



life wants me to
grow and succeed.

all that you want in your life – happiness, the joy of inner peace and a passionate sense of purpose for your life – is available to you. Not only in some distant future, after you've gone through various trials and tribulations, but right now.

Trusting in the unfolding of your life – believing that all things can help you if you work with them from a positive perspective – might seem like a strange idea at first. Yet it is the key to transforming even the most challenging time of your life into the greatest opportunity for happiness that you will ever experience. It is easy to be grateful during a feast, but during a famine? Well, if you can manage to see the glass as half full, rather than half empty, as the expression goes, then you'll be empowered to feel happiness, peace and purpose through the challenging times in life as well as through the good times.

Imagine that for a moment. Imagine you could feel peace and happiness within, no matter what. Imagine that you could wake up tomorrow morning and the doubt, confusion and crippling sense that something's missing could be replaced by a quiet peace and inner purposefulness. You would know in your bones that you are finally living the life you are meant to live. You would feel like you've finally found your rightful place in the bigger scheme of life – that you are doing all that you are meant to be doing, experiencing all the wonders that are meant for you.

Sometimes the fantasy of happiness, peace and purpose – and prosperity if that is something that you feel you could stand to experience a little more of in your life – is so wonderful that you cannot really believe it could be possible. You might believe that it is little more than fantasy. Or, if it is a reality, it is only for a very few, lucky people. Yet the experience of passionate purpose, inner peace and everyday happiness is absolutely possible for you. It is your birthright as a human being. If you are not experiencing this as much as you would wish, it doesn't mean that you are doing something wrong. But it does mean that the rules about how to live, how to think and what you should believe are wrong. They are not serving you. They are not giving you the results that you want – and deserve.

So we come to a well-known expression: "Insanity is doing the same thing and expecting different results." You've probably heard this saying before – or if you haven't, you probably understand it straight away. If

when i let
go, my life
works out
exceptionally
well.

we want things in our lives to change, if we want our life experience to be different to what it has been, then something's got to give! Whilst some people are genuinely frightened of change – because they don't trust that they will be OK and prefer 'the devil they know, to the devil they don't' – many people are willing to change in order to be happier and more at

peace. They just aren't quite sure how to go about it.

This book and CD have been created to support you in making a change. It will be the most pleasant, enjoyable and relief-giving change you may possibly ever experience! This is what I call, 'your spiritual homework.' It's the work you do to improve your inner world – of thoughts and beliefs and feelings – so that your outer world can change, too. What you think, feel and believe has a direct bearing on what you experience in your outer world. It's as simple as a rainy day. Do you look at that rain-soaked garden with pleasure and imagine how beautiful the flowers will be after the downpour? Or do you complain about the rain because you cannot enjoy lying in the sun that day? It is the same set of circumstances, but with two different responses. It all depends on how you choose to look at what's happening and what meaning you assign to the circumstances.

i am
always
ready to
give and
receive
more.

And it doesn't stop there. That initial judgement – whether you see the situation as something that has a benefit, even if there is a temporary restriction, or view it as something that ruins your plans – will carry through with you for the day. How will you respond to the people that sell you your morning coffee? Will you complain and share the bad vibe? Or will you smile and, genuinely feeling good within yourself, share that

peace with them, too? Will your bad mood translate into that moment you hit a snag in your work, and wonder if this is the beginning of a rotten day and adopt a what-else-can-go-wrong attitude? Or will your good mood translate into a can-do attitude towards whatever curve balls life throws your way that day?

We all have our grumbly moments. You can choose whether or not you continue to feel bad, however. The tools in this book and CD will help you learn how to get yourself into a more peaceful and happy state. If you choose to believe that life has good things in store for you, when something isn't working, you can trust that going through the process of solving it is a way to learn the loving and helpful lesson that life is teaching you. You might choose to believe that life is not trying to harm you, but to help you (even if you don't know exactly how in that moment). In these ways, you are taking control in a loving and responsible way for how you experience your life. You don't let the downs in life get you down – or, at least, not for too long.

Does this mean you won't have anger or sadness anymore? That you're not supposed to have difficult moments? Of course not! You are still meant to be what you are born to be – an interesting and unique human being. There will be things that happen in your life that you will celebrate, and other things that, even when you are choosing to see them as, ultimately, helpful learning experiences – you still be very

happy to see the back of! The difference is that you will have the choice to see even those more difficult moments as part of the greater plan for your purpose. You'll be able to have that reassuring and peace-creating belief that life is actually helping you – even through challenges. You won't feel that you have to fight against life but, rather, grow with it. The world will seem to be a friendlier place, and you'll have more trust in what is happening. You will expend less energy on anxiety and doubt and depression – and there will be more energy available for you to feel good and to use to take action to discover your dreams and desires and bring them to life. It's just a nicer way to live, and it's available to all of us.

**i give and receive so freely. i feel
generous, trusting and abundant.**

You'll realise that life loves you. It wants to help you, and if you are open and trusting, coming from a place of peace and happiness within (at least more often than not), life is more easily able to give you all the help you want and need – plus plenty of extra surprise bonuses along the way. It's the difference between offering a comforting hug to someone with their

arms crossed defensively over their chest, and someone who is open to receiving all the love and reassurance you want to offer. Life offers us comforting signs and reassuring words, empowering opportunities and loving reminders of our amazingness on a daily basis. We just need to be willing to receive them. We need only see what is right in front of our noses most of the time.

If we are stuck in a fearful, doubting mindset that interprets all experience through a lens of negative attitude and fear-based beliefs – as so many of us are taught through mass media and social conditioning – then life can't bring us the comfort that we need as easily as it could if our attitude was more open. It's not about being a good person or a bad person; it's not about deserving a lucky break or not. It's quite simply about your inner world of thoughts, beliefs and emotions. If you work on those, the rest of your life experiences change naturally in time. Then your birthright of wellbeing, happiness, peace and a clear sense of purpose and meaning will follow suit.

It might sound like a lot of work, but actually it's pretty simple. It's like beginning to eat a diet with tastier and healthier, natural, unprocessed and deliciously nourishing food. After a while, you don't want the processed stuff, like you used to. You realise that eating a different way feels really good, and it makes you happy. You don't have to use will power. You don't have to fight against yourself every day to be 'good.'

You simply prefer this new way, and that's what you naturally gravitate towards, more and more often.

That's what you'll be doing as you use this CD and book program. You'll be giving your mind the different 'food' of happier and healthier thoughts, feelings and beliefs. You'll be changing your mental diet. And just as if you changed your physical lifestyle, you'd have more energy and peace to a degree, when you change your mental lifestyle, the positive effects are plentiful and often surprisingly dramatic. You'll be doing your spiritual homework and enjoying it. Will you need to go through change internally and externally as the process begins? Yes, absolutely. But you'll be feeling more trusting of life and its love for you, and you'll become curious, welcoming and happy for the changes that bring so much goodness, happiness, purpose, prosperity and peace into your heart and your life.

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