

The Keys to Joy-Filled Living

Bonus Material

How to Get What You Want

Let's say you have healed your past relationship issues, your self-talk is great, you actually like who you are, and you now want to create a healthy, loving relationship that fulfills you. Great! You look around and discover that you are alone, and you don't see anyone you want to be with. You don't have a partner. "What's wrong with me? How come I don't have someone to share my wonderful, loving self with?" You ask, "What do I do?" Or you have that wonderful relationship, but you hate your job. You feel unfulfilled and just can't seem to break free. Or you want a new home with all new furniture and appliances. You want a change.

I am going to invite you to enter into a process that can help you create what you want. Each step is important. The process is as important as the end product. Remember, it's not the issue that's the issue; it's how you deal with the issue that's the issue. Getting there is part of the joy of success. The process of being an active creator in your life is very powerful and empowering.

I will take you through the process of creating what you want step by step. Each step is important in and of itself in that there will be learning and growth along the way, and each step sets you up for taking the next logical step. I would encourage you not to skip a step. Be patient and gently work your way through the process.

You might ask, "How do I know if what I am asking for is appropriate for me? Will I hurt myself if I quit my job and just go for my dream career? I want that house on the hill. Should I just go for it? How can I discern if what I want is beyond my abilities and I'm not setting myself up for another disappointment?"

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Ask the question, Is this goal at least 50 percent believable? If the answer is yes, then I would say, with appropriateness and practicality, go for it. If the answer is no, then I would encourage you to reevaluate. If I said I wanted to be a foreign correspondent but had never written an article or traveled outside of my hometown, then I might be going for more than what I can accomplish. I would reevaluate and take smaller steps toward my ultimate goal. Or, if I said I wanted to make one-hundred million dollars a year and am currently making twenty-five dollars an hour, again, I'm probably setting myself up for disappointment.

A friend of mine once said, "You can have anything you want. You just can't have everything you want." My decision to sit in this chair means I can't sit on the couch. I have to decide where I want to sit. Every decision to move toward one goal means I have to let go of another goal or direction. If I want to be that foreign correspondent, it would serve me to write and read about countries I find interesting. Spending time in the pool hall probably will not increase my writing skills as a correspondent. If I want something, I have to make choices and action steps that take me toward my goal or ideal scene. As you create your ideal scene, I encourage you to be practical as you stretch and dream.

Before I give you specific steps on how to create your ideal scene, I first want to explore the concept of symbols versus experience. A symbol of success could be a fancy car or a certain amount in your bank account. Most of us have been told that if we just had *that*, then we would be happy. Sometimes this is true, and sometimes this is not true. An experience is the feeling we have when we have achieved a certain goal that we have declared important. It is the experience that we really want. The symbols are nice, but they don't necessarily bring the experience we think they will bring. I would encourage you make sure you have your experience as you go toward your symbols of success or your ideal scene.

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Below, you will find a series of questions that will help you identify what you really want. Take a moment and answer the questions. You just might be surprised to find out what is really motivating you to create that relationship, job, or home.

1. What do you want?
2. What must you do to have it?
3. How will you feel when you have it?
4. So, what you really want is (what you described in question #3).
5. What must you do to have it?
6. How would that make you feel?
7. So, what you really want is (what you described in question #6).

An Example

1. **What do you want?** I want to have a loving relationship. I want to get married and have children.
2. **What must you do to have it?** I have to meet someone I feel close to, someone I can trust, and someone who has similar values to me.
3. **How would you feel when you have it?** I would feel whole. I would feel complete. I would feel that I fulfilled my life.
4. **So, what you really want is to feel whole, complete, and fulfilled in your life.** Yes.

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5. **What must you do to feel whole, complete, and fulfilled?** I would have to heal my past issues.

I would have to learn to love myself. I would have to be open and share myself. I would have to complete the things I say I want.

6. **How would that make you feel?** I would feel at peace. I would feel joyful.

7. **So, what you really want is to feel at peace and joyful.** Yes.

If the above example was your process, then it would be important to experience peace and joy as you took action steps in the world to achieve your symbol of success, in this case a loving relationship.

Now that you know what it is that you really want, the experience, let's explore how to create those symbols of success you feel will give you the experience you want.

