyway, when you get started with your project you won't have all the elements available to do that.

Your plan isn't fixed and carved in stone once you created it, it's dynamic. You create a first outline and then you keep on modifying and adapting it as you go. Sure, the core will remain more or less the same, but all the details simply can't be known beforehand. You grow, you learn, you gain more experience and all this needs to be integrated in your plan.

Focus on your goals, your desires, your dream life and simply ask yourself: "How can I get there?", "What do I have to do in order to achieve that?". Don't rely only on your intellect to create your plan, use also your inspiration. Go within, relax, connect with your higher self and keep on asking these questions.

The answers will come. Maybe not immediately, but they will. It could happen the next day when you take your shower, someone might recommend you a book that holds all the answers you need, you could find the answer in a newspaper article, in the lyrics of a song you hear on the radio... there are thousands of possibilities.

Just remain open-minded and watch out. When the answer comes you will know it, you will feel it, it's like an inner voice telling you: "Yes, that's it, that's what I've been
looking for".

Best is to use your intellect and your inspiration equally. Since early childhood on you have been trained to use exclusively your head, your intellect, but be also aware of its limits. Your intellect can't give you all the answers you need, sometimes you need to reach a bit further and make use of your intuition and inspiration.

Your intuition and inspiration is a response from your higher self, from the universe, from god... or whatever you want to call it. Its powers and possibilities are basically unlimited. Through your intuition you can connect yourself with every single point in the universe and this allows you to find the best possible answers and solutions for all the questions you might be asking and for all the challenges you might be facing.

So, use your intellect to create the basic outline of your plan and for everything that requires logical reasoning. For all other issues turn directly to the higher sources we discussed above.

Probably you can immediately define some or even most of the big lines of your plan. For other parts you might have to read some articles or books to get the required information. You can also ask friends, family members and colleagues for help. Check out some how-to books.

Also, watch out for people who already succeeded with a similar project. How did they do it? Read their autobiography if one exists, or simply call them and ask for help... There are plenty of ideas you can use to create your plan.

Again, take care of the big lines first, then you add some details to your plan and later on you tackle the finer points. From time to time it will also be necessary to change certain aspects of your plan. Don't just try to push everything through if it makes no longer sense in the given context.

Listen to your intuition and your gut feeling and if the tiny voice within tells you to do something differently than initially planned, then listen to it and make the required changes.

Certain goals may require only a very simple plan. Don't try to make things more complicated than they need to be. For example, lets say you want to attract your dream partner into your life.

You get a clear vision of what this person will be like, you do your visualization exercises, you ask your higher self for help and guidance, your belief and conviction that your dream partner is about to enter your life is growing.... you basically do what we discussed in the previous chapters.

And that's it pretty much, there is no need to elaborate a hugely complicated plan. Your only plan might be to join a discussion group, to go out with friends, to do some traveling... or whatever you think might be helpful to meet other people. That's it, your
work is done. Now simply trust in the process and leave the rest to the universe.

Next week, a friend might invite you for dinner and introduce you to your dream partner. You could meet him or her at the bus stop, in the supermarket... everything is possible. Simply trust in the universe, it works with perfect precision. And anyway, these things are outside your direct, conscious control, pure logic and intellectual reasoning alone won't lead you to the desired result.

So, plan the simple and obvious things, use your mind and intelligence where it's helpful and where it makes sense and leave everything else to the universe, to your higher self, to god...

13.1 A few simple steps to help you get started with your dream life plan

- Get started creating a plan that allows you to realize our dreams. Follow the advices and suggestions given in this chapter.

- Keep it simple at the beginning and start with the obvious and less complicated things. Tackle first the big lines of your plan.

- Once you are done with the main points, go a bit deeper and take care of the finer details.

- Do some research to answer all those questions you can't answer directly out of your mind: Read books and articles, talk to people who already succeeded with a similar project...

- For everything that's outside your direct control and for all the questions that can't be answered with intellectual reasoning only, ask your higher self for guidance and rely on your intuition and inspiration.

- Revise and modify your plan as you move on.
Summary

- A plan is like a map, it allows you to move directly towards your dream life and it indicates the easiest and quickest route to get there.

- A plan also allows you to break down a huge and overwhelming project into small and easy manageable steps.

- To create your plan, use your intellect as well as your intuition. Your intellect is a great tool, but it also has its limitations. Be aware that certain questions and problems can't be answered relying on your intellectual capabilities only.

- Your plan isn't fixed and carved in stone once you created it. You grow, you learn, you gain more experience... and your plan grows and evolves equally. Don't hesitate to adapt and modify your plan if this allows you to reach our goals quicker and easier.
No matter how intelligent and talented you are, your abilities are still limited and you simply can't find all the best possible answers and solutions relying on your intellectual capabilities only.

Your "conscious mind" and your intellect allow you to control only a relatively small number of things in your life and it's pretty much impossible to create the life of your dreams, a life filled with abundance, happiness, freedom, love... relying only on these faculties.

Sure, it's possible to accomplish a lot doing everything on your own, but then it will take much more time and it will be much tougher than it has to be. No, there are better ways. You are not alone on your path and there are resources you can access that will make your life so much easier.

And you know what? All you have to do is to ask for help and guidance. You can call this source you will be referring to your higher self, the universe, god... or whatever you prefer.

This higher source can lead you to answers for all your questions, to solutions for all your problems and it will help you to overcome all sorts of challenges and obstacles you may encounter on your way.

And not only will you receive just an answers or a solution, you will be guided to the best possible answers and solutions. For whatever problem or question you may have, the universe already knows the most suitable solution for your and your specific problem.

Sure, your mind can also elaborate a solution, but it will rarely be the best possible one. So, why being content with something mediocre or even worse, when you can have the best? You are not alone, you have an amazing power at your disposal and you should really learn how to make use of it.

And when I'm saying, you have this power at your disposal, I'm not entirely right, because in reality this power belongs to you, it's an integral part of your being. You might not be conscious of it (yet), but still, it's there and it's waiting to be used.

Yes, this higher self, god... isn't separated from you, it's part of you, it's your innermost nature. It's closer to you than your dearest friend, your husband or wife, your children... and you can talk to it as if you would be talking to your best friend.
So, in other words, you can talk to god, to your higher self as if you would be talking to your best friend. There is no need to hide anything, there is no need to be someone else than who you are, here is no need to behave in a certain way... Just be absolutely you, and don't change anything.

Relax, close your eyes and in your mind, simply start talking to your higher self. Describe your situation or problem and ask for help and guidance. Get into a dialogue: "You know, I'm looking for the best possible solution to...", "What would you recommend?", "Do you think I should... or rather...?", "Ok, that's great, I know you will lead me to the right answer." ... You can ask anything you want, any problem, any concern, any question....

So, whenever you need some advice, help, answers... , simply ask for it. Be at ease and be yourself, because if you are not, you won't be able to connect with this higher source within yourself. How can you connect with Your Self, when you are not yourself? Really, nothing else is required, no tricks are needed and no magic is necessary.

Sometimes, you might get an answer immediately, it just pops into your mind. You ask and the answer will be there. At other times, it might take a bit longer. The answer or solution to your problem could find you anytime and anywhere, often even when you least expect it.

It could happen while you are having breakfast, during your daily jogging, while you are having your shower... The answer might also reach you in many different way: In a book someone recommends to you, in the lyrics of a song you hear on the radio, in a discussion you are having with a stranger... There are thousands of possibilities, so watch out and remain open minded.

This higher source is here to help and guide you and it doesn't expect anything in return. There is no need to make a deal like: "You give me... and I do...". Anyway, what sense would it make to strike a deal with yourself? Because as you know, this higher source isn't something separate and different from you, it's a part of you, you are one with it.

When you do this, it's important that you really believe that you will be guided and helped. So it might be a good idea to get started with rather small and unimportant things in order to gain the belief and inner conviction that this really works. For example, you could ask for help to find a parking lot when you go somewhere where it's usually difficult to find free parking spaces.

If you never did this before, it might seem a bit bizarre at the beginning, but it's just a matter of getting used to it. Actually, making use of all the powers you have available is the most normal and intelligent thing you can do. And anyway, there is no need to talk about this with anyone who wouldn't understand what you are doing and who would only laugh about you.

Sure, communicating with your higher self is something you have to re-learn again. As a baby and a small child you were much closer to it than you are now. But then your
entire focus shifted to your body and your mind and you lost touch with your higher self. So it could take a while until you become aware of it again.

Simply ask, have faith that you will be guided and let go, everything else will be taken care of. And that's really all. You will realize immediately when you receive the answer. There will be a feeling like: "Yes, that's it, that's what I've been looking for".

Whenever this happens, realize that it's not just happening by chance. You took action, you asked, deep within you knew that you will be guided and this allowed you to become conscious of the right answer.

Be grateful and realize how blessed you are. That way you'll become more and more aware of this power within you and you will be able to use it more and more effectively.

**Summary**

- There is a force within you that allows you to surmount all difficulties and challenges, to get an answer to all your questions and to find a solution where there seemingly is none.

- You can call this power your higher self, god, universal energy... or whatever you prefer.

- This higher self is not separate from you, it is a part of you and you should learn how to use it. You can talk to it as you would talk to your very best friend.

- Ask for help, for guidance, for answers... then let go and be assured that you will be guided to the best possible solution.

- The solution or answer might come to you at any time and in any situation - often when you least expect it.

- Watch out and remain open so that you don't miss the answer when it enters your life.

- Be grateful whenever you receive guidance and help from this higher source. This allows you become more conscious of it and to receive answers and solutions even more quickly.
15 A Little Secret That Allows You To Overcome All Obstacles And Challenges On Your Way

Persistence is one of the most important characteristics on your way to your dream life. Every now and then you will have to surmount difficulties and challenges on your way and persistence allows you to do exactly that. So, without persistence you might already give up before you even get properly started.

Sure, everything is great and easy when you are successful and when everything runs smoothly. However, when there are challenges to overcome, things suddenly look very different. It might feel like all your enthusiasm and motivation have been blown away and moving forward suddenly seems so much more difficult and strenuous.

Yes, it's easy to be excited and motivated when everything works out great, but as soon as the road gets a bit bumpy, worries and doubts may settle in and eat up all your enthusiasm.

And at those moments you really decide your destiny. What direction will you take? Will you give up and return to the apparent comfort of your old life or will you overcome your challenges, grow with them, make a quantum leap forward and live the life of your dreams?

One thing is sure, if you are onto something great, there will be challenges to overcome. Persistence allows you to keep on moving forward, towards your dreams, even during most challenging times. It's the power that enables you to conquer all obstacles and roadblocks on your way.

But don't look at challenges and obstacles as something negative and bad. Truth is, they are important and very positive. They provide great opportunities for personal growth and transformation. They make you bigger and stronger and they help you to bring out the best in you. And that's exactly what you need in order to turn your current life into the life of your dreams.

There is not a single person in the world who achieved great things and who didn't have to conquer big challenges. Don't be afraid of any challenges and obstacles, because you carry all the power within to conquer them and to come out bigger and stronger.

When difficulties show up, simply look at them as an opportunity to move on to the next stage in your life, to reach the next level and to get a big step closer to the life of your dreams.

You remember when I told you about your higher self in the last chapter? So, whenever there are obstacles and challenges on your way, go within and ask for help and guidance to overcome them as quickly as possible and to get out the most of them.
As odd as it may sound, but challenges are your friends. Although it might not look like it, but they actually help you to realize your dreams quicker. At first you might have the impression that they keep you from reaching your goals and that they slow you down, but that's not true. Your challenges serve as a preparation that allows you to move on to the next level and to get another big step closer to your dreams.

Even if you have never been very persistent so far, you can adopt and develop this quality fairly quickly. Actually, you already created the base for it. You know exactly what you want, you are passionate and excited about it and deep down you know that you can have it and that it will become your reality.

