

HOW TO JUMP OFF A CLIFF ...AND FLY!

Because we all have a dream inside us



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CHAPTER ONE

It All Changes in an Instant

“Good morning,” I say cheerfully as I pass my boss’s office headed for the copier.

“Good morning, Sheryl! Do you have a minute? I need to talk to you...”

“Sure!” Stepping into his office as I replied, his expression shifted. I could not pinpoint it he’d only worked there a few months, but it didn’t feel right. “Is everything ok?”

“No,” he responded. “This is really not how I want to start the day.”

I felt myself going numb. His voice became background noise as I fell into a strange sort of empty feeling. Occasionally his remarks would invade my quiet space. “...hate having to let you go...didn’t see this coming...the Board wants...I didn’t want...we are paying you through the end of next month...I know this is difficult with you finishing grad school right now, but maybe it will be better in the long run. I’ll see if we can help you a little bit with that last semester’s tuition, also. Will you be ok?”

I assured him I understood and would be just fine, internally giving thanks for the small nest egg I'd saved recently. I asked permission to gather my belongings and he graciously agreed and told me they would miss me. I went to pack the belongings that accumulate in one's office over the years.

As I now know, there is a name for managers like him. They are called Change Agents, and boy did our sinking little nonprofit need change when he arrived the fall prior! His strong personality and leadership skills had displaced those skills I had been hired to exhibit in my role by a very different type of Director, and there was little need for my skills now.

I couldn't help but wonder what I would do next as I packed my belongings and said farewell to my two stunned coworkers. I also recognized that this would be the last conventional job I would ever have. It felt strange to know this. I understood God was creating this opening for me to finish school and step fully into that Faith I so often proclaim. I also silently gave thanks for the education in debt-free living I'd recently received so I only had my recently lowered mortgage payment

and had six-months living expenses set aside. I realized I would qualify for unemployment to finish school, and although I'd never received it since going to work thirty years prior, I knew I'd accept it with gratitude for a few months now. I had a purpose, and God was paving my way.

I'll admit that my ego was bruised by being terminated when I knew I had more experience and a broader skill set than both my coworkers, and I'd been the face of the organization for years there! Still, I knew I was the highest price tag and my time had come. As soon as I embraced that and really let go in the days that followed, I was able to see what a blessing this was! If they had retained me and laid off someone else, I would have been overwhelmed at work while finishing grad school and taking my comprehensive exams! I gave thanks and enjoyed just being a student for a few months.

The other deepening awareness I had after being laid off was that the unusual and profound experience I'd had with a massage therapist earlier that spring (as described in the Introduction) had actually been the beginning of a transformational shift in my life. From that

point forward, I was going to step fully into my dreams, for if I didn't do it at that moment, when would I?

CHAPTER TWO

Finding Your Deepest Dream

The good news is that you can be proactive and not wait until you find yourself unemployed to find and pursue your dream. Settling for a life that is anything less than a surprising, amazing, delightful adventure is such a missed opportunity! However, what do you do if you can't even say for certain what your dream life would look like? What if you've forgotten how to dream? If so, you are not alone. Let the fun begin!

Can you recall how you felt as a small child when others asked you what you wanted to be when you grew up, and you immediately spouted out one of a handful of adventures that looked wondrous and fun? How then are all our dreams completely erased by middle school? One by one, concerned adults advised against this because it typically doesn't pay a good wage, that because it's too dangerous, the other thing because it's simply not practical, and yet another because it's too competitive for you to ever be "successful". How often loving parents and caring adults talk children *out* of

their *dreams*! Children want approval and praise from adults, and will rather quickly adopt more desirable responses to get that approval.

What hogwash! Yes, that's my southern two-cents on that. OK seriously, if you were born to be the best entertainer in the world, does it really matter whether the industry is competitive? Why settle for a career in something safe and lucrative like law if your deepest passion is to light up an audience? What if Celine Dion or BB King had not pursued music? We would have all lost out!

My deepest dream for this book is that something will stir inside of you and you will again honor your inner 8-year-old child and grant him or her full permission to dream – unedited! If you have a passion you've shelved, it's time to get it out and dust it off. If you've never found your passion, it's past time to allow yourself to explore the deepest and most forgotten inner passageways to see what wonderful discoveries await you.

Embracing your dream is not some far-out chance you're taking. You will definitely be able to build a business out of anything if you love it enough to be creative and step into

possibilities for making your dream a reality. There are people who make an excellent living doing just about everything imaginable, and all have one thing in common. They have a determined passion. They love what they do enough to do whatever it takes to create a sustainable business and patiently guide it to success.