Step one: Take a piece of paper and a pen and write down the things you want. Put down the things you have been holding in your heart. As you identify these things, write down details about them in the present tense. Give yourself permission to pretend your life includes everything exactly the way you want. Write down what you see. What does it look like? How does it feel to have it? What are the dimensions? How? Who? Where? When? How much? What are you doing? What are you thinking? What do you envision you will be doing five or more years from now? How is the world different once you have achieved these things? Details are the key to this step. The more details you can write down about your goals, the better. What kind of job are you doing? How are your family relationships? What kinds of vacations do you take? Where do you live? What is your financial condition? How is your health? You are creating an ideal scene.

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Write it as if it's already occurring. You are writing "as if" you have already reached your goal. This sets your unconscious on a trajectory and allows you to see the end result now.

There is a key here that is important to know. The more information you have about your goals, the faster you can achieve them. Look around your surroundings right now. Notice the amount of detail you could give in describing what you see, in describing what you have. What we have now can be described in great detail. We can feel, see, taste, hear, and touch what we have because we have it. You can even describe the dust in the corner of your room or the forgotten items in that drawer in the kitchen. The clearer and more detailed you can describe your goals, the closer they get and the sooner you can have them. When you can describe your goals with the clarity that you can describe what you see in your present surroundings, you will be manifesting them.

Another key to this step of describing your goals is that it's an ongoing process. It is important to continue to add details to your goals as you continue to move toward them. At some point, your goals will begin to pull you like a magnet pulling a piece of metal. The closer you get to your goals, the more details you will be able to describe, and the pull of your goals will get even stronger.

At this point, I would like to share a little story with you. Many years ago, I was taking a growth workshop, and the facilitators put us in groups of five. They gave each group a puzzle and instructed us to put the puzzle together as quickly as we could. "Hmm," I thought. "They are testing us on our communication skills and our ability to cooperate as a group." So I jumped in and communicated and cooperated with great enthusiasm. As it turned out, our task of putting the puzzles together had nothing to do with our

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communication skills or our ability to cooperate. The facilitators were demonstrating a point. Without our knowing, they passed out three different types of puzzles. Some groups got a puzzle with a picture that matched the puzzle. Other groups got a puzzle with a picture that did not match the puzzle, and the remaining groups got a puzzle with no picture at all. As it turned out, the groups that had the picture matching the puzzle finished fastest by far. The groups that were given the mismatched picture and puzzle finished second, and the groups that did not have a picture at all finished last. The point that they so cleverly were making was that if you have a clear picture in your mind's eye of what you want and where you are going, then there is a good chance you will get there very quickly. If you have a picture in your mind's eye that is not totally accurate, you will still get there even though it will take you longer. If, however, you do not have a picture in your mind's eye, it will take you a long time to arrive and you might not even know that you have arrived when you do.

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How to Create a Treasure Map

There is a fun, creative project that can help you create a clear picture in your mind's eye of your dream or goal. It is called creating a treasure map. A treasure map is a collage of sorts that pictorially depicts what you want.

There's an old concept that is appropriate for us think about. You have probably heard the concept stated many ways: Focus on what you want. What you see is what you get. Keep your eyes on where you are going. What you focus on is what you get. Your feet will follow your eyes, so watch where you are going, or direct your eyes where you want your feet to go.

I would challenge you to check this concept out. The next time you are driving your car down the road, start focusing or looking at the right side of the road. Be careful and alert, however, because you will soon be driving where you are looking.

By creating a treasure map of what you want, you will have something to look at and direct your focus on as you continue your journey toward your goal or dream. This can be a fun and creative process, so let go of any seriousness of how you think it should be and let your inner child come forward and play. This does not have to be "perfect" and no one is going to give you a grade, so just let yourself have fun.

First, gather up all the magazines you can find and set them in front of you.

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Get a pair of scissors, glue, a picture of yourself that you really like, and a large piece of construction paper in a color you like. Put all of this next to the pile of magazines.

Get a cup of coffee or herbal tea, put on some relaxing music, light a candle, take your shoes off, put a smile on your face, and sit down.

Pick up a magazine and look through it. When you see a picture, a word, or a phrase that turns you on, cut it out with the scissors. You can tell it turns you on because the smile on your face gets bigger and there is a little voice inside that says, “That’s what I want! That’s pretty. I wish I could have that.” That is the response to watch for. The questions to ask yourself as you go through the magazines are, “Do I want this?” and “Will this fulfill my ideal scene?”