This attitude and awareness already allows you to overcome most of the challenges on your way. So, each time when the road gets a bit bumpy, simply remind yourself of your dream life that will soon be your reality and use your love and passion to keep on moving forward. That's persistence and it's intelligent persistence, because there is no fighting and hurting, all you need to overcome your obstacles is the love and passion for what you are doing.

And that's a great experience by itself, because it gives you a deeper understanding of what real passion feels like and what it can do for you. If you have never chosen your life purpose, something that really counts for you, something that thrills and excites you... then 'passion' might only be an intellectual concept, but once you experience it, your life will never be the same.

You understand now, why challenges are your guides and friends? They allow you to bring out the best in you and to experience life to it's fullest, something that can't be substituted by lectures and intellectual understanding. If you want to grow, if you want to reach the highest peaks of happiness and fulfillment you have to live (experience) life to it's fullest.

Adopt this attitude towards challenges and they will never again make you suffer. Actually, it's not so much the obstacles and challenges itself that make you suffer, it's much more because of your mind and your conditioning that constantly tells you that you are in trouble and that your situation is really bad.

Don't listen, stop fighting and swimming upstream and start moving with the flow. No matter what your current problems might look like, know that the life of your dreams is becoming a bit more reality with every day. Have faith that a life filled with love, happiness and freedom and abundance is waiting for you.

Trust in the guidance of your higher self and don't get disturbed by the shortsighted interpretations of your mind. You know, sometimes things might look very bad and you might even be tempted to give up. But suddenly, all clouds disappear and all those seemingly unsolvable problems simply evaporate.

Be faithful and persistent, use all your love and passion and keep on moving forward. That way you will arrive, you simply have to arrive, there is no other possibility.
It's not about talent, education, social status, relationships... Sure, these things help, but in order to create a life that's filled with abundance, happiness, freedom... persistence, love, passion, and faith is required. The seeds of all these characteristics are already within you, you just have to nurture and develop them.

Summary:

- If you want to realize the life your dreams you will have to overcome challenges and obstacles. Persistence is your best ally to do exactly that, nurture and develop it.

- Persistence allows you to keep on moving forward, towards your dreams, even during most challenging times. It's the power that enables you to conquer all obstacles and roadblocks on your way.

- Don't be afraid of any challenges, they are necessary and important. They allow you to grow and to bring out the best of you.

- Each challenge you encounter bears a huge potential for personal growth. Don't treat problems as something that should be avoided by all means, look at them as opportunities to make a quantum leap forward towards the life of your dreams.

- Whenever you have to deal with challenges, ask your higher self for help and guidance. Keep your thoughts and feelings focused on your dreams and not on your problems. Trust in the guidance of your higher self and remain open minded.

- Don't fight and struggle to conquer your challenges, use your love and passion instead.
16 How You Can Make Sure That You Keep On Moving Straight Towards The Life Of Your Dreams Without Wasting Any Time And Effort

Earlier on we talked about the importance of having a plan and taking the appropriate actions. You already started creating your plan, the roadmap towards your dreams and now I would like to introduce you to a second type of plan - your daily action plan.

Your daily action plan defines the tasks for the following day and you preferably prepare it towards the end of the day. The big advantage of doing this at the end of the day is that your subconscious mind will already start working on the points on your list while you are sleeping. This will allow you to advance quicker the following day and you might even wake up with some great ideas on how to implement certain action points.

Before you define the tasks for the following day, quickly revise the actions and work tasks you performed throughout the present day.

Did everything work out to your satisfaction? Anything you didn't complete? Did you waste lots of time with unnecessary things? Did you enjoy your day, have you been passionate about your work? Or have you been rather unmotivated?...

Ask yourself these sort of questions and decide on what you would like to do better or differently the following day. Also, realize the progress you made over the last few weeks. Identify any good habits you adopted or any unfavorable habits you dropped...

Spend a few minutes analyzing and reviewing your day, this will allow you to become aware of anything that might slow you down on your way or that might render your path more difficult than necessary.

You could even start a little diary, where you make notes of everything you want to change, things you want to improve or handle differently, certain habits you want to adopt or get rid of....

Do a little experiment: Write down a certain habit or behavior you want to get rid of, look at it and become aware how it prevents you - or at least slows you down in getting what you want, in realizing your dream life. Become conscious of it, even visualize how engaging in this habit keeps you from living the life of your dreams.

And next time when you are about to fall back into this habit, you will realize it immediately. You will become aware of what you are doing and how it keeps you from getting what you really want. And then you will be able to simply drop it. There won't be any regrets and it won't even be difficult, you will simply drop it.
After this short review you are ready to prepare your task list for the following day. You know what you accomplished- and what you didn't accomplish the present day, you are aware of certain things you could have done better, maybe you should have more fun and take things easier tomorrow, you know where you are currently standing and what are the next steps on your dream life plan...

This should already give you enough ideas to create your action plan, your task list for the following day. Maybe imagine briefly your dream life, visualize the kind of person you want to be, the things you want to do, things you want to have... And then decide on the next logical action steps. And as usual, don't rely only on your logic, use also your inspiration and intuition. Also, don't forget to ask your higher self for guidance.

Once you decided on the action steps for the following day, prioritize them and put the most important actions first. The most important points are those with the greatest impact, those that will allow you to get a big step closer to your dreams. So, before adding an action step to your list, ask yourself if it really helps you to achieve what you want or if it will only keep you busy for a few hours.

I know, sometimes you have to deal with tasks like cleaning your office desk, deleting some old files, cleaning out your paperwork..., but these are not the kind of tasks you should put on your daily action list. The same is valid for all routine tasks, things you have to do every- or almost every day, like checking your emails and so on - don't put them on your list.

Perform these kinds of tasks just before your lunch break or at the end of the day and make sure that you don't waste too much time on them. Focus as much as possible on "big impact tasks" and keep all other ones to a minimum.

When you are finished writing down your action list, briefly imagine yourself successfully performing all these actions. Feel the passion, excitement and fulfillment you get out of this.

With a little bit of practice, the whole process - reviewing your present day, writing your action list and visualizing the following day - should not take you more than 10-15 minutes.

Your daily action list is another important pillar on the path to your dream life. It keeps you from loosing any time and energy on unnecessary things and it allows you to realize immediately when you start moving in the wrong direction - away from your dreams. Further, it provides you with an additional possibility to focus on your dreams. And as you already know, whatever you focus on becomes your reality.
16.1 A quick review on how to define the action steps for the following day

- Briefly review your day. What kind of actions did you take to move closer towards your dreams? Anything you should have done, but you didn't do? Any mistakes you want to avoid in the future?... Use these realizations and findings to define your tasks for the following day.

- Compile your daily action plan (your task list). Make sure to note down only crucial tasks and don't bother with any unimportant and repetitive tasks.

- Prioritize the tasks on your list. Start your day with the most important tasks, the tasks that will have the biggest impact on creating your dream life.

- Don't loose too much time with minor tasks, with the kind of tasks that don't really help you to realize your dreams. Schedule these tasks before lunch, just before having a break or at the end of the day.

- Quickly review the tasks on your list and visualize how you passionately and successfully perform them.

- Preferably create your daily action plan at the end of the day, just before going to bed. That way your subconscious mind will already start working on the various action points while you sleep and allow you to advance quicker the following day.
17 Another Dream Life Creation Accelerator - Take Advantage Of All The Knowledge And Experiences You Gained So Far And Revise Your Roadmap

Are you still moving in the right direction? Do you still follow the plan you created initially? Does your plan lead you towards your dreams?... These are the sort of question you should ask yourself every now and then.

Briefly visualize your goals - the life of your dreams - take a look at your current life and the actions you are taking on a daily basis and then honestly and objectively evaluate if this will get you where you want to go.

Every now and then you should simply stop for a moment. Lean back, relax and look at your life from the distance, from the viewpoint of an observer. That's the best way to realize and become aware of where you are currently heading to.

Sometimes you might get so lost and immersed in your daily routine, that you no longer realize in which direction you are moving. And it could be that you are heading somewhere completely different than what you initially planned and that you are about to create things in your life that don't correspond at all with the vision of your dream life.

Pause and take a few minutes to reflect on what you have been doing (or not doing) the last few weeks and where this will get you if you continue that way. When things don't work out as planned, then admit it, stop wasting your time and energy and try a different approach.

Maybe it's also time to revise and adapt your plan. Don't just blindly follow the plan you set up initially. The knowledge and experience you gained in the meantime might allow you to improve your plan so that you can reach your dreams faster and easier.

Your plan is the road map to your dream life, so it should be structured and logical, but don't just make it a rigid and static task list you rigorously follow from the first- to the last point once you've set it up.

Don't be afraid to revise and modify your plan if necessary. Everything you learn on your way, your experiences, your ideas, your inspiration... let them flow into your plan. When something doesn't lead you to the desired results, try something else, use a different approach, another strategy... until it fits.

Also, don't fall into the habit of mechanically executing your plan and task lists without any love and passion for what you are doing. Remember, the path is the goal. It's not so important how quickly you reach a certain goal, the thing that really counts is how much love, happiness and fulfillment you experience on your way.
Once you arrive, once you realize your dreams, you will choose a new path, you will create something else, because that's what life is all about. It's about creating and expressing your full potential, your godlike nature.

Creating is part of your nature and it's as important for your happiness and fulfillment as breathing is for your body. But don't confound creating with hard work, because it's not.

Once you master your creational skills, it won't even require any effort anymore. It will simply "flow out of you" and the more you create the more happiness and fulfillment you will gain. Also, when I talk about creating, it's not necessarily anything material. You could just as well decide to create love and happiness and to fill the world with it.

Right now, you are learning and you are developing your creational skills, so don't be too serious and don't get discouraged if things don't work out immediately as planned. Play and have fun. Make your path as enriching and entertaining as possible.

It's entirely up to you how you assess and evaluate the happenings in your life. A certain situation might make you upset, annoyed and angry, but at the same time you could also decide to take it easy, to laugh about it and to keep on playing and enjoying yourself.

And these are exactly the kind of situations and challenges that determine your future. During those moments you decide which direction you take: Towards a life of happiness, fulfillment and abundance or away from it - the decision is entirely up to you.

When everything works out great, it's easy and natural to be cheerful, motivated and positive, but the big question is, how you respond to your challenges. At these moments you decide who you are and who you want to be. Are you persistent, faithful, passionate, patient, loving, strong... or do you decide to be weak, fearful, discouraged, unmotivated... These are the moments that really shape your life.

So you see, the path towards your dream life isn't only an adventurous walk where you collect your gifts at the end, it's also a transformational process. It's your possibility to turn metal into gold.

And the YOU, the real YOU that is created during this process is probably the most magnificent of all the gifts you receive. This transformation finally allows you to realize your full potential - the power to create whatever you want.
Summary:

- Stop every now and then and make sure you are still moving into the right direction - towards your dreams and not away from them.

- Revise your plan from time to time. Get rid of anything that doesn't work or that is no longer useful, implement things you have recently learned, newly gained experiences and ideas...

- The most critical moments are those when you have to deal with challenges and difficulties. The way you deal with them clearly defines who you are, who you want to be and what your future will look like.

- When everything works out, it's natural and easy to be strong, positive, enthusiastic, happy... But you can only define yourself and shape your destiny during those critical moments.

Will the storms on the outside also shatter your inner world, or will you keep the faith and belief in your Self and pass through these temporary and illusory conditions straight towards a life filled with happiness, love, fulfillment and abundance?
18 You Have Difficulties To Get Started And To Take Action? - Here Are The Reasons Why And Some Simple Solutions

Realizing the life of your dreams requires you to take action, something needs to be done. Now, people often tell me things like: "It's so difficult for me to motivate myself and to get things done, it seems like I'm just utterly lazy..."