My mother told me since childhood that I could be anything I wanted to be. The confusion came when she followed that with all the reasons my dreams seemed silly or impractical. What I heard was to dream a big dream, but don't forget to be practical. Heart...mind...heart...mind...I was lost!

While it is great to explore both, the mind houses ego. Ego always wants to dominate. Before long the dreams of the heart are squelched by our ego mind.

Maybe you can relate to the pain we can carry with us about the lessons of our mothers. As I have healed some of that, I have come to understand the deep love my mother had for me, and the fact that mothers...parents lovingly teach lessons they interpret from the experiences they have suffered. Their desire is

to help and protect us. However, in doing so what is actually taught are the stories created about their experiences and how they interpreted them, and they are taught as if those stories were facts. A mother who experiences entrepreneurships that resulted in quitting and having no money will caution that entrepreneurship is highly risky, dangerous, and tends to result in failure. That was her story.

Precisely because she loved me so much, my mother warned me about the dangers that awaited me in this world of hard work and abusive people that had shaped her attitude of scarcity and fear that followed a life of unresolved pain. Those 'truths' shaped a worldview for me that has taken many years to reshape into abundance, joy, and possibility.

Shining a light on past stories in adulthood and really feeling into the lives and hearts of those who taught them allows us to slowly replace them with stories that serve us better.

Let's take a flashlight and wander back through the forgotten hallways in your heart and mind, and find your lost dreamer. Here are

some questions you may wish to ask yourself to see possibilities:

- If money were no object, how would you most enjoy spending your time? (Even if you are overdue for a relaxing vacation, what would you want to do next?)
- What do you love reading/hearing/learning about?
- Can you remember a passion you pursued until someone discouraged you or you quit?

Exploring answers to these questions and actually going back and remembering will definitely awaken memories and your creativity, and you may be surprised at what arises for you. Spending some time every day reflecting on these, particularly before you go to sleep at night to invite your dreams to help you recall will really help awaken possibilities.

CHAPTER THREE

It's in Our Nature

Camping and walking in the woods has been a passion of mine since childhood. I also feel a deep sense of peace at the ocean. City life became so busy in adulthood that I visited these favorite places less and less. When I finally got back out there and then created time alone to open and feel myself again, uninterrupted by anything worldly, my dreams were there waiting for me right where I'd left them. They had changed shape some through the years of life experiences, but ironically that made them richer and more beautiful than ever. My dream was so vivid and I felt pulled to it like never before. I saw my business as it is now unfolding.

We get so busy with daily life, forgetting we can choose another lifestyle, create time for ourselves, until we actually believe we have to do all those things all the time! We can look through that and see what is really there: ego telling us things will not be alright if we step out of our routine and make time to take care of ourselves and honor our heart and spirit. I

hope you will allow your heart the joy of putting ego in its place and creating time to retreat and just be, for it truly is our nature.

Find a serene place to go and still the noise of the mind. Surround yourself with the birds, trees, oceans or rivers, and plants from which you originate. See, hear, smell, and feel nature's Divine vibration in your heart, mind, soul, and body. Once you are in that space, you can't help but begin to remember Who you are and see long-forgotten aspects of yourself and your beautiful dreams.

CHAPTER FOUR

Visualize Your Dreams Into Reality

Another very powerful activity to awaken your creativity and get you focused on the life you want is to create a vision board. Get a simple poster, glue stick, scissors, and a variety of magazines (outdated issues are very inexpensive at used book stores, resale shops, and libraries). Flip through and notice what pictures catch your eye. Create a board of things you would like to experience, own, achieve, etc. in the coming months.

Once you complete this board, get yourself a poster frame and hang it in a place of prominence in your home, where you will pay it some attention every morning and evening. When you view it, fully allow yourself to experience how it will feel to be to have those experiences. When you do this, you send a clear and powerful message to the Universe to bring about these experiences. We truly do create our reality.

If you doubt that everything in your life is of your creation, look at an instance where you got something you didn't want. Your strong

dread, fear, or determination not to have that occur actually created enough energy to attract it. The Universe doesn't hear the negative part about *not wanting it* because you are tapping into creative energy.