After you have gone through all of your magazines or after you have pictures, phrases, or words that represent everything you want in your ideal scene, take a break. You have worked hard, and you are well on your way to experiencing success.

If you were not able to find everything you want in your pile of magazines, don’t despair. You can either draw what you want, have someone else draw what you want, or go on a mini campaign looking through various magazine racks for that picture that captures what you want.

For now, let’s assume you have all the pictures and phrases that you want. Take the big piece of construction paper and arrange all of your pictures and phrases on the paper in a way that excites you.

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Remember to include that picture of yourself, and place it in a position of importance. As you do this, there will be a sorting process, and some pictures and phrases will be left off your treasure map.

Now glue all the pieces in place so it looks beautiful to you.

Look around your home and find a place where your new creation can fit. Find a place where you will see it every day. Put it in a frame or just hang it as it is.

Stand back and give yourself a big hug for a job well done. You have completed an important step in the process of creating your goal or dream.

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Creating a Mind Map

Thus far you have written down your goal and created a picture of what that goal or ideal scene looks like in the form of a treasure map. Now I would like you to create a “mind map” as a third way of picturing what you want. A mind map helps you to categorize and arrange things on a single page so you can see them in some logical order, thus creating a three-dimensional word picture, which again helps you to hold your focus as you move toward your goal.

Take another sheet of paper, and in the middle draw a heart, a star, a circle, or some type of symbol that you like. In the middle of the symbol, write “My Ideal Scene” or “My Dream” or any other words that feel good to you.

Now that you have a center point, draw lines out from the center creating subcategories and details of your ideal scene. I have included three mind maps to give you an idea of what I am asking you to do. You can use these or create your own. You are the boss. This is your life and your dream, so personalize it so it is yours.

The three mind maps I have depicted seem to be the three areas people struggle with the most. I depicted the major subcategories Richard Nelson Bolles identified in his book *What Color Is Your Parachute?* in the ideal job mind map. I would recommend that you refer to his book if you want more details about how to fill in the subcategories for the “Ideal Job.”

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I highlighted five major subcategories on the ideal mate mind map because these seem to be the major areas people focus on.

Under the “Physical” subcategory, I would include all that physical stuff we are first attracted to when we see someone, those things that aren’t supposed to matter but do, those “silly” things that most couples argue about. Things like how tall are they, what color hair and eyes they have, what style of clothes they wear, the type of car they drive, do they smoke, are they social drinkers or are they clean and sober, do they get up early or sleep late, do they go to bed early or late, are they neat and tidy or do they have little piles around the house, are they social or are they quiet. The more you can put down here, the better.

Under the “Emotional” subcategory, I would include how they handle their emotions. Do they keep their emotions to themselves, or do they share everything? How do they handle their anger, their joy, their love, their depression? The emotional area can be a challenging area to identify. You can use the emotional chart in Chapter 1 to identify the types of emotions you want to share.

Under the “Mental” subcategory, I would include what they think about, what types of books they like to read, whether they are of average or above average intelligence, their politics, and their beliefs and values.

Under the “Activities” subcategory, I would include what they like doing in their free time. Do they like camping, the opera, rock concerts, walks on the beach, or dinner parties? How do they like to play?

Under the “Spiritual/Religious” subcategory, I would include how they view God or their higher power. Do

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they go to church, a synagogue, or a mosque? What do they feel the purpose of life is?

I have presented the subcategories in this order not because I feel this is the order of importance but because this seems to be the order of getting to know someone. It also suggests how long the relationship might last. We initially see someone in his or her physical body, and if the relationship is primarily based on the physical attraction, then this relationship will last about a year or so. If you add the emotional component to the relationship, then it can last three to five years. When the mental area is added to the relationship, you have a relationship that can last a lifetime because, after all is said and done, you just love to sit and talk to each other. The “Activity” subcategory tells you how you will play through time, and the “Spiritual/Religious” subcategory, which from my point of view is probably the most important subcategory, lets you know how the two of you share your deepest and most sacred thoughts. It’s really the frosting on the cake.

I come from the point of view that like attracts like. You are the one you are looking for. You are your soul mate. You are the one you will be with until “death do us part.” Your partner is just a mirror of who you are. Don’t worry about being bored. There will be enough things in life, and in your relationship, that will show up to keep you growing and on your toes. It just helps to be with someone who likes doing the things that you like doing. If you like going to the opera and your partner just wants to go camping all the time, good luck. If you are a born-again Christian and your partner is an Orthodox Jew, good luck. Differences exist and are wonderful, but it is often the degree or the intensity of the differences that results in “irreconcilable differences.”