Do you have the same problem? Don't worry, many people do and in reality, laziness per se doesn't really exist. You might have a "lazy attitude" towards certain things, but once you find your passion, all laziness immediately disappears. Also, there are various reasons for laziness and they can be cured relatively easy.

So lets have a look at the various reasons for laziness:

- Most people who are lazy simply didn't find yet what they really want in life. If there is nothing that excites you and pulls you forward, how can you not be lazy? Play and try out different things until you find the passion of your life. Choose and create your life purpose. If you are not sure yet what you really want in life, read again the first chapters of this books, follow the given advices and do the little exercises that will help you to find out what you really want in life.

- Are you passionate about what you are doing? If not, taking action and getting things done will become more and more arduous and tiring and you will take less and less action. On the surface this will look like you are lazy, but in reality there is only a lack of passion - the driving force that allows you to get things done easily and effortlessly.

You know, passion is also an attitude, it's a decision you make. You choose and create your life purpose, something that's special to you, something that gives your life a deeper meaning and you simply decide to be passionate about it. You tell yourself: "Here is a great opportunity for me to do something really special, something unique, something important, something that might even change the world..." and you give all your passion for it.

Also, passion grows over time. You overcome challenges and obstacles and it grows, you enjoy success and it grows... Life is short and it passes quickly, so use your time, choose your purpose and express all your passion for it - this will give you more fulfillment than anything else.

Realize the importance of what you are doing and decide to be passionate about it. Soon your passion will grow, your laziness will disappear and taking action
will become easy, effortless, enjoyable and exciting - it will feel much more like play and fun than work.

- Often, laziness is just a bad habit. A habit that can easily be "cured" within a few weeks or maybe even within a few days. You might be used to a certain routine for many years: You come home from work, you feel tired, you switch on the TV, you watch more or less the same boring program each evening...

And the thought about doing some more work makes you shudder. You have been working all day long and now you should do some more? No, this is not just about some more work, this is about creating the life of your dreams, about transformation, about developing and making use of your full potential - it's about using your life time and making the best out of it.

Just get rid of all habits that keep you from creating and living the life of your dreams. Switch off the TV, get out of bed, stop aimlessly surfing the Internet... and get excited about creating your new life.

Yes, at the beginning this might be a bit uncomfortable, but already after a few days or at the maximum after a few short weeks you won't miss your old habits any longer. And doing whatever it takes to realize your dreams will become more exciting than anything else.

- It could also be that you don't have any clear direction. Maybe you don't know what to do and how to do it, so you simply remain inactive. When you don't know what you should do, what are you doing? Most probably nothing.

That's why it's so important that you spend some time to create your plan, to find out how others succeeded with similar projects, to do your research, to write your daily task list... all the things you learned in some of the previous chapters about creating your plan and putting together your daily action list.

If you are not absolutely sure what you should do and how you should do it - and that's absolutely normal - try something that could work, and if it doesn't work, try something else and if necessary again something else. As you might know, it took Thomas Alfa Edison hundreds of different approaches until he finally discovered the way that worked when he invented the light bulb.

- Fear might also be a cause of "laziness". Maybe you are so terrified to fail, to embarrass yourself, to be laughed at by others... that you simply can't take any action. But you know what? If you want to win (your dream life), you also have to be ready to fail.

Without failure there can't be any success and there isn't a single highly
successful person who didn't fail many times. On the other hand, there are lots of "losers" who never fail in their whole life.

Sure, if you always stay on the safe side, if you never try anything where there is a risk of failure, you will never fail, but then most probably your whole life will be a failure. So, jump with both feet into your adventure and don't worry about your failures - embrace them, because they will finally lead you towards the life of your dreams.

- What if you don't belief in yourself? Every effort might seem futile and you may constantly indulge in thought patterns like: "This won't work out anyway, no matter how much effort I make, so why getting started at all?"

Maybe others constantly told you that you will never succeed, that you are not intelligent enough, that you don't have the right education... The truth however is that there is an amazing power within you, a power that allows you to create a life that's truly special and that's filled with abundance, love and happiness.

No matter what your background, circumstances, education... might be, you carry the power within to create a life of fulfillment, happiness, abundance and love. Once you become aware of the immense potential that lies within you, you will also realize what a tremendous waste of lifetime it is to remain inactive and not to realize your dreams.

When you follow the advices and exercises presented in this book, then you will soon start feeling this power within you. You will automatically start believing in yourself and you will be able to create whatever you want.

Yes, getting rid of your old habits and getting started taking action towards realizing your dreams requires some extra effort at the beginning. I know, you are tired, it's so relaxing in front of the TV... and you don't even want to think about doing anything else - it just seems too "painful".

However, avoiding these little, temporary pains - which actually turn quite quickly into passion and excitement - will cause you much bigger pain in the long run. If you don't make these little efforts, you will never be able to live the life of your dreams and to express your full potential.

You are breaking with your old habits and you are acquiring new ones and that surely feels a bit uncomfortable at first. But it quickly becomes natural and normal for you and doing whatever you have to do in order to realize your dreams soon becomes your source of happiness and fulfillment.

The most critical phase is at the very beginning. Whenever you catch yourself wasting time with activities that don't help you to reach your goals, just stop what you are
currently doing and do something that gets you closer to your dreams.

Give it a try: Turn off the TV, stop aimlessly surfing the web, stop playing video games for hours... Don't procrastinate, don't hesitate and don't look for excuses - just do what you have to do! Of course, you should also take some time to relax, to play and yes, to watch TV, to play video games... or whatever you like, but don't do it every day, don't make it a constant habit and don't waste hours with it.

You will see, it's not even that difficult. Make it a habit to take action. Just get started, don't even take the time to wonder if you are not too tired at the moment, if you are motivated at all, if you shouldn't watch a bit TV before getting started... simply jump into it and get going.

But don't put too much pressure on yourself, don't try to make everything perfect. Take it easy and don't be too serious. The goal here is simply to get started, to have some fun with what you are doing and to get into the flow.

Now, there are no more excuses for being inactive and lazy. Get up and do whatever it takes to realize the life of your dreams. Use all your passion, enjoy the adventure, have fun and get started.
Summary:

- Laziness per se doesn't really exist, however there are several reasons why you might have difficulties to get started and to take action.

- Find out what you really want in life. There is surely something you can get excited about. Choose your purpose, pick a goal and create the life of your dreams. As soon as you start living your passion, all your laziness and boredom will simply be wiped away.

- Get rid of your old habits that keep you from living the life of your dreams - for example, watching TV for hours and hours every day - and replace them with the habit of taking focused action towards realizing the life of your dreams.

- Don't be afraid of failures and don't worry about people who might laugh at you when you fail. You can't expect outstanding success (realizing the life of your dreams) without being ready to fail. The most successful people on this planet are also the ones who failed most often.

- No matter what your current circumstances might look like, you carry the power within to create the life of your dreams - a life that's filled with love, happiness and abundance.

- Don't try to avoid the little, temporary "pains" of taking focused action and letting go of old, useless habits or you will have to face much bigger pains in the long term, because you will never be able to live the life of your dreams.

- Don't hesitate, don't procrastinate and don't look for any excuses for not having to take action. Just get started, have fun, get into the flow and realize your dreams.
19 How To Deal With Overwhelm And Paralysis And How To Avoid Them Completely

Certain dreams and goals will require you to take massive action in order to make them come true and this might intimidate and overwhelm you. You know where you are standing at the moment and you have a vision of where you want to go, what you want to achieve. And all the tasks that need to be performed to get from A to B might completely paralyze you and even prevent you from getting started at all.

This might be especially true if you don't have much time available to realize your dreams. For example, you might be dependent on the income from your full time job and this means that you will have only a few hours on the evenings and some time on the weekends to work on the realization of your dreams.

If that's your case, concentrate first on the most important points on your plan - those things that produce the biggest results. And don't try to do everything perfectly right. That's simply impossible, because at the beginning you don't have the knowledge, experience, maturity... in order to deliver outstanding results.

Often, good enough is just fine for a start. Later on, you can come back and improve certain things. Trying to be perfect takes the fun out of the game, it creates a lot of stress and pressure and it gives you the feeling that you are not moving forward at all.

Again, have fun, love what you do and don't be too serious. When you truly love and enjoy what you are doing, creating something exceptional will just be the natural outcome.

Isn't it a miracle, how a little baby learns to walk, to talk and many other things in such a short time? Just watch a baby, there is so much passion, fun, excitement... and surely not a single negative thought, like: "I'll never learn to talk properly, maybe I'm just not intelligent enough"... And yes, there are also lots of little failures and many, many little baby steps. Do it the same way and all your dreams will come true.

Ok, but what can you do when you are overwhelmed and paralyzed by the magnitude of your project? The problem here isn't so much the workload that needs to be dealt with, it's much more your mind that's playing tricks on you.

Your mind is constantly telling you things like: "There is so much to do, how should I handle all this?", "This will take ages", "With so little time available, it's simply impossible to advance properly"...

Don't follow and develop these kind of thoughts, they won't help you in any way. If you engage in these sort of thoughts you will be soon overwhelmed with your dream life project, you will loose your motivation and passion, fear will settle in and you might ultimately give up.
Overwhelm, fear and doubt don't have any substantial reality. Initially, they exist only in your mind and they are not more real than a dream at night. However, if you keep on following and developing these thoughts and feelings, they will become your reality.

So, here we go again: Don't focus on things you don't want (it takes ages, it's impossible to do all this work...), focus only on what you want. Love and enjoy what you do and simply take one step after the other.

As long as you stay focused on your dreams, everything else will fall into place, even if things don't look like it and even if your mind can't grasp yet how this could happen and how things will work out.

You are guided by your higher self, your intuition and inspiration is constantly growing, your love and passion pulls you forward, you have a great plan, your thoughts and feelings are focused on your dreams, your dream life has already become your inner reality... so, how can you not succeed? Only if you listen to- and follow the limited suggestions of your mind.

Just take one step after the other, enjoy what you are doing and don't worry about anything else. Even if you don't have much time available, keep on taking these little baby steps. Yes, even if it's only 15 minutes a day, that's already much better than nothing. The more little baby steps you take, the easier it becomes, the more efficient you will become, the quicker you will advance...

And then there are also "miracles" (in reality, they are only a product of your creation). Something unforeseen happens and you make a big step forward, suddenly, lots of money flows into your life and you can quit your job to fully concentrate on your dreams, problems and difficulties resolve themselves miraculously ...

These things happen and they will also happen to you, because whatever inner reality you created, it also has to manifest in your outer reality, and sometimes, "miracles" are the only way to make this happen.

Also remember, it's the path that counts most. Enjoy what you are doing, put all your passion into it and have fun. Realizing your dreams isn't a race or some sort of competition. It's a transformational process. You are creating a new YOU and the life of your dreams at the same time. And that's the most exciting and amazing adventure you can imagine.

You have the power to realize your dreams and that's also the purpose of your life - realizing your godlike nature and creating fulfillment, love, abundance and happiness for yourself and others. Yes, you can have it all, the most amazing life you can imagine. Be grateful for this realization and don't let your precious lifetime slip away without making use of your full potential.
Summary:

- Overwhelm and related feelings are purely mind created and they don't have any substantial reality. However, if you keep on indulging in negative thoughts and feelings, they will become your reality.

- If you don't have much time available to work on the realization of your dreams, focus only on the most important tasks - those which produce the most significant results.

- Don't put unnecessary stress and pressure on yourself by trying to do everything perfectly right. Often, good enough is just fine. Come back later to improve things, when you have more practice, experience and knowledge.