I had a chance to see this play out quite clearly recently. A dear friend of mine cannot stand snow. He was traveling and exerting much attention and energy on staying clear of where it was likely to snow as the seasons progressed. However, he sent out so much energy on "no snow...gotta get away before it snows...I don't like snow...snow...snow...snow" that he attracted snow after fleeing hundreds of miles south of snow country. We attract what we focus on, so guard carefully those thoughts and feelings.

I feel I must emphasize a very important and dangerous aspect of the Law of Attraction. When we engage this Law, we are stepping firmly into Creator space. This is highly powerful work that only works to our Highest Good when used with Divine Guidance. When we use our power to attract and create our will, we are working in direct competition with God. Thy will, not my will, be done.

Also core to the Law of Attraction is examining the core beliefs we carry as they continue to attract exactly what we feel. Root out those shadow beliefs to fully manifest your beautiful dream.

As we explore for our dreams, we sometimes wonder how to tell our deepest dreams from the other random ideas we have. While there is rarely one right answer (many of us have more than one dream), passion is important for success. Does this dream make you feel more excited and energetic, raising your vibration and mood? If so, go for it!

Even if you pursue a dream and it morphs along the way into something different, you are on your path and your creativity and joy are guiding the process. Dreams come from the heart and feel very light and joyful. Your intellect, on the other hand, is more practical and feels nothing like a dream.

Once you have some ideas of the type of dream you would like to pursue, it is a good time to stop and take stock of your present status so you can begin.

Chapter 5

You are (W)Here

My ex-husband and I (still great friends) flew into New York City on vacation and rented a car to drive out to his folks country place upstate. We hit a construction zone and got caught up in detouring traffic and swept into a tunnel. Already edgy from an isolated claustrophobia attack, I was useless by the time he grew frustrated and tossed me the map to navigate. I had no point of reference for where we were or where we were going, so he had to pull off the highway and get us oriented.

In any journey, it is valuable to take full stock of where we are beginning. Too often, we focus on the goal and work really hard to create ways to get to that coveted end result. The problem with this is that we can only see the possibilities that present themselves to our limited mind. However, there are infinite ways to get there from here, and we will always do best to leave the “how” to the Universe and instead focus on what we do know: where we are right now.

Right now is the only moment that is certain. Our job is to be fully conscious of where we are and all that we can do in this moment to advance ourselves toward our dream. Staying in gratitude daily for all that we have, praying for what we wish to experience (the request), and then meditating to hear our next direction(s) (the response) is our best work. As we do our part, God does the rest. This isn't genie-in-a-bottle stuff happening right away, but all is Divinely timed to manifest when it is right. We grow impatient and head off in a new direction before success has a chance to arrive. Don't worry. There is plenty to do to stay busy while we wait.

CHAPTER 6

Preparing to Answer Opportunity's Knock

What skills could you develop to prepare?

Visualize yourself in your dream and see what you are doing, how you conduct yourself, and where you feel insecure. These are areas in which we can prepare for our work. In preparing myself, I not only got a Bachelor of Arts in Communication and a Masters in Public Administration, but I participated in an extensive local leadership course, spent years learning from masters in all walks of personal enrichment, and became certified in general and family mediation and in mastermind facilitation. All of this education helps to prepare me for whatever directions we may take the business in the future and helps me connect with people from all walks of life.

Who can/should you meet?

It is often said that it is not what you know but who you know that makes all the difference. There is a lot of truth to that

statement. Who else would be valuable to know in your journey? How could you meet them? How could you collaborate with them toward common goals?

Living in the age of communication, most everyone in the world is only an email, letter, phone call, or text away. That said, face-to-face continues to be the strongest and most memorable way to connect. How willing are you to put yourself out there to connect with those who can help you turn your dream into a reality?

Are you physically ready for our dream?

It's funny, but I don't know exactly when I realized that I was visualizing a thinner, much better poised and dressed woman living my dream than the one I saw in the mirror. I wonder what kind of magic I thought was going to transform me, because I really wasn't doing anything myself to make it happen!

As I progress, I come into understanding the value of our body as a temple for the work we are here to do. When we carry pain and fear and doubt, it shows up as weight, sickness,

dehydration, and much more. The journey into our body is as sacred as any other that we take. There are certainly many quick fixes out there to lose weight, wrinkles, etc. However, it is only through slowly healing and loving ourselves that we create the wellness and energy needed to stand in the strength of our gifts.

How is your emotional state?