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I often say there are two types of relationships. There are working relationships, and then there are relationships that just work. Working relationships are relationships that require you to work on your stuff. They are wonderful. We learn so much about who we are, what we like, and what we don't like. Some people love this type of relationship, and it is best for them to be in a relationship with someone who also loves to work on their stuff. There are also relationships that "just work." There is an easy flow and an easy resolution to issues. There is an agreement of where to hang that picture, who is going to wash the dishes, and what restaurant the two of you want to go to tonight.

These five subcategories will help you identify who you are, what works for you, and what doesn't work for you. I want to emphasize there is not a "right" or "wrong" here. I am just asking you to discover who you are without any judgment.

So go through the list of descriptive words you used to describe your goal or dream and place them on the mind map in the appropriate subcategories.

As you look at your mind map, are there any areas that are skimpy? If so, add more information. Feel free to erase and move things around. Remember, the more details you have, the better!

As you are completing your mind map, think of what is working in your life now. Add these qualities to the appropriate subcategories. Also, think of what is not working now or what you don't like, and put down the reverse of what is not working. Put down what you think would work for you now in the appropriate subcategories. Think of your experiences in the past and add the things that worked for you then. And, in

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reflection, change the things that did not work for you in the past to that which you wished you had experienced, and put those things down in the appropriate subcategories.

By doing this, you are creating a picture of what works for you based upon your own experiences. You are using what worked and what didn't work in the past as experiential reference points of what will probably work for you in the future. There will be things you will miss or forget. Revisit your mind map often. There are also things that are more important than others. Just be aware of this and give yourself permission to really put down what you want.

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Spiritual/Religious

Physical

- 1.
- 2.
- 3.
- 4.

- 1.
- 2.
- 3.
- 4.

My Ideal Mate

Emotional

- 1.
- 2.
- 3.
- 4.

Mental

- 1.
- 2.
- 3.
- 4.

Activities

- 1.
- 2.
- 3.
- 4.

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Purpose

- 1.
- 2.
- 3.
- 4.

Skills Used

- 1.
- 2.
- 3.
- 4.

Distance from Home

- 1.

Tasks

- 1.
- 2.
- 3.
- 4.

My Ideal Job

Environment

- 1.
- 2.
- 3.
- 4.

Salary

- 1

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People You Work With

- 1.
- 2.
- 3.
- 4.

People You Work For

- 1.
- 2.
- 3.
- 4.

Location

- 1.
- 2.

Bathrooms

- 1.
- 2.
- 3.

Number of Bedrooms

- 1.
- 2.
- 3.
- 4.

Living Room

- 1.
- 2.
- 3.
- 4.

My Ideal Home

Den

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- 1.
- 2.
- 3.

View

- 1.
- 2.
- 3.

Yard

- 1.
- 2.
- 3.

Cost

- 1.
- 2.

Limiting Beliefs

OK, now you have a clear picture in your mind's eye of what you want. You created your treasure map and your mind map. You have lots of details, and you say, "I still don't have what I want. I don't have the job, relationship, or the home I described. What's wrong?" I am going to suggest that you have some limiting beliefs that are blocking you from getting what you want. Limiting beliefs are those beliefs that you have about life and yourself that limit you, beliefs that keep you from going after and getting those things you say you want.

You might ask, "Why would I have a belief that keeps me from getting those things I want?" Good question. When we explore limiting beliefs, we are often looking at what lies below our conscious

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awareness. Most limiting beliefs are kept hidden in the subconscious. They quietly lie there waiting for an opportunity to come forward. Limiting beliefs are not bad. In fact, at some point in our life, we made a conscious decision to create these beliefs. They were not seen as limiting at the point of creation. We created them as a way to protect ourselves from getting hurt, as a way to avoid receiving shame or blame, or as a way to get the loving we needed in order to survive. Many were made during our early childhood and teenage years.

Let me explain what I mean when I say we made a conscious decision to create these beliefs. Let's say, as a teenager, you are watching TV. You see a commercial selling a soft drink, clothes, toothpaste, or a car, and the guy or the girl in the commercial is with someone who is beautiful, fun, and loving. There's a part of us that looked at that commercial and said, "I want what s/he has, therefore all I have to do is drink what they are drinking or wear what they are wearing or brush my teeth with that toothpaste or drive that car." We create the belief that we are not good enough to receive the finer things in life unless we do what we see on the commercial. If we are not able to manifest the results immediately, then our feeling "less than" is reinforced and supported by the evidence of lack in our life. The limiting belief that we are not worthy is cemented in.