- It's the path that counts most, enjoy it, have fun, love what you do and don't take things too seriously. As long as you keep on moving forward with love, faith and passion, the best possible results will happen automatically.
20 A Great Way To Develop Your Creativity And Inspiration

I recommend you get started writing two different types of diaries. The first one is your idea diary where you note all your ideas and inspirations and the second one is your self reflection diary where you write down all your realizations and insights. You can keep these diaries on a notepad or on your PC - whatever you prefer.

These diaries are a great way to develop your intuition, your inspiration, to become more conscious of what helps you to move quicker and with less effort towards your dream life... and to become more open for the guidance of your higher self.

As I already mentioned earlier on, don't try to do everything yourself, ask your higher self for guidance, answers and ideas. It probably will take some time until you become sufficiently "open" to receive answers and ideas, but the more you communicate with your higher self, the more susceptible you will become for its guidance.

Your higher self often communicates with you through your feelings - gut feeling and hunches - but it also draws people, books, newspaper articles, sudden ideas... into your life.

One of the best ways to develop a wide open channel to your higher self is by writing down all your ideas, inspirations, sudden flashes and hunches. Actively ask for help, have faith that you will be guided and whenever you receive a great idea make a note in your diary and thank your higher self for it.

It might also be a good idea to get a dictaphone or any other kind of portable recording device. This allows you to immediately capture all your ideas, inspirations, self realizations... no matter where you are at the moment. Later on you can write them down into your diaries.

Of course, there is no need to immediately implement all your ideas - anyway this wouldn't even be possible. Probably you will implement certain ideas immediately, others might be applied in a month, in a year, in 3 years... and some of them will never be used.

Now, when the ideas start flowing, this will most surely also affect your plan and frequent changes to it could be necessary. However, don't make the mistake to jump from one opportunity or idea to the next without ever properly implementing any of them.

There is no need to completely change your plan every few weeks or so. Stick to the big lines and make only minor modifications. And when you decide to act on a certain idea, do it fully - finish what you start and don't try out something new every few days.
Keeping an "idea diary" is probably the simplest and most effective way to develop your inspiration and intuition and to become more receptive for the guidance by your higher self.

And once you get used to communicating with your higher self on a regular basis and writing down your hunches and ideas, it becomes quite natural and it won't take more than a few minutes a day.

**Now to your second diary: Your self realization or daily reflection diary.**

At the end of each day, take a few minutes to reflect on the various happenings and events. What about your thoughts, feelings and actions - are they aligned with your dreams?

Maybe there was something that didn't work as planned? How could you do it better the next time? Are there any bad habits that keep you from moving forward, you would like to get rid of? Any important realizations about yourself, your life... in general? Write down anything that seems important to you.

As you can see, this diary helps you to become much more aware of your thoughts, feelings and actions and whenever you realize that they are not aligned with your dream life, you can immediately change your direction. And this of course will allow you to move forward much faster and easier.

Also, this kind of diary is surely one of the best tools for self realization and personal development. It allows you to realize things about yourself and your life, you would have never realized otherwise.

Just stop for a few minutes at least once a day and look at yourself and your life from the viewpoint of a distant observer. This helps you to better recognize what might hold you back or slow you down on your way and once you know what keeps you from getting what you want, you can easily make the necessary changes.
Summary:

- Start writing an idea diary where you note down all your inspirations, ideas and hunches. Use a simple notepad or your PC - whatever you prefer.

- So, where do you get all these great ideas? Don't try to do everything yourself, ask your higher self for guidance, answers and ideas.

- When the ideas start flowing, don't make the mistake to jump from one thing to the next. When you decide to act on a certain idea, do it fully and finish what you start.

- Maybe you also want to get a small portable recording device. That way you can easily capture all your ideas, no matter where you are at a given moment.

- Create also a second diary: Your self realization diary. At the end of the day, briefly reflect on all important happenings and events and make some notes.

- This diary allows you to become more aware of your thoughts, feelings and actions and whenever you realize that they are not aligned with your dream life, you can immediately change your direction.
21 The Illusory Character Of Your Doubts And Worries - How To Transcend Your Fears And Realize Your Dreams

On your path, there will be times when everything works out great. You are confident and enthusiastic, you believe in your success, everything is flowing.... But most probably there will also be times where just everything seems to go wrong. You lose your confidence and motivation, final success seems to become impossible, doubts and worries settle in and you might even slip into doom and gloom.

Sure, it's always easy to say "I believe in myself", "I'm convinced that I will succeed"... when everything goes like clockwork. But what if things change and suddenly all your "good luck" seems to elude you? Then, quite naturally doubts and worries will settle in and instead of saying "I'm convinced that I will succeed"... you will rather feel like: "I'm not sure if this will ever work out".

However, these challenging moments are necessary for your personal development - we already talked about this earlier on. Look at them as kind of preparation for your dream life and be aware that the way you respond to these challenges will also determine your future.

Only during these adverse moments can you define who you really are and who you want to be, because only then can you truly affirm: "I believe in myself", "I trust in the universe", "I will succeed"...

Saying: "I'm not afraid of the dark" doesn't mean a lot when you have never experienced darkness. Only once you experience it can you genuinely say: "No, I'm not afraid of it, it can't hurt me".

But what can you do when challenges arise, how can you conquer your doubts and fears?

Understand that all the happenings on the outside are merely illusions. Illusions that seem extremely real, but still, they are only illusions. Your only reality is within, your being. And even if everything in your life (on the outside) seems to be turned upside down, your inner being can't be touched by it. Your true nature is and always will be love, abundance, freedom, happiness... independent of what's happening on the outside.

However, as soon as you start identifying with the current, temporary and illusory happenings on the outside (like: failure, sickness, poverty...), you accept them as your ultimate reality. You give up your center, your true nature and you trade it for a false reality.
So, whenever the road starts getting bumpy, know that it will pass - often quicker than you might think - and remain focused on your center, on your inner reality, which is nothing but love, abundance, happiness...

When everything around you is light and bright, it's easy and natural to say: "I'm happy", "I'm confident", "I'm successful"..., but when the sky suddenly darkens, you will feel more like: "I'm a failure", "Happiness eludes me", "I'll remain poor all my life"...

You immediately identify with your current circumstances and that's the problem. You look at them and you say that's what I am. However, you are not your circumstances, that's not your ultimate reality. Your true nature, your hidden treasure is - yes, love, abundance, happiness... and you are a creator, you can manifest whatever you want on the outside.

You could be the poorest person in the world, living in the worst possible conditions, but if you decide with unshakable conviction and belief: "I am abundant and happy", then your physical reality will also be transformed until it completely mirrors your inner reality: abundance and happiness.

You know what? Everyone who pursues big dreams sooner or later has to deal with challenges and difficult moments and quite naturally, doubts and worries arise. But the only thing that really counts is how you will respond to your challenges.

Will you give in to doubts, worries and fears or will you keep your faith and belief and continue marching forward towards your dream? Most people decide (unconsciously) to indulge in their negative thoughts and feelings, to feed them and to spend most of their time in worry, fear and desperation.

And as you already know, you create what you focus on. So, what they initially set out to create (abundance, happiness...) disappears, because no more energy is given to it, and what they don't want at all (failure, unhappiness...) is created, because most of the time and energy is spent on it.

Doubts and worries won't be of great help in creating your dream life, on the contrary they will attract the exact opposite of what you want. So, why continue worrying and doubting? It doesn't make any sense.

Simply stop indulging in your doubts and worries. Don't follow and develop them, let them pass and focus on something else. Doubts and worries don't have any substantial reality, they exist only in your mind, but the more you focus on them, the more they will become your reality.

It's a vicious circle, initially there are only some negative thoughts, some minor doubts, then you add more negative thoughts, you focus on this particular thought pattern and more doubts, worries and fears are created. Then, slowly this becomes your reality, your outer circumstances start reflecting your inner state of being.
And this creates more negative thoughts, more negative feelings, more fears... And you are trapped - unless you break through the illusion and change your inner state of being (which is completely independent of your current outer circumstances).

You can do it, just become aware that the outside is only a reflection of the inside and that when you change the inside, the outside will automatically follow. You can easily change the inside, your inner state of being, simply by feeling as if you are happy, you are abundant, you are free... Don't pretend that you are happy... be it, deep within, simply be it.

You can try it immediately, close your eyes, focus on happiness (or whatever you want) and be it. Decide to be happy... and allow it to happen. However, don't listen to your mind, because it will quickly tell you something like: "Hey, don't be foolish, you don't have any reason to be happy.... just look at your life!"

Don't listen, you are the master here. Your mind is only a tool, a great tool, but don't allow it to enslave you. Again, the outside, your physical world is only a reflection of your inner state of being. And when you change your inner state of being, your physical reality simply follows and reflects it.

Only you (your inner being) can decide who and what you want to be and you do that with your thoughts, feelings and actions. Your outer circumstances can never define who and what you are - unless you fall for the illusion and allow them to do so.

Don't give your doubts, worries and fears any energy, don't follow and develop them, no matter what your current circumstances might look like. Instead, decide for abundance, happiness, love, fulfillment... put all your focus on it, allow only thoughts, feelings and actions that correspond with what you really want, with your dream life.

At first, this might sound somewhat ridiculous. How can you BE abundant, happy... when your whole life seems to be falling apart? You can, because happiness, love, abundance... are your true nature, it's the core of your being, the only thing that's left when everything else is taken away from you.

Give it a try: Meditate, go within, let go of all your thoughts - go beyond mind. Just let go and let it happen. Don't expect anything, don't involve your mind, don't even think positively... And suddenly something amazing happens: You feel happiness, you feel bliss - you are in touch with your center and with your true nature.

No matter how bad your current circumstances might be, if you move beyond your mind and into your center, you will experience bliss, happiness, abundance, love... That's your true nature and it can't be touched by your current outer happenings and circumstances.

So, keep focused on the things you want, on abundance, happiness, love and fulfillment... This is your true nature, even if your current circumstances might imply
something different.

Again, you are a creator and you can choose what you want to create in your life. You will create whatever you focus on - things you like or things you don't like. Most people create things they don't like, because they are not conscious of their creative powers, they are not conscious of what they are doing. Fortunately, you are aware now of your creative powers and you can use them to create the life of your dreams.

And you know what? Abundance, happiness, love, freedom... is already yours, you don't even have to create it. It is inseparable from you, it's part of your true nature. It's only hidden within and you are no longer aware of it. But still, it's yours and you only have to bring it back into your awareness.

So, focus on-, live and feel your true nature: Happiness, abundance, fulfillment... And it will also be reflected in your day-to-day life and in your outer circumstances.
Summary:

- If you want to realize big dreams, sooner or later you will also have to deal with challenges and obstacles. But don't be afraid of them, they are necessary and important and they offer great opportunities for personal growth and transformation.

- Only during these adverse moments can you define who you are and who you want to be, because only then it makes sense to say: "I believe in myself", "I trust in the universe", "I am successful"...

- Even if everything in your life seems to be turned upside down, your center, your being can't be touched by it. Your true nature is and always will be love, abundance, freedom, happiness... independent of what's happening on the outside.

- Don't identify yourself with your current circumstances. Don't look at them and say "That's what I am". You are not your circumstances, they are not your ultimate reality. They are only some temporary and illusory happenings on the outside. They are like clouds, they come and go and they don't have any substantial reality.

- Doubts and worries won't be of great help in creating your dream life, on the contrary they will attract the exact opposite of what you want. Whenever doubts and worries arise in your mind, decide not to follow them. Focus on something else instead, on something that helps you to create the life of your dreams.

- Doubts and worries don't have any substantial reality, they only exist in your mind, but the more you focus on them, the more they will become your reality.

- You can easily change your inner state of being, simply by feeling as if you are happy, you are abundant, you are free... Don't pretend that you are happy... feel it deep within and simply be it.
22 The Incredible Transformation Of Your Entire Life... Even If Sometimes It Seems Like Nothing Is Happening

The seeds are planted and soon it's time for harvest. Maybe nothing is visible yet on the outside, in your physical world, but all the crucial preparations have been done and it's only a question of time until you will harvest the fruits of your work.