Did you sense this coming after talking about physical and intellectual preparation? I could honestly write an entire book about my emotional healing since beginning to pursue my dream wholeheartedly. All I can really say here is that God knows what we need, and in leaving the technicalities of how our dream manifests up to Divine guidance, we get all sorts of surprises along the way. Some are more painful than others on their face, but all arrive perfectly timed and heal beyond anything we can imagine.

It would be inauthentic of me not to mention addictive behaviors here, a topic with which I am intimately familiar. Rather than using little categories for alcohol, drugs, sex,

shopping, fasting, exercise, etc., I define addiction as *abusing any substance or behavior to escape facing a situation or emotion.*

Certain relationship patterns typically exist around addiction. Addicts often have several enabling codependents in their lives at home, work, etc. who make it physically and financially possible for the addict to persist irresponsibly. Everyone focuses on everyone else but themselves so nobody in the cycle has to deal with their own junk.

Communication in these patterns is so broken, and I really never began to understand that until I began studying communication in college as a grown wife and stepmother myself. Conflict is never really resolved, and more time is spent talking around issues than about them. There's pain and blame and guilt and shame, and round and round it goes.

Why on earth am I bringing up dysfunction in the middle of a book about dreams? Because coming from families with addiction and codependence severely limits our beliefs about ourselves. We are taught stories that we embrace as truths, stories about our relatives and about each of us. We believe

these as truths, yet they are simply stories passed down by others trying to cope and find peace and joy amidst chaos. They are simply not true. We hear them when we are small and incorporate them as we develop such that they are at our very core, and rooting them out and examining them in the light now without judgment is essential to embracing all that is possible for us.

Let me give you an example. I was so blocked about receiving money and setting prices for personal services it was not even funny! I could not do it. I undervalued myself at every turn, and one morning realized I was going to be a broke volunteer instead of a successful business owner. As I worked through this in prayer, meditation, and guidance, I saw how generations of being not good enough in my family had rooted that truth deeply inside of me. These beliefs had been taught subconsciously for generations! Recognizing and releasing this created a space for me to plant the seeds of new affirmations to nurture and grow, but as I do they transform every facet of my life. Unchecked, the self-defeating beliefs that rest in the heart of every addict and

codependent kill dreams, reaffirming the belief that dreams aren't possible to achieve. Don't believe it for a minute!

How can you prepare better financially?

Speaking of money...it is actually one of the top five reasons new businesses fail according to survey after survey. Sadly, those are just the businesses that took a chance and launched despite their money fears! While there are no guarantees of when and how financial success arrives, there are many steps we can take to support the journey.

1. Reduce/eliminate debt.
2. Begin with savings.
3. Minimize overhead while growing.

These look like common-sense no-brainer suggestions, right? Sadly, they aren't! Many people launch their new dream by borrowing to fund it, and needing a lot of return to cover their existing personal debt plus this new business debt. This is just not a good idea.

When my unemployment stopped, I funded the business launch with my savings. As challenging as it is at times, I know that I must spend when it is the right thing to do, and balance generosity with accountability. When I do this, God/The Universe manages the rest. It often occurs in ways I don't foresee and cannot understand, but I see that time and time again as I have all that I need and much that I want when I stay the course and do my part.

Bartering for things is a wonderful way to minimize expenses. What can you offer in exchange for something else? I actually found a way to live on the barter system for a year by typing menus for food, doing bookkeeping for rent discounts, etc. When you connect with the owners of other small businesses, it's amazing how creative you can both be!

One thing I will say is that it doesn't take a million dollars to be successful. If success to you is freedom from certain conditions, and you achieve that freedom, you are a success regardless of how anyone else measures you! We give so much of our own personal power away by giving merit to what others think and say. Who really and truly cares? If we're

happy, and we aren't harming anyone else in the process, what difference does it make?

Find a way to carve out your own unique life. Pursue your deepest dreams and you will bring Light and joy to your work and the difference that you make. You can't help but be successful! Others can't help but support your work. It simply is this way.

In all matters, we are to know where we are in this moment, and daily move forward enthusiastically and thankfully, doing all we can with the resources we do have to move toward our dream.

CHAPTER 7

From Fear to Faith

When I set out to write this book, I grabbed the title from a comment my friend and Relationship Quotient expert Bonnie Karpay made as I prepared to launch my business. We were talking and she said, “I get this visualization of you leaping off a cliff and us wanting to leap with you.”