Our limiting beliefs are also anchored by what we heard or by what was told to us by our primary caregivers. Let's say your mom/dad is yelling at you and says, "You are dumb! You are so stupid! You are just not as good as your brother/sister! You will never make it in this world. I don't know what to do with you. You disgust me." Decision time. What do you do? Here, our parent, the one who truly knows us and loves us, is calling us names and telling us what we can and cannot do. We do not like what they are

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saying. Their words hurt us. Do we call them liars? Do we say, “No! I’m not stupid. I’m smart. Don’t talk to me that way. Show me some respect, and don’t compare me with my siblings!” Hardly. Most of us swallowed it. In order to get the loving we needed from our parents, we decided to believe they were right. We became everything they said and more. With each subsequent verbal attack, we continued to believe that they knew better and more than we knew. It is important to remember that most of us were taught to mind our elders and to never talk back. So we continued to swallow what was given to us by our parents, our siblings, our friends, our teachers, our bosses, and anybody else who cared to voice their opinions. We consciously decided to accept their beliefs as our beliefs in order to be safe and to get the loving we needed.

“So what does a limiting belief sound like?” A few common limiting beliefs are the following: Don’t talk to strangers. Money is dirty; wash your hands after you touch it. Sex is bad. Be quiet. Don’t express your feelings. You are too sensitive. You are bad if you are angry. Money is the root of all evil. Don’t love yourself. Don’t cry; it shows you are weak. Don’t be selfish. Eat everything on your plate.

The list goes on and on. There are general limiting beliefs that we have as a culture and then more specific ones that we learned in our families of origin. When Mom or Dad told us that we were not good at math, that we always dropped things, and that we just would never be successful in this world, we believed them. They know who we are, or at least that is what we believed.

From the moment we were born, we began making decisions about this world. We began to believe that it is a hostile place where even breathing is dangerous, or we began to believe that it was a place where our needs and wants could be met and we were loved just because we were. We began to build a network of

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beliefs that gave us a foundation of security, a way to deal with a world that kept changing and expanding.

The beliefs a child needs in order to survive in an abusive versus a loving, nurturing home are quite different. These early childhood beliefs set the foundation an adult uses to navigate and survive in the world of intimate relationships and successful careers. Many adults are running their lives based on the beliefs they created as children. They use the beliefs of a child or teenager to navigate their way through dating, courting, marriage, and parenthood. They also use the beliefs of a child or teenager to direct them in their career choices and in how they look at themselves as adults. Most of this navigating through adult life comes from the decisions they made many years ago. It truly is frightening when you really think about it.

“OK,” you say, “back off. You are overwhelming me with all of this information. I am supposed to be scared of the unknown. At least that’s what my mom told me.” Yes, that is what your mom told you and it was good when you were three years old. It was a good idea not to put your hand in a deep, dark hole that has spider webs and snake tracks around it. You don’t know what’s in there. It’s an unknown.

Did you feel a twinge inside when you read that line about putting your hand in a deep, dark hole exploring the unknown? That is how deeply embedded these beliefs are. It’s important to know that these limiting beliefs are not bad in and of themselves. It’s what we do with them. It’s how we have taken a statement like “Be careful of the unknown” and generalized it to areas of our lives where it does not belong. If we are to continue to grow and expand, we will have to, by definition, move into areas that are unknown to us, oftentimes without knowing the full outcome.

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“So how can I change these limiting beliefs?” you ask. Before I tell you how to change limiting beliefs into expansive beliefs, I want to tell you a little tale so you can have another level of understanding of how limiting beliefs are set in our unconscious and how powerful they are in our everyday lives.

Have you ever been to a circus? Have you ever watched those huge elephants pick up gigantic logs and move heavy stuff around? Those guys are strong. Have you ever seen them tied to a little stake in the ground with a little rope around their leg and wonder why they didn't just pull that stake out of the ground and walk away? Limiting beliefs are in control and affecting the situation.