You have come quite a long way and the most difficult part is already behind you. Now you are no longer at the starting point and maybe some parts of your dream life vision are already becoming your physical reality.

Look what you have already accomplished: You have a clear vision of your dream life. All your thoughts, feelings and actions are focused on it. You do your daily visualizations, you have a great plan and every day you spend a few minutes on your idea- and your self reflection diary. You keep on moving forward, one step after the other. Your belief and trust in your ultimate success is continually growing...

Yes, you truly planted the seeds of your "dream life success" and sooner or later it will be your reality. You create what you continually focus on - these are universal laws and they work with 100% precision.

However, harvesting time might not just be yet, so don't worry if your life still seems to be the same (on the outside). The seeds you sowed are already growing but they are not ready yet to pop through the surface. Be patient, have faith in the process and just keep on moving forward.

You know, on the surface it often looks like nothing is happening. But that's not true, not at all. The most crucial (inner) changes are taking place in this phase and this is actually the most important stage of your dream life creational process.

Tremendous transformations are happening right now. At the moment, only your inner world will be affected, but that's what's most important, because your physical, outer reality is nothing but a reflection of your inner world. Your outer reality always follows your inner reality. So, if you create abundance, happiness... within, it will also become your physical reality.

Again, this is a very critical phase; you laid out the fundament for your dream life, but your current circumstances are not reflecting it just yet. Most people are tempted to give up at this stage, because nothing seems to be happening, nothing seems to be changing.

Don't give up, you are already very close. Keep on moving forward, remain focused on your dreams and don't be fooled by your current outer circumstances, they no longer represent your newly created inner reality. They are only the remaining shadows of your
past and they are already disappearing.

Just as an analogy, imagine you decide to plant some flowers in your garden. You get the seeds for the sort of flowers you want and plant them into the soil. And that's it, your work is done and the flowers will soon become reality in your garden. Now there is nothing else you have to do, the universe will take care of the rest.

The flowers are growing, they are already reality, but they are not visible yet on the surface. So, after a few days you start to worry and you say to yourself: "The gardener told me I will get these beautiful flowers, but absolutely nothing is happening, something is surely wrong here..."

You decide to dig into the soil and to put the seeds somewhere else. And again, a few days pass and still nothing is happening. All the work and there are still no flowers in your garden. Now you might think: "Well, I should have known it - how should this little seeds ever become beautiful flowers? - That's just ridiculous..."

Now you might even get so angry that you dig out the seeds and bring them back to the gardener: "They are not working, I put them into the soil as you said, but nothing happened..." you will tell him.

You might be laughing at this little story, but that's more or less how most people try to realize their dreams. There is some excitement at the beginning and even some action, but then doubts and worries quickly arise and the whole project is abandoned. Yes, all the "digging around" with negative thoughts and feelings brings the miraculous transformation that already started to a halt.

You know, this little plant called "your dream life" is very fragile at the beginning and its worst enemies are doubts, worries, fears... So, you have to protect it from all these negative thoughts and feelings and water with many thoughts, emotions and actions that correspond with what you want to create.

And that's really all you have to do, the universe takes care of the rest. Just be patient, keep on "watering" your plant and have faith in the process.

Your physical reality, your outer circumstances are always lagging behind your inner reality. For a short moment they can even be the complete opposite. So don't be deceived by these illusory appearances.

The only thing that really counts is your inner reality. You are the master of it and within you can create whatever you want using your thoughts and emotions and expressing them with corresponding actions.

So, don't put too much importance on temporary outer happenings, because they are not your ultimate reality and sooner or later they will always reflect your true-, your inner reality.
Again, your mind is very quick to tell you: "This doesn't work, nothing is happening..." Just don't listen, you might only be one inch from realizing your dreams. But if you suddenly start walking in the opposite direction (doubts, worries, fears, frustration...), everything you created so far will disappear.

Stay focused on your dreams and put all your love and passion into it. Do this day-in and day-out and it soon becomes a natural habit. And with all this energy and momentum, your inner state of being will also materialize on the outside - there simply is no other possibility.

Summary:

- Major transformations already occurred in your life. Nothing might be visible yet on the outside, in your daily life, but the seeds are planted, the most important steps have been taken and it's only a question of time until you will reap the fruits of your work.

- Don't be fooled by your current outer circumstances. It takes some time and patience until your newly created inner reality also becomes visible on the outside.

- On the surface it often looks like nothing is happening. But that's not true, the most crucial (inner) changes are taking place during this phase - that's where you are laying out the foundation for your future dream life.

- Keep on moving forward, remain focused on your dreams and don't be fooled by your current outer circumstances, they no longer represent your newly created inner reality. They are only the remaining shadows of your past and they are already disappearing.

- Don't put too much importance on temporary outer happenings, because they are not your ultimate reality and sooner or later they will always reflect your true reality, your inner reality.
Love and passion, this incredible power within you makes everything so much easier, it literally melts away all obstacles and challenges on your way and it turns the path towards your biggest dreams into play and fun.

When you set out to realize your biggest dreams, there is lots of excitement and enthusiasm at the beginning. You imagine what your life will be like, all the things you are doing, becoming, having... But most probably you won't immediately feel a deep love and passion for what you are going to do, for what you are going to express in order to materialize your dreams.

At the beginning, you will be excited about the end result, about the final outcome, about your dream life being your reality, but you won't have fallen in love yet with the path itself. However, this path is the bridge between your current life and your dream life and you need some kind of energy, some kind of fuel in order to bridge this gap.

Now, there are different sorts of "fuels" you can use, but there is only one that will allow you to truly enjoy your path and to turn it into child's play. That's love and passion.

But don't worry if you don't feel any love and passion yet for the "doing-part" of your path. Love and passion grows over time, they are the result of an inner transformation.

You decide what your dream life should look like, you choose your life purpose, you decide to make use of your potential, to awaken the sleeping god within you, you start taking action, you keep on moving towards your vision... your inner being is transformed, you realize the importance of what you are doing and your love and passion keeps on growing.

Yes, love and passion is the key to everything. It opens doors, it allows you to get over the road blocks, to overcome obstacles and to achieve anything you want. But the initial excitement needs to be transformed into love and passion and this requires some time and patience.

And don't confound one with the other, excitement and passion are two completely different things. True love and passion allow you to overcome all your challenges and difficulties, excitement won't. Excitement gives you the initial motivation, the kick to get started, but that's it. And excitement quickly evaporates when things are getting a bit more challenging.

Love and passion is also an attitude. It's a choice you make. Whatever needs to be done
to make your dreams come true, decide to do it with all your love and passion. Become conscious of what you are doing. Realize that you are fulfilling a higher purpose. You are creating a life that's filled with love, abundance, happiness, freedom... and at the same time you are sharing these things with the rest of the world.

When you are truly happy, you will want to make others happy as well, when you are abundant, you will want to help others to experience abundance as well... This happens automatically, because you realize that the more you give, the more you share with others, the more you get back at the end.

By realizing the life of your dreams, you are serving a higher purpose, you are changing the world, you are bringing more love, abundance, happiness, freedom... into the world.

And this realization will help you to do whatever you have to do with more love and passion. At the beginning, there might only be a little bit of love and passion, then a bit more and it just keeps on growing.

Love and passion not only allow you to accomplish much more in less time, it also provides you with a sense of fulfillment and deep satisfaction. Work turns into child's play and all "have to's" and "must's" disappear. Action simply starts flowing out of your love and passion - naturally and almost effortlessly.

However, love and passion can't be forced. In fact, pushing and forcing is the exact opposite of filling your activities with love and passion. Give it time and let it come naturally. Love and passion develops over time, it's the result of self realization and personal transformation. The more you "grow into" your dream life, the more your love and passion for what you are doing will grow.

Whenever you take action towards creating the life of your dreams, realize the importance of what you are doing and focus on love and passion. Simply repeat the words in your mind, take on a loving and passionate attitude towards your work and it starts flowing. The more often you do this, the easier it becomes and the more love and passion will flow into your activities.

Most people think that in order to achieve great things, one has to work extremely hard, lots of sacrifices are required and an iron will and discipline is needed. But that's not true, there are much easier ways. Love and passion are the keys to outstanding success with a minimum amount of effort.

On the other hand, the majority of people who work very hard (but without love and passion) still don't succeed. Often, they hate what they are doing, they are filled with anger and frustration... So how could this lead to success? There is no way.

Sure, it's possible. Hard work, sacrifice, iron will power and discipline sometimes lead to outstanding success. But why should you suffer and hurt yourself when there are much better and easier ways.
Just imagine you want to get from Los Angeles to New York. So, one possibility would be to put on your shoes and to start walking. You will need an iron will and it will be very tough, but it's possible and you can succeed at the end.

But you could also decide to take a car or an airplane and this will get you from L.A. to New York in only a few hours and almost no effort will be required. Love and passion is the "airplane way", and there is no reason to make your life more difficult than it needs to be.

Sure, at the beginning when your love and passion isn't big enough yet, you will have to push yourself a little bit every now and then and some discipline and willpower will be required. And if you completely lack these qualities, it's a good time to develop them. So, there is no need to go to the extreme and to develop an iron willpower - a "healthy" discipline and willpower will be completely sufficient.

Also, don't put too much pressure on yourself and don't expect too much at the beginning. Just get into the habit of taking focused action. Have fun, enjoy what you do, be passionate about it and don't care too much about immediate results. Don't worry, they will come, love and passion make your success inevitable.

Summary:

- Love and passion makes achieving extraordinary things almost child's play. It allows you to easily overcome all obstacles and challenges. It adds more fun and happiness to your path and it makes success inevitable.

- Realize that all actions you are taking towards realizing the life of your dreams serve a higher purpose. They not only add more abundance, happiness, fulfillment, love... into your own life, but also to the life's of many others.

- Don't worry if at the beginning you don't feel much love and passion for what you are doing. Love and passion grow over time, they are the result of an inner transformation and they need to be nurtured and cultivated.

- Excitement and passion are two completely different things. True love and passion will give you wings and it allows you to overcome all your challenges and difficulties, excitement won't. Excitement quickly evaporates when things are getting a bit more challenging, it only gives you the initial motivation, the kick to get started, but that's it.

- Before taking any action, briefly focus on love and passion and let it flow into your work. The more you do this, the more love and passion you will have available and the more enjoyable your path will be.
24 3 Key Ingredients To Realize All Your Dreams And To Make Your Success Inevitable

If you want to build a house, you need certain building materials, if you want to prepare a great dinner you need the right ingredients... and in order to create the life of your dreams you will also need also need certain "ingredients" or characteristics.

Many things are important, helpful and beneficial for creating the life of your dreams, but I think the 3 most important characteristics are:

- Perseverance and patience
- Faith and belief in yourself
- And probably the most important of all: Love and passion for what you do

And really, that's pretty much all you need to create the life of your dreams, a life that's filled with abundance, happiness, love, and freedom.

Now you might think that you completely lack one or more of these qualities, but that's not true. All these characteristics are part of your nature, they are already within you. Maybe you still have to develop them, but the seeds are already there.

Simply focus on these qualities and make a little effort every day to grow and develop them. For example, make a conscious effort to let all your love and passion flow into work. Just think about it and it starts flowing - a little bit more every day.

Or, when there are obstacles and challenges, don't just give up, be perseverant and keep on moving forward. Perseverance isn't struggling, it's not swimming against the stream, it's knowing that you will arrive and swimming around the obstacles instead of fighting against them. Deep within you know that you will succeed and you just keep on marching towards your dreams undeterred of all the obstacles that might be in your way.