I love that visualization! That is exactly what we’re doing here. However, this would be a very different process if we simply took one leap and landed immediately in success or failure. However, it doesn’t work that way. Yes, there is that moment when we take the potentially scary ‘leap of commitment’ and promise to stay with this until it works, yet it is finding the strength to stay in that minute after minute...hour after hour...day after occasionally LONG day...trying, adjusting, and trying some more that is challenging.

It might be great to first take a look at fear itself. What is fear? Fear is apprehension about what might happen. We can really follow fear all the way to our own version of mental

hell if we wish, working ourselves from one worry to another into a paralyzing dread of the ultimate outrageous failure. So what if I said that fear isn't real? What if I said failure isn't real? Would that change anything?

Let's start with the bold claim that fear isn't real. Well, if fear is apprehension about possibility, then what happens to it if we flip it around and imagine the most amazing and perfect possibility? Is my fear of complete failure any more real than my dream of becoming wildly successful? What makes one more possible than the other? One thing: our belief. What we truly believe (lip service alone doesn't count here) and follow with all of our passion and energy is what we manifest.

That is a perfect segue into the other bold claim that failure isn't real. To fail, we must try for a while and then... here's the important part...give up. As long as we don't quit, we are merely exploring various paths to success. Failure is an ending, so don't stop.

My philosophy about life and love is that something either works or it doesn't. Life is too short to waste time in the wrong relationship, job, etc. As soon as we realize we

are not in a place that is bringing out the best in everyone, it's time to plan our exit. No judgment. No blame. Yes, sometimes hurt or anger, but mostly at ourselves for making those choices. However, if we learn from it and move on, then we shift to a place of gratitude for even our hardest lessons, for we only have to experience them in their various faces until we get it. Then that lesson magically disappears from our life!

Applied to business, this means that the Universe communicates with us through the very medium by which it flows – money. I have learned that it communicates *immediately*.

When I first stepped into self-employment, I worked with a handful of the most special people I know to put together great retreats and found the perfect place in which to host them. We did all the right things to get the word out and track responses, but we only sold one ticket. That one person was my best friend, and I feel it was as much to show support for my effort as it was interest in the event. Did that hurt? Yes it did, but I also felt her love despite the public's lack of interest. We then thought that we should change the

price. We even tried creating an event by request for a group, and then they changed their mind.

As all of this played out, a different spiritual conversation was taking place in me. I had learned that God is always communicating with me, and the sooner I listen the less painful those lessons are. I continued to take walks and meditate and have my daily conversations with God (in these, I talk a little and listen much more), and I heard silence around retreats and felt strongly compelled to begin writing this book. (If you think God doesn't talk, you're talking more and listening less. Quiet your mind and watch your Spirit place that conversation into your wise waiting heart.)

Allow me to say that redirecting my efforts is not the same as expecting immediate results. For anything to be successful it takes patience and time. However, the Universe wasn't showing me minimal interest in my offerings; it was showing me NO interest. Silence can be a very strong and loud form of communication, and I heard the message.

Our beliefs and declarations, both in thought and action, are so powerful! I've

mentioned that in various ways throughout this book, and I can't really say it enough. It is the knowledge that we are here for a Purpose and God (the Universe, Source, whatever name you give) exists within each of us, empowering us to create exactly the life we believe possible. Since it begins in thought and moves from there to our deepest beliefs, it is important that we take responsibility for co-creating every aspect of our existence and monitoring all we believe to be true.

Nothing can bring us more squarely face-to-face with our deepest beliefs than stepping out on faith into entrepreneurship! Boy have I learned a lot about me and my silly, often contradictory self! For the purpose of this particular point, let's take my house.

I've gotten much more comfortable letting my dreams flow the past ten years, so although they say the Universe dreams a bigger dream for us than we do for ourselves, I have been giving it a real run for the money lately. I understood the Law of Attraction and did all I could to manifest the abundance I was so clearly visualizing. However, I was usually only one inquiry or challenge away from saying, "I'm

good, but I hope the money comes soon because I don't want to lose my house" (my only fixed monthly payment).

I heard myself saying and thinking that much more often than I liked, and understood that the Law of Attraction operates from complete alignment of thought, word, and deed. Then I focused on policing those thoughts and not allowing them. For me, that basically equated to rationalizing that I would be O.K. if God didn't want me in my house anymore. I could let it go and I'd survive.

One night while doing some heart-opening work with my spiritual friend, I recognized these were all faces of the same decision I had made that I didn't really deserve my house and wouldn't get to keep it. ALL that I was saying, thinking, feeling, and doing supported that belief. Of course I was going to keep my house, and I most definitely deserve to have a house. As I healed that junk, it has been very refreshing to stand in that new faith and have all action and beliefs moving forward be driven by that belief.