If we go back many years, when the massive elephant was just a little fellow, we would see him tied with a huge rope to a large tree. And just out of his reach was a bag of his favorite peanuts. All day long he tugged and pulled on that rope trying to get to his peanuts. No matter how hard he tried, no matter what he did, he could not break free. He was learning a very important lesson about life. A tug on the leg means stop. You cannot go any further, so you might as well give up and just not try anymore. Just stop.

Limiting beliefs can be very powerful. How to change them? As I explained in Chapter 19, awareness is the first step to change. Before we change anything, we have to be aware that it is affecting us. Therefore, the next step in manifesting what we want is uncovering our limiting beliefs.

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Surfacing Limiting Beliefs

How can you change something that you are not aware of? Not easily. As I suggested earlier, the first step to change is awareness. In order to change our limiting beliefs, we must first become aware of them. You say, “Fine, but I already know my limiting beliefs. I’m aware of my shortcomings. Isn’t that enough?”

If you are getting what you want, then the answer is, “Yes, that’s enough.” If, however, you are still struggling toward your goal and not getting what you want, then the answer is, “No. That’s not enough.”

If you are not getting what you want, then it’s time to take another step.

Take out a piece of paper and write down the following three sentences: “I am worthy of _____, but ...,” “I want _____, but ...,” and, “I am choosing _____, but ...” Fill in the blank spaces with what it is that you want. You can use this for strengthening an inner quality, as in “I am worthy of being more courageous,” or for creating something in the material world like, “I am worthy of having a loving relationship” or “I am worthy of having a new car.”

Let’s look at those three sentences in a little more detail so you can understand why I have chosen them and how they work.

The word “but” is one of those neat little words that says, “Cancel what I just said. Here comes the truth.” For example, “I really want to go to the movie with you tonight, but I am so tired.” The real message here

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is, “I am tired. Leave me alone.” Another example could be, “I really want to be in an intimate relationship, but I am afraid I will get hurt.” The message here is, “I have been hurt in the past, so I am not going to let anyone get that close to me again.”

It is our little “buts” that keep what we say we want away from us. As an extra little exercise in awareness, for the next week or two, I would ask you to be conscious of yourself or anyone else saying the word “but,” and see if you can hear the real message that is being delivered.

In the three sentences above, the job of the word “but” is to surface our limiting beliefs. The sentences are really just tools that allow us a way to dig into our unconscious so we can surface our limiting beliefs and be consciously aware of all of those old truths or vows we claimed years ago, those limiting beliefs that we keep hidden deep inside our unconscious. If we keep them hidden, no one can challenge them.

“How do I use the three sentences?” you ask. “I’m feeling confused.”

Start with the first sentence, “I am worthy of _____ but ...” Write down the kernel sentence and complete it with whatever comes into your mind. The idea is to write as many limiting beliefs that you can surface.

This is one of those times in life where more is better. Some of the limiting beliefs that you think of might be something you have looked at in the past and believe that you have already cleared it. At this point, it is important to put these beliefs down as well. I have found that some of these limiting beliefs are so ingrained into our way of being that we have to clear them more than once. Also, don’t be afraid if some of these limiting beliefs sound similar to others that you list. Put them down as well. We are not looking for a

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concise bottom line with this exercise. We want to gather a lot of data. Remember, for this exercise, more is better.

Strive to write down twenty to thirty limiting beliefs for each of the three sentences. This might take some time. I would encourage you to take the time necessary to do an exhaustive search of your limiting beliefs. What you are basically doing is surfacing all the blocks, some subtle and some obvious, that are keeping you from getting what you want—no small task. As a friend of mine used to say, “If it was easy, you would have already completed it, or if you knew how to do it, you would already be doing it.”

I would encourage you to focus on one item at a time with this process. If you attempt to do several things at once, you probably will get overwhelmed and then not complete the process. You are learning a new skill of creating what you want, so be gentle with yourself. If you want a relationship, then focus on the relationship. Use the same kernel sentence each time. Your three sentences might look like this: “I am worthy of a committed, loving, nurturing relationship but ...; I want a committed, loving, nurturing relationship but ...; I am choosing to have a committed, loving, nurturing relationship, but ...”

When you are finished, you will have about seventy-five limiting beliefs. Good job! You have completed a major step in getting what you want.

“What do I do with the ‘buts’, or the limiting beliefs, now that I have them sitting there looking at me?” you ask. That is the next exercise. Before you move into that area, however, take a big breath and thank yourself for completing this exercise. Remember, the process is as important as the end product.