Also, it's not only about a specific end result. Creating your dream life is a transformational process, it's about turning crude metal into gold and this might take some time, so be patient. Enjoy the whole path with all its up's and down's and fully live this amazing adventure that allows you to create the life of your dreams.

And yes, there is also faith and belief. If you don't believe in your dreams coming true, there won't be a lot of love and passion, you won't take a lot of action, you won't have the strength to persevere... and your dreams won't come true.

So, love and passion for what you do, perseverance and believe in yourself... but can this really be all you need to create the life of your dreams?
You might think that your possibilities are limited because you don't have the right kind of education, you are not talented enough, you don't have the necessary social contacts, you are not sufficiently intelligent, strong, good looking...?

Ok, having some of these qualities would probably make your life a bit easier, but they are not required to create the life of your dreams. And just look around, there are thousands of people who are very talented and intelligent, who have the best possible education and the most powerful relations... and still, they can't find fulfillment, happiness, freedom, love... the things that really count, the things that make all the difference.

So, whatever your current circumstances might be, within yourself you have everything you need to create the most magnificent life you can imagine. Within yourself you carry the seeds of love, passion, faith, belief and perseverance. And you can grow them - just a little bit every day.

And yes, that's really all you need to create the life of your dreams. No Harvard diploma is required, you don't need to have a powerful politician as your friend, your parents need not be rich and famous...

Make it a habit to ask yourself several times throughout the day if you are sufficiently passionate about what you are doing. And if you feel there is not enough love and passion, then let more of it flow into your work.

Also ask yourself if you are patient and perseverant. And if there is a lack of it, then develop more patience and perseverance. Whenever you realize that there is a lack of something, then simply focus on it, be it and it will start growing.

It's all about becoming aware of it when one or more of these qualities are missing and then filling the void. The moment you say: "I'm passionate" or "I believe in myself" or "I keep on going, I am perseverant"... you create a little bit of it in your life. Again, it's all a matter of practice. The more you do it, the easier and more powerful it becomes.

**Now let's look a bit closer at these 3 key ingredients:**

**Perseverance and Patience**

At the beginning, your love and passion might not be strong enough to get you through all the obstacles and difficulties on your way. Doubts and worries will arise and sometimes you may even be tempted to give up.

And that's why perseverance and patience is so important (especially at the beginning). Perseverance is the power that allows you to get up each time you fall and to keep on moving towards your dreams. Patience reminds you unceasingly that your dreams will come true and it helps you to remain focused on them.
Of the 3 key characteristics, perseverance and patience are the easiest to acquire. You only need to push yourself a little bit to grow these qualities - and again, there is no need to go to any extremes.

The other two characteristics are more powerful, but they also need more time to be developed and integrated into your daily life.

**Faith and belief in yourself:**

By now you already have a good understanding of how the universal laws work and how you can use the creational power of your thoughts and feelings. You know that you are the master of your life and that you can create whatever you want. You are also aware that your true nature is love, abundance, happiness, freedom... and that you simply have to focus on it in order to grow it and bring it into your physical reality.

The awareness and understanding of these spiritual laws makes it already much easier for you to believe in your dreams coming true. And I'm not just talking about blindly believing things. No, you discover your creational potential step by step. First you start with small things and then you tackle bigger projects, and by and by you realize that it really works and your faith and believe grows naturally.

And this means, you are also the creator of your faith and belief. You are not born with it, it is something you have to develop. Sure, you can always deceive yourself and simply say: "I believe in my dreams coming true".

But that won't work, it has to go deeper, it has to become an unshakable conviction and this happens only when you also experience yourself as a creator. So, just get started with little things, that way you can develop your creational potential and grow your faith and belief at the same time.

Also, the more challenges you overcome, the more your faith and belief grows, the more you persevere, the more it grows, the more you meditate and get in touch with your inner nature, the more it grows... until it becomes an unshakable inner conviction that makes your success inevitable.

**Love and Passion**

We already talked a lot about love and passion in the last chapter and you know that they are the elements that add fun and enjoyment to your path, that makes realizing your dreams child's play and that takes away the need for hard work, big sacrifices, pushing and hurting. All in all, love and passion allow you to fully embrace and enjoy the path towards your dream life.
The magic of love and passion is that it makes everything so easy. You enjoy so much what you are doing that there won't be much need for perseverance and discipline. Also, you get so much happiness and fulfillment out of what you are doing, that you won't even think about failure or waste any time on worries, doubts, fears...

The easiest way to let love and passion flow into your work and activities is when you do something that represents a deeper meaning to your life.

Love and passion surely are the most important of the 3 "dream life secrets". With them, everything becomes easy, life starts flowing and obstacles and challenges melt away like snow in the sun.

Summary

- The most important qualities for the creation of your dream life are perseverance and patience, faith and belief and love and passion. And you already carry the seeds of all these characteristics within you, maybe they still need to be developed, but they are already part of your nature.

- Every day make a little effort to grow and develop these qualities. Simply focus on them, think about them and they start growing.

- Whatever your current circumstances might be, within yourself you have all you need to create the most magnificent life you can imagine.

- Perseverance allows you to get up again and again after failures, to keep on moving forward and to overcome all your obstacles and challenges. Perseverance and patience are especially important at the beginning when your love and passion isn't yet strong enough to help you easily overcome your challenges.

- You are the creator of your faith and belief. You are not born with it, this is something you have to develop. At the beginning the belief in yourself might be relatively weak, but the more often you experience yourself as a creator, the stronger it grows until it turns into an unshakeable conviction ... that your dream will come true.

- Love and passion is the most powerful of the 3 keys to your dream life. It makes realizing your dreams child's play, it takes away the need for hard work, big sacrifices, pushing and hurting and it helps you to easily overcome all obstacles on your way.
25 How To Get The Most Out Of Your Failures - The Inherent Potential Of Your Mistakes And Failures To Make A Quantum Leap Towards The Realization Of Your Dreams

Failure is an integral part of success and it's simply impossible to realize big dreams without ever failing and without ever making any mistakes. If you are onto something big then sooner or later you will encounter failure, you will make mistakes, something won't work out as planned... and that's absolutely normal.

When you never leave your comfort zone, when you never try out anything new, when you never leave the beaten path... than you can possibly avoid all sorts of failures and mistakes, but than your whole life will be one big failure.

Why? Because living that way means you are too afraid of life and you are not really living, you are merely existing. Life is constant change, it's the new and untried, it's bold and daring and it means realizing and expressing your godlike nature.

If you constantly avoid all situations and challenges that bear only the slightest risk of failure, you will never be able to realize your full potential and it will be impossible to create the life of your dreams.

Also be aware that every single person who achieves extraordinary things in life makes mistakes and fails on several occasions. That's just normal and there is nothing wrong with it. All your failures are trying to tell you is something like: "Hey, that's not the best possible way, try something else, use a different approach..."

Unfortunately, failures and mistakes are not accepted at all in our society. Whenever you make a mistake, someone will laugh at you, someone will condemn you, someone will call you a loser...

But that's of course absolutely foolish. If you want to achieve something outstanding, something big, something new... how should you succeed without a single wrong trial, without a single failure. It's just impossible.

And that's actually quite funny, because those who are so afraid of failing, those who never try anything new, those who never leave their little comfort zone are usually the first to point at those who make mistakes, to laugh at them, to condemn them.

A truly successful person will never have this kind of attitude, because she deeply understands that failure is inseparable from success and that big success can only happen through failures and mistakes.
Adopt a healthy attitude towards failures. Give your best in everything you do, but don't be ashamed or embarrassed if you still fail. Accept your failures, analyze them and learn from them in order to avoid making the same mistake again and then get up and try a different approach.

Each failure also carries an enormous possibility to make a quantum leap forward and to move a big step closer to the life of your dreams. But in order to get the most out of your failures, you have to accept them when they happen and adopt a healthy and positive attitude towards them.

Fully enjoy and embrace your dream life adventure and don't worry if you make one or the other mistake on your way. They will only make you stronger, bigger, livelier... and they will allow you to finally realize the life of your dreams.

Just look at how babies deal with "failures" and how much they learn is such a short time. They learn to walk, to run, to talk and so many other things with seemingly no effort. How is this possible?

Because for them, failing is like playing. They have so much fun in "failing" and getting up again and again, they don't worry about the little mistakes they make, they are not ashamed and embarrassed about them. No one fails as often as babies in such a short time and no one achieves and learns so many challenging things in such a short time.

Babies also have the big advantage that they are constantly "encouraged" to fail. When a little baby starts walking and falls, it's immediately encouraged by everyone to get up and to try again. No one would ever say anything like: "Give up, you'll never learn it anyway, you'd better stick to crawling, that's easier".

However, once we leave the baby stage, we no longer have the right to make mistakes. Suddenly, failing and making mistakes becomes something that has to be avoided by all means and whoever makes the slightest mistake is immediately punished. That's just ridiculous.

This concept of playful failing, getting up, learning from it, trying again and making it a little better... works so well for babies, so why shouldn't it work any longer for children, teenagers and grown ups?

You might fail a thousand times and no matter what others might say, you are not a loser as long as you don't give up. You only lose if you never step outside your comfort zone and if you never dare to fail or to make a mistake because you are too afraid to fully live.

Even if there are lots of failures in your life and you never reach your dreams, your life would still be a success, because you will have gained a lot of experience, you will have developed courage, determination, perseverance... Your life will have been fulfilled and exciting.
So, it doesn't matter what other shortsighted people might think and say about you, the only thing that really counts is that you can say: "I have been happy and fulfilled" at the end of your life.

If you want to realize your dreams, if you want to reach beyond mediocrity, if you want to live your life to its fullest... then quite naturally you will encounter situations you can't fully control or maybe you can't even control at all. You will have to do things you never did before, maybe you even have to do things no one ever did and that means there will be a "good chance" for (healthy) failure.

Sure, your mind will immediately tell you: "That's a huge risk, it won't work out, you will fail, they will laugh at you..." But also, a tiny, subtle voice within might tell you: "That's great, do it, this will completely transform and change your life, jump into it...".

If you follow your intuition, your inner voice, there are good chances that your biggest dreams will come true. And this could happen quicker than you might think, but it could also take a few, several or even many failures. On the other hand, if you decide to follow your worried mind, you will have to be content with the mediocre, because big dreams surely won't come true.

Life is meant to be lived and dreams are meant to be realized, so whenever your gut feeling tells you "jump", then simply jump into the unknown (at least every now and then). Expand your horizon, keep on growing, have fun... and accept and use your failures for your personal transformation.

But I am not saying you should take stupid risks or do things that are doomed to fail in the first place. Always use your intelligence and listen to your inner voice and your gut feelings.

So, whenever you jump into something new and when certain risks need to be taken, simply give your best, believe in yourself, use all your love and passion... and if it still doesn't work out then just get up and try a different approach. Keep focused on your dreams and never stop walking towards it. With that attitude, you can't fail, no matter how often you fall.

The ability to properly deal with failures, to use them to ones advantage and to get up again and again divides those who achieve amazing things and who live the life of their dreams from those who only get average results and a mediocre life at best.

Also, don't be too concerned with a specific end result and with getting it immediately, instead, fall in love with what you are doing, with your path. This will allow you to quickly get up whenever you fall and to keep on moving forward.

When you are too attached to a specific end result and when there isn't enough love and passion for what you are doing, it could happen that you get frustrated and give up just an inch in front of the finishing line, because you think you'll never make it anyway.
Love your path, the purpose you have chosen, fully express it, live it and be it. Everything else happens on its own and often quicker than you might expect.

After big failures, naturally you will be deceived, frustrated and you might even completely lose your motivation to move forward. When this happens, just look at the whole situation from the viewpoint of a distant observer. Simply watch the feelings that come up, don't judge the situation in any way, don't blame anyone, remain completely unattached...

And suddenly, something amazing happens: All your frustration, anger, sadness... simply disappears, maybe you even start laughing at the whole situation.