We talk about how the Law of Attraction is not activated until we take action

that indicates our belief in attracting what we desire, and that strengthens the attraction. That is true, but now I see even more deeply how we are *always* operating as faith in action. We either believe something is possible and act from faith in that, or we don't, and we act from faith in that. Change what we believe and literally everything else will change.

Have you really looked at your deepest beliefs about yourself? I know that may not be the most inviting experience, but trust me when I tell you that they are driving everything that is manifesting before you right now in your life – the energy within your relationships, your professional success, your beliefs about working for yourself, your health and weight...I do mean everything! Taking the beliefs you carry from the past into the Divine Light and Love of your heart will open doors to Possibility for you and make it so much easier to take that Faith in Action step that is essential to the Law of Attraction and abundance in all facets of life.

CHAPTER 8

Attitude is Contagious

Whether we want to believe it or not, we do become like those we spend time with. We may want to think we can be a beacon of Light that goes around elevating others' moods and spirits, but the truth is that we have to recharge that Light or it grows dim.

We underestimate the value of having truly inspiring, successful, happy people in our lives. These individuals change everything! When I want to collaborate on a project, I call one or two of them and know that whether this project achieves its potential or not, we will all grow from the experience regardless. When I need encouragement, I nurture myself by calling someone I know will inspire me.

Some people build up our Light, energy, and confidence. They add so much value to our lives through their presence and friendship. Those are like gold for us to treasure. Others leave us feeling drained of energy, dimmer in Light, and unfulfilled. Whether these are relatives or friends, it is best to spend more time with those who us you up and less time

with those who diminish us. This gets easier as we allow ourselves the connections and growth we need, and ironically the more we step into our potential, the less those negative folks want to be around us. Send all love and Light, walk your path, and honor your Highest good.

Speaking of you, know that you are one of those great people to spend time with, and return to that peaceful place in nature to still your mind and the busyness of life long enough to reconnect with yourself regularly. Regular nature walks inspire us in new ways, refresh us, and reconnect us with the Source of all Creation. Where else would we get such amazing creative solutions and energy to solve the challenges of our lives? Others can offer insights and opinions, but they are not us and they do not know our purpose. They only know the interpretations we share with them through our own stories. Only our Spirit knows our Highest Good. We must allow it to recharge fully and take command of this body to convey to us the full truths that we are here to express.

Our “inner circle” is the handful of people we hold closest in our heart. They are vital to our success. These people are not

threatened by us; they cheer us on and want to help us achieve all that is possible. They are seldom jealous but rather pursue their own Path. When you come together to connect, you excitedly share back and forth, learning, growing, and collaborating. This elevates everyone. The roles of teacher and student trade back and forth through life's lessons, with everyone involved becoming enriched in some way.

CHAPTER 9

The Joy of Success

This book is filled with ideas, practices, and habits to help you discover and pursue your dreams and passions. In the end, success is primarily about reaching a state of grateful appreciation for our life as it is. Yes, that means you can be successful at any stage in this process, and it is more a state of being than a social or professional status.

Setbacks will occur, but these are just indications that we need to make an adjustment to our strategy, execution, timing, etc. Much of the time we learn from these experiences and they contribute to our growth and that of our business. We learn quickly in such times to get still, listen, and remain open to the many paths that are always there for us leading toward our dream. Thankfully the journey really is the best part!

Along the way, we enrich the experience and speed our success by reaching out to others and communicating to learn how we can help them and let them know how they might help us. We are all together in this

cooperative experience of life and continuing to reach out and support one another is a beautiful part of the journey. Give what you seek and it will be provided for you.

I begin each day now in gratitude for all that I have that makes right now such a joyful place to be. That keeps me present (shutting down the stories from my past and the what-if's of my future) to realize how perfectly I'm being cared for and supported by God and The Universe right now. I end my prayer stating my intention to enrich my life by enriching the lives of others. I state any ways that I visualize myself doing that and God sets about bringing that into my future, for which I also give thanks. What a great way to begin each day!

Life is a grand opportunity to co-create an experience that is deeply authentic and passionate for ourselves, and one that enriches those around us as well. Our time here is precious and limited, while the possibilities are only ever limited by our small minds and imaginations. Since YOU are the heart and soul of your success, how fully will you play in this adventure? How open are you to jumping off a cliff and trusting you will fly?