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Changing Your Limiting Beliefs into Stepping Stones

Get your list of “buts” or your limiting beliefs out, and get out another piece of paper. It’s time to take yet another step in this process of getting what you want. This is where you use your limiting beliefs as fertilizer to help you create what you want.

Write the sentence, “I am choosing _____, and ...”

This is going to be your key sentence, the sentence that will move you toward what you say you want. Let me explain why I am asking you to use the “I am choosing” sentence as the key sentence. The other two sentences, “I am worthy of _____, but ...” and “I want _____, but ...” are very important—there is a progression and a value in using them—however, they will not move you in the physical world.

The first sentence, “I am worthy of _____, but ...,” is an emotional statement. Its job is to surface all the emotionally charged limiting beliefs that you might have. It is important to know that you are worthy of having what you want. However, it does not seem to be enough. In other words, as I am sitting here, I could be saying over and over that I am worthy of eating an apple. After a while, it will be clear to me that I am in fact worthy of eating an apple and no one can really convince me otherwise. I know from the depths of my heart that I am worthy of eating an apple. I want you to know, however, that I am not eating an apple. Yet, I am clear that I am worthy of eating an apple.

The second sentence, “I want _____, but ...,” is a mental statement. Its job is to surface all the mental

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blocks you have that keep you from getting what you want. It's important to know what you want, and yet again, it does not move you in the physical world. For example, I could be sitting here saying, "I want to eat an apple. I want to eat an apple." It is very clear in my mind that I want to eat an apple. That is what I want. "No, thank you. I don't want an orange. I want an apple." As I am sitting here, certain in my mind about wanting to eat an apple, I am not eating an apple. I do want one, however.

The last sentence, "I am choosing _____, but ...," is designed to get me to take action in the physical world. If I have any limiting beliefs that are keeping me from actually doing what I say I am worthy of doing or what I say I want to do, they will surface with this sentence. While sitting here, if I start saying, "I am choosing to eat an apple. I am choosing to eat an apple." I will at some point in time do one of two things: I will stop saying, "I am choosing to eat an apple," or I will do whatever it takes to eat an apple. The statement "I am choosing" creates cognitive dissonance inside of me. In order to relieve the inner tension caused by making this statement, I must do something that takes me toward my goal or stop saying the statement. As long as I continue to say, "I am choosing to eat an apple," I will maintain my focus and eventually achieve my goal.

Now that I have an apple in my belly and have explained to you the power behind the "I am choosing" statement, let's look at how to turn those "buts" into fertilizer.

If you haven't already done so, write the sentence, "I am choosing _____, and ..." at the top of your paper. Notice I have changed the word "but" to "and." You do not want to cancel out the "I am choosing" part of the sentence. You want to include it as part of your expansive belief. Write the item or the quality

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you want to create in the blank space. Take the first sentence from your list of limiting beliefs and transform or change it into a positive statement or an expansive belief. Sometimes the expansive belief is just the opposite of your limiting belief; at other times you will need to be creative and write a sentence from a totally different point of view.

The process of changing limiting beliefs to expansive beliefs can be very exciting. It can also appear to be very challenging. If you are feeling challenged or fearful or if your self-talk is, “This is too much. This doesn’t work. I don’t know how to do this. I don’t like this. I don’t want to do this. I am scared. I have done this type of stuff before and it didn’t work then so why should it work now?” Relax. Take a deep breath. Be aware of the messages you are delivering to yourself. You are in your process. You are hearing some of your limiting beliefs. Write them down and add them to the list to be changed into expansive beliefs. In the meantime, I would encourage you to start saying, “Oh boy, more fun! This exercise is easy. I am choosing to enjoy the process of creating what I want.”

Below you will find some limiting beliefs with examples of possible expansive beliefs. You can use these to prime your pump:

Limiting Beliefs

I am not good enough to^[LE1]

Expansive Beliefs

I am wonderful

I am the best

I am terrific

I am a child of God

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	I am excellent
If you really knew me, you would not like me	If you really knew me, you would know how special I am
I can't afford it	I am abundant
	I am rich
I am ugly	I am beautiful
	I am attractive
	I am strong
I am dumb	I am smart
	I am a fast learner
I am fat	My body is good for me
	I love my body
	I am creating a healthy body
We are in a recession	I can afford it
	Money comes to me easily
	I am secure
It's too hard	It's easy and fun
	I like challenges
	I can do it
I don't know how	I like to explore
	I can learn
	I can ask for help