And that's because you suddenly realize that things aren't really as dramatic as they initially appeared. Also, deep within you will feel a certainty that all your dreams are coming true and that they are already much closer than you might have thought just a few minutes ago.

Again, the most important thing with this little exercise is that you remain completely unattached as if you would have nothing to do with the whole situation. Simply watch and observe and don't allow your critical mind to interfere.

Later on you can be more critical and properly analyze your failure to get the most out of it and to avoid making the same mistake again, but right now, don't analyze, don't judge, don't evaluate...

Do this little meditation each time you fail. Accept your failure, move into it and dissolve it. This will not only take away all your "heaviness", but it will also recharge you with motivation, love and passion so that you can take the next steps towards realizing your dreams.
Summary:

- If you constantly avoid all situations and challenges that bear the slightest risk of failure, you will never be able to realize your full potential and it will be impossible to create the life of your dreams.

- If you want to achieve something outstanding, something big, something new... how should you succeed without a single wrong trial, without a single failure? It's just impossible.

- Each failure carries an enormous possibility to make a quantum leap forward and to move a big step closer to the life of your dreams. But in order to get the most out of your failures you have to accept them when they happen and adopt a healthy and positive attitude towards them.

- This concept of playful failing, getting up, learning from it, trying again and making it a little better... works so well for babies, why shouldn't it work any longer for children, teenagers and grown ups?

- You might fail a thousand times and no matter what others are saying, you are not a loser as long as you don't give up.

- Life is meant to be lived and dreams are meant to be realized, so whenever your gut feeling tells you "jump", then simply jump into the unknown, keep on growing, expand your horizon, have fun... and whenever failure happens, simply use it to your best advantage.

- The ability to properly deal with failures, to use them to ones advantage and to get up again and again divides those who achieve amazing things and who live the life of their dreams from those who only get average results and a mediocre life at best.

- When you are too attached to a specific end result and when there isn't enough love and passion for what you are doing, it could happen that you get frustrated and give up just an inch in front of the finishing line, because you think you'll never make it anyway.

- To quickly overcome the initial frustration after a failure, do the little meditation I explained above. Look at the whole situation from the viewpoint of a distant, noninvolved observer.
Meditation is the only possibility to pass through the illusion and to experience your true nature, your higher self. It allows you to access and experience the highest form of happiness, love, fulfillment and freedom. Meditation also makes you more creative, it grows your intuition and inspiration and it allows you to get in touch with the universal intelligence and to receive help, guidance and answers for all your problems and questions.

Meditation is the most powerful way to inner transformation, and by allowing you to get in touch with your inner happiness, love, fulfillment, abundance... it provides you with the surest and quickest way to realize happiness, abundance, love, fulfillment... the life of your dreams in your physical reality. As you know, whatever you create within (and whatever you become aware of as your inner nature) will also become your outer reality, because everything on the outside is nothing but a reflection of what is within.

There are hundreds of different meditation techniques, some are simple and others are very complicated. But the ultimate purpose of meditation is to enable you to go beyond mind.

The technique itself isn't really that important. You can experiment with different meditation techniques and one that 's maybe great for you might not work at all for someone else. The goal here isn't to master a specific technique, the goal is to move into silence, to calm down the mind and to go beyond the mind. The technique is only the tool - don't let it become the ultimate purpose.

**Here is a very simple technique for you:**

You can do it while sitting on a chair, on the floor or even lying on your back. Close your eyes, turn your palms to face upward, relax your body and let go of any tension. At the beginning it is helpful to focus on your breathing. Breath in and be aware of the air flowing inwards, then stop, be calm, let go of all your thoughts, move into silence, don't do anything, let it happen. Then breathe out and be aware of the air flowing outwards, don't force it, simply let it happen.

At the beginning it is difficult to switch off your mind and to let go of all your thoughts, but focusing on your breathing will help you to gradually calm down your mind. Doing this, you will be getting calmer and calmer, your mind starts disappearing and then you can also stop focusing on your breath and move even deeper into silence.

Don't forget, the goal here is to get out of your mind, to go beyond mind, but as long as you are using a specific technique you are still in your mind, no matter how perfectly you master it.
The technique I just explained is only one of many and of course, you can also "play" with others. Just don't put too much importance on the technique itself, the only purpose of it is to calm down your mind as much as possible. Once that happens, you also have to drop the technique, otherwise it becomes an obstacle and you won't be able to break through to your true nature, to your ultimate reality.

Make a conscious effort, to calm down your mind. Don't think about what needs to be done tomorrow, what happened yesterday... that's not important right now, just don't give it any attention for the next few minutes. Whenever a thought comes, simply dismiss it.

Calm down your mind and stop following your thoughts...

You can do it. At any moment you can decide to follow and further develop a certain thought or to dismiss it. You only have to become conscious and aware of your own thinking and "minding".

When a thought arises, decide not to follow it. Observe it, be aware of it, but don't engage in it. And the thought disappears, it simply evaporates and suddenly there is a bit less mind and a bit more silence, a bit more "being".

Now, another thought comes and again, dismiss it and create a bit more silence. This little game continues and thoughts start coming less and less frequently while the silence within keeps on growing until your mind disappears completely and only your being, your true nature is left.

Your mind is a very useful tool, it is absolutely necessary, but you don't need it 24 hours a day. At least for a few minutes every day try to go beyond it and to become aware of your inner nature.

These few minutes of deep authentic silence will already be sufficient to completely transform your life. You will open up and experience your true nature - love, happiness, abundance, freedom... - and your life will never be the same again.

Thinking or "minding" became the most natural thing to us, we do it all day long and we are not even aware of it anymore. And that's also the reason why it's so difficult at the beginning to move into silence, to move from doing into being. You try to be silent for a few seconds, but then a thought arises and without even realizing, you follow it, you indulge in it.

You might think you are meditating (going beyond mind), but in reality you are "minding", you are following your thoughts, you are interpreting your feelings, you think: "Ah, how great this feels" or "is that all?" or "I'm a bit bored, but I will make an effort" or "oh, I'm so calm and silent today, if only it would always be like that"...
These kind of thoughts come and go and that's absolutely normal. All you need to learn is to become more and more aware of them during your meditation and to stop following them.

**During meditation a continuous inner transformation is happening...**

It might and it probably will happen that certain doubts arise concerning your meditation. You may ask yourself: "Why am I doing this?", "This doesn't seem to lead anywhere", "I am practicing meditation for already quite a while now and still, nothing seems to happen", "I cannot meditate, this doesn't work for me"...

Even if nothing seems to happen on the surface, there is always an inner transformation going on. Every second of deep silence connects you a bit more with your true nature and brings more love, happiness, freedom... into your life.

Sometimes you might even feel bored, annoyed, uncomfortable... but that's absolutely normal and everyone who practices meditation encounters these feelings every now and then.

When this happens, take a few deep breaths, relax, let go of any expectations and move back into silence. Just let it happen and don't try force anything. Say to yourself something like: "I am peaceful, I enjoy myself and I am completely one with this moment. Only this moment counts, nothing else matters right now." This will help you to calm down your mind.

Silence feels uncomfortable for your mind, because it's against its nature. The purpose of your mind is to reflect, to analyze, to think, to evaluate... and not to remain silent. So, as long as you are not moving beyond mind, all situations and happenings will be interpreted by your mind and it will keep on telling you: This is boring, annoying, uncomfortable...

Just be patient and keep on practicing. Learning to move into deep silence, going beyond your mind and getting in touch with your true nature, takes some time. This is because you are so identified with your mind. Thinking, "minding" is what you are doing since early childhood on.

**Don't expect anything particular, simply let go and let it happen...**

Simply watch and observe. Watch and accept what is happening and don't judge or interpret anything. In mind, you are engaged, you judge (this is good, this is bad), you evaluate and you interpret. Beyond mind you simply watch, there is no attachment, no judgment, no preferences... you don't even try to cling to pleasant experiences you might have during meditation and neither do you try to get rid of feelings you don't like.
Meditate without any expectations. Your mind says: "Let's meditate for half an hour, I would like to have again the same amazing experience I had last week". Now you are waiting for that great feeling, for that pleasant moment. You say: "I become absolutely silent and then I will feel it again." But it won't happen, because you are expecting, you are IN mind, the silence you create is a forced silence, a fake "mind-silence".

Many people have a wonderful experience already during one of their first meditations, but then they never feel anything like it again, because from that moment on, whenever they go into meditation, all that's on their mind is to have that wonderful experience again. This desire and expectation keeps you trapped in your mind. Let go of it, otherwise it becomes impossible to move beyond mind.

Also, don't force anything, the state of no-mind cannot be forced, it cannot be achieved through discipline and sheer will power. Who forces? It's your mind and that means you are IN mind and not beyond.

Yes, establish the discipline to meditate every day, drop everything else for a short while, leave the world behind you and go within. Discipline is a very useful tool and it helps you to get to a certain stage, but once you reach that point of being almost beyond mind you have to drop your discipline, otherwise it becomes an obstacle.

Let go, simply watch, completely detached... and mind disappears. This is meditation.
Summary:

- Meditation means going beyond mind.

- Mind is a process. You are used to it and you are identified with it, but still, you can dissolve it, you can go beyond it and become aware of your true nature: love, happiness, abundance, freedom... and let these truths flow into your life.

- The goal is to move into deep silence and to go beyond mind. There are hundreds of techniques to do that, but the technique isn't the ultimate purpose, it's just a tool, a door to step out of your mind and into your being.

- Don't get obsessed by a specific technique, don't let the perfection of a technique become your goal. When you focus on perfection, you are IN mind. Only the mind desires perfection and as long as you are in mind you can't be in meditation and you can't become aware of your true nature.

- Make a conscious effort to calm down your mind. Let go of all your thoughts and stop following and developing them. Simply watch and observe - everything else happens on its own.

- When thoughts arise, be aware of them, but don't do anything else, don't get involved. There is no judgment, no preferences, no expectations and no attachment. Simply watch and BE and suddenly your mind stops and you move beyond it.

- Even if nothing seems to happen on the surface, there is always an inner transformation going on. Every second of deep silence connects you a bit more with your true nature and brings more love, happiness, freedom... into your life.
27 The Seeds Are Planted And Your Success Is Inevitable

Everything you did so far, all the things you learned, all the new habits you adopted, all the old habits you got rid of... will not only allow you to achieve extraordinary success and to realize the life of your dreams, but it will also transform your whole being, your entire life.

Sure, there will still be some occasional (and rather exceptional) doubts, worries and fears, but the predominant state of your being will be love, happiness, abundance, freedom...

So far, you built the fundament for your dream life and this means, the most important and the most difficult part of your work is already done. Now you just have to keep on marching forward - one step after the other.

Keep on applying what you have learned so far, do your visualizations and the other exercise you discovered in this course. Maybe re-read certain chapters every now and then, this will help you to keep up your motivation. Love what you do and be passionate about it, this makes taking (massive) action easy and fun and your success becomes inevitable.

And yes, sometimes it might look like nothing is happening, but in reality a continuous inner transformation is going on, a transformation that in due time will also show it's fruits on the outside. Remember, whatever you create within will also be reflected in your physical reality, there is no other possibility.

Also, your path might not always be easy and fun. You are continuously growing, you are achieving extraordinary things and quite naturally, there will be challenges and obstacles to overcome. But these challenges also present fantastic possibilities to make major steps forward, towards the life of your dreams.

You are leaving the old and familiar behind you and that's sometimes painful. At the same time you are entering unknown territory and this could be intimidating. But all this is necessary to bring out the new you, the creator. All this is required to unfold your entire potential.

Get crystal clear of what you really want and what your dream life should look like. Do your daily visualizations and your power visuals as often as you can. Keep focused on your dream life, do whatever it takes to make it your reality and stop doing, being, thinking and feeling whatever prevents you from getting what you want.