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I am all alone

I am available

I am all one

I like my own company

I know how to love myself

S/he doesn't exist

S/he is very close

S/he is looking for me

S/he is waiting for me

This doesn't work

This works

I am scared

I am excited

I am alive

I don't know what I want

I know what I want

I am clear about where I am going

I am a powerful creator

I am too sick

I am getting stronger every day

I am healthy

I know how to heal my body

I am healing

I am alive

Do you get the idea? Some limiting beliefs can be changed into more than one expansive belief. The idea is to state your expansive beliefs in as many ways as you can. We are going for a lot of data with this exercise. Most of the limiting beliefs you hold deep inside have been told to you in many ways. You are

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looking for the expansive beliefs that counter your limiting beliefs.

Take your time with this. Be thorough. Enjoy the process.

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Chapter 82

Creating a “To-Do” List

“I now have a clear picture in my mind’s eye depicting what I want, I have surfaced my limiting beliefs, and I have transformed them into expansive beliefs. Now what?”

The next thing to do is to create a to-do list. “What’s a to-do list?” you ask. It’s a list of things for you to do in order for you to achieve the things you want more of in your life.

It is time to take some action in the world. Everything you have been doing up to this point has been to clear the way inside of yourself so you can have those things you want. These are very important steps; however, as a friend of mine once said, “No matter how many affirmations you say, no one is going to drive that car you want into your living room. You are going to have to go where they are selling them if you want one.”

You are going to have to do whatever it takes to get what it is you want. There are going to be some steps you will have to take out in the world. There will be some steps that will be fun and easy, while some will be a challenge to complete. Life is like that. If you want it, you are the one who is responsible for getting it.

“Oh no,” you might be saying. “I hate doing stuff out there. It’s scary, and people will laugh at me if I fail. No. No. No. I am not going to do anything. No. I refuse!”

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I understand how you feel. I wish there was an easier way. I haven't found it yet. When I do, I will let you know about it.

My friend also told me, "If you do not like the results that you have today and you want to have different results, then you will have to do something different. If you keep doing what you have been doing up to now, then you will continue getting the same results."

"OK, OK," you say. "Where do I start?" You start where you are. You do what is in front of you as you keep your eyes on your goal. There is an old saying that comes to mind: "Small things, done consistently, over time, in strategic places, create major impact." If I raised one corner of a forty-story building by one inch at the foundation, there would be a major tilt by the time I got to the top of the building.

A few years ago, I was in a workshop at which the facilitators placed a peg on the floor and then drew ten lines three feet apart. They gave everyone six hoops to throw. If you stood at the three-foot line, you would get one point for every hoop you threw over the peg. If you stood at the six-foot line, you would get two points for every hoop you threw over the peg. If you stood at the nine-foot line, you would get three points, and so on until you stood at the thirty-foot line, where you would get ten points for every hoop you threw over the peg.

The question they asked was, "If the object of the game is to get the most points, then where would you stand? Would you stand at the three-foot line, the six-foot, the nine-foot, or the thirty-foot?" We were also

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told that once we had decided, we could not change our minds.

I, being a brave sort of person, chose to stand at the twelve-foot line. Some little old lady chose the three-foot line. She walked up to the line and very simply and easily dropped six hoops over the peg. She got six points. “Boring,” I thought to myself. “There is no challenge or excitement. Where is the risk?” Someone else, who had chosen the six-foot line, walked up and proceeded to toss his hoops. He got two over the peg and missed the other four. He scored four points. Someone else walked up to the nine-foot line and missed all six throws. She didn’t get any points at all. I arrogantly walked up to my twelve-foot line and proceeded to miss the peg by a mile with all of my six throws. No points! Everyone else after me received the same results.

The point that was so dramatically brought home to me was that whoever chooses to make the three-foot toss wins the game. Another way of saying that is, “Success is a cinch by the inch and hard by the yard.”

An effective way for you to get those things you want more of in your life is to do three-foot tosses consistently over time.

“OK,” you say, “I get the point. But I still don’t know what I need to do in order for me to get what I want.”

Take out a piece of paper and write, “I am choosing _____ when I ...”

This is your kernel affirmation. Fill in the blank with whatever it is that you are working on, and then

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complete the sentence with an action step. This is a brainstorming session, so don't be concerned with the order. You also want to create a system of teamwork for your success by writing down