Yes, observe and evaluate your thoughts, feelings and actions. Ask yourself: "Does this help me to make my dreams comes true?" If it doesn't help you, then simply dismiss
these thoughts and feelings, stop what you are doing... on the other hand, if it helps you, think, feel and do more of it.

This could be a bit overwhelming at the beginning, but with a bit of practice it quickly becomes second nature and as natural as brushing your teeth. And don't forget to make use of the big secret that makes everything so much easier and so much more fun - do everything you do with love and passion.

Focus on love and passion and let it flow into your life, into your work, into everything you do. Love and passion fills you with energy, it turns work into fun and play and it makes overcoming difficulties and challenges a piece of cake.

And don't forget, you are not alone, there is no need to do everything on your own. Ask your higher self, the universe, god... or whatever you prefer to call it for help and guidance. Go within and simply ask. Talk to your higher self as if you would talk to your very best friend, just be yourself, nothing else required.

Do what you can do, give your best and let the universe take care of the rest. Once your work is finished, simply let go and be assured that everything else will be taken care of. Practice meditation on a regular basis, this will allow you to better connect with your higher self and to become more receptive for its help and guidance.

Use this book like an action manual, let it be your guide to your dream life. If you only read it without ever taking action, nothing will happen - nothing can happen. This book is like a map, it shows you the way, but you still have to do the walking. So, do the exercises, create your plan, focus on the things you want... take action!

Once you are finished with the book, go back to the beginning and read it again. After each chapter, take some time to digest what you have learned, start integrating it into your life and practice the given exercises on a regular basis.

Put together a daily action plan, where you note the different exercises and actions you want to perform on a daily basis. For example, after getting up in the morning, you could meditate for 15 minutes, then you do a 5 minute visualization...

At the end of the day, you take about 10 minutes to reflect on the happenings throughout the day, you make a few notes of what you have learned, of new habits you want to integrate in your life, of things you could do better or differently. Then you put together your action list for the following day and finish off with another visualization and a short meditation... Something like that, you get the idea.

This book shows you the path towards your dream life, but still, you are the creator of it and you have to walk the path, no one else can do it for you. And this means certain actions have to be taken, specific habits and qualities need to be developed, old habits have to be dropped...
That's just how it works. The magic pill that makes all your dreams come true while you are sleeping without requiring any kind of action from your part simply doesn't exist - fortunately.

Creating the life of your dreams is the most amazing adventure you can imagine. It's a process during which your entire being is transformed and during which a miraculous awakening happens, the awakening to your godlike nature that allows you to create whatever you want.

And even if such a magic pill that gives you everything you want without the need to do anything would exist, there wouldn't be any transformation, nothing would change within you and you wouldn't even appreciate your gifts. All you would get would be some short-lived excitement, but no fulfillment and lasting happiness.

So, start integrating what you learned here into your life, experiment with the presented ideas and exercises. Also, you don't have to do everything exactly as described, use your own creativity, listen to your inner voice and modify certain exercises if you want. Your path is absolutely unique and this also requires unique actions.

Realizing the life of your dreams is simple, there is nothing complicated about it, but it won't always be easy. There will be challenges and obstacles to overcome, old habits need to be dropped, new ones have to be adopted. Patience and perseverance are required, faith and belief needs to be developed. You have to fuel all your activities with love and passion ...

And you can do it, absolutely! No special talents or education is required. It doesn't matter whatever your social background or financial situation is like. Realizing the life of your dreams is very well within your reach, you only have to be willing to get started on your dream life path and to take one step after the other.

Follow the simple suggestions in this book and never forget to take these small seemingly unimportant baby steps forward. Fill your daily activities with love and passion, always keep the vision of your dream life in your mind and never stop walking towards it. Watch your thoughts and feelings and bring them in accordance with your vision. Go within, meditate, ask your higher self for help and guidance. Have faith in the process and belief in your dreams coming true.

You can have it all and maybe only a short year from now, all your wildest dreams could already be your reality. Right now, make the decision to jump into your most amazing adventure and to do whatever it takes to make your dreams come true.

Even after you have already worked through this manual several times, come back to it every now and then and read a few pages. This is a great source of inspiration and you will always get some new ideas out of it.

Do this especially when you get stuck on your way, when it seems like nothing is moving forward, when there are worries and doubts... this will help you to see things in
a different light, to regain your motivation and to overcome your challenges much quicker.

Summary:

- Take action on what you have learned here and implement the different ideas and suggestions into your life. That's crucial, simply reading this book won't change anything in your life.

- Creating the life of your dreams is the biggest adventure you can imagine. It's a transformation process that will not only change the outer circumstances of your life, but also your whole being. Nothing else can give you more happiness and fulfillment.

- Creating the life of your dreams is simple, there is nothing complicated about it and every child could do it. On the other hand, it won't always be easy, there will be challenges and obstacles to overcome, but they are also necessary for your growth.

- Use this book like an action manual, let it be your guide to your dream life. If you only read it without ever taking action, nothing will happen and nothing can happen.

- You have already everything you need to create the life of your dreams. Certain habits and qualities still might need to be developed, but the seeds for ultimate success are already within you.

- Make the conscious decision to jump into this amazing adventure and do whatever it takes to realize the life of your dreams.
28 Now You Are The Master Of Your Life And You Can Create Whatever You Want, But What's Next?

You are well on your way to become the master of your life and if you keep on moving forward and taking action on what you have learned here, then nothing can stop you from creating the most amazing life you have ever dreamed of and from realizing all your dreams.

And not only your material wishes will become reality, your entire life will be transformed. It will be filled with love, abundance, happiness, freedom, health, energy, strength, confidence... and all the worries, doubts, fears, feelings of lack, sadness... will have disappeared. Things will never again be the same.

But what will you be doing a year or maybe two years from now, when all the dreams you have written down on your wish list have come true? What's the next "level", what else can you do?

Simply go on creating - there are no limits to what you can create. It's fun, it's amazing and it's the purpose of your life - remember, you are a born creator. Yes, that's why you are here, to develop and express your creational abilities.

And don't worry if you don't know right now what you will do (create) once you realized (the first version of) the life of your dreams, as time moves on, you will surely have plenty of new ideas.

Even if you achieve everything you can imagine, even you reach enlightenment, you will still keep on creating. Just look at all those enlightened masters, like Jesus, Buddha, Krishna... They never stopped creating and the purpose or "dream" they have chosen was to guide others on their path and to help them to awaken to their godlike nature, because at a certain stage (after you have played long enough with all kinds of material things), this simply becomes the most fulfilling activity.

You can create whatever you want. If there is something your heart desires, go out and get it and don't think you are "allowed" to create and to realize only certain things. If for example you want a new car, then pull it into your life and don't feel bad about your longing for material things.

If you desire something, then you have only two possibilities: Either you fulfill your desire or you transform it so that it is no longer important to you. But by all means, don't suppress your desires, they will stay with you and haunt you all your life.

Be authentic, be yourself and do whatever resonates with your inner being. If you decide to do something simply because you think you have to do it, then it won't be in accordance with your current state of being and you won't be able to let all your love
and passion flow into it. That way it's impossible to create anything extraordinary, it will be fake and the very soul of it will be missing.

Do whatever you love to do, whatever you are passionate about and it will be the right thing. With everything you do, with each creation, you add something to your being, to your life and you become a bit more whole and one. So, whenever you realize one of your goals, simply step into another adventure and keep on creating.

Standing still and doing nothing simply isn't your nature. In order to fully experience your love, abundance and happiness, it has to keep on flowing; flowing into your doing, into your creations, towards others... If you stop the flow, your happiness, abundance, love... disappears, like a river that runs dry. The more you let it flow, the more you will create of it and the more intensely you will feel it.

So, go on creating, never stop it, it's the most rewarding and fulfilling thing you can do. Now you may wonder, if you will never get a rest and if you have to continue to "work" all your life.

Lots of things you are doing right now might feel like hard work and it might be difficult and arduous, but once you have learned the "trade" of creating whatever you want, you will no longer call the things you are doing work.

Everything you do will be filled with love and passion and it will feel more like playing and having fun rather than hard work. You will do things not because you have to, but because it gives you so much happiness and fulfillment.

And yes, of course you can take as many breaks as you want and you can have them as long as you want. But anyway, after a certain while you will get bored and you will feel the strong desire to go back playing and creating...

But at the moment you are still learning the ABC's of creating what you want. You are probably not used yet to fully focus your thoughts and feelings on your dreams, you don't know yet how to fill your activities with love and passion...

You just got started discovering and developing your creational powers and at the beginning it's not always easy. So, you might have to push yourself a little bit every now and then, sometimes your work will appear arduous and tiring... and that's absolutely normal at this stage.

But as you progress on your path it will be getting easier and easier and over time, the act of creating whatever you want will become as natural and normal as brushing your teeth and it won't any longer feel like hard work.
Summary:

- You are well on your way to become the master of your life and if you keep on moving forward and taking action on what you have learned here, then nothing can stop you from creating the most amazing life you have ever dreamed of.

- And once you realized the life of your dreams, simply go on creating. There are no limits to what you can create. It's fun, it's amazing and it's the purpose of your life.

- You can create whatever you want. If there is something your heart desires, go out and get it and don't think you are "allowed" to create and realize only certain things.

- With everything you do, with each creation, you add something to your being, to your life and you become a bit more whole and one.

- Standing still and doing nothing isn't your nature. In order to fully experience your love, abundance and happiness, it has to keep on flowing; flowing into your doing and into your creations. The more you let it flow, the more you will create of it and the more intensely you will feel it.

- As you progress on your path, the act of creating whatever you want will be getting easier and easier and over time it will become as natural and normal as brushing your teeth and it won't any longer feel like hard work.
Now you know how you can create the life of your dreams, you are well on your way to become the master of your life and the next logical step would be to share your knowledge and experiences with others.

What you learned here isn't meant to be kept as a secret, so go out and share it with your friends, colleagues, family members... with everyone who is "open" for it. Each person should be able to lead a life that's filled with abundance, love, happiness... and there is enough of it for everyone.

Actually, the more you give of something, the more you will receive. For example, if you make others happy, more happiness will flow into your own life or if you show others how to attract abundance, more abundance and prosperity will flow into your own life...

And this is valid for everything, for positive things as well as for negative things. If you create misery in other peoples life's, you will also attract misery into your own life, if you steal from others, you will experience lack...

We are all one and whatever you give to others, you also give to yourself. And giving happily and freely is the only possibility to realize and experience your oneness with everything and everyone in the universe.

Go out and share your knowledge and experiences with everyone who is open and interested, but don't try to impose it on anyone - people have to decide themselves and they have to be ready.

And this is also a fantastic possibility to make the world lighter, friendlier, happier, freer... because by teaching others how to create the life of their dreams, you automatically bring more happiness, love, abundance, freedom... into the world.

Just get started by explaining the basic process and techniques and by giving simple advices. For example, you can show others how they can get clear about what they really want in life, how they can use visualizations in order to materialize the life of their dreams, how they can ask their higher self for help and guidance, how they can deal with failures, how to meditate...

There is nothing complicated about it, simply refer to your own experiences and talk from your heart. You could also organize regular "dream life creation evenings" where you discuss the various topics from this course, practice the different exercises, meditate together...
Be creative, there are lots of possibilities how you can share your "dream life creational expertise" with others and help them to create a life that's filled with love, abundance, happiness and freedom.

You will see, helping and guiding others is tremendously fulfilling, just give it a try.

I wish you all the best on your way and a life that's filled with love, abundance, happiness, freedom and fulfillment.

Robert Spadinger

P.S.: If you liked this course and if you think any of your friends, colleagues, family members... could benefit from it, please refer them to my site EverythingIsWithin.com

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Thank you very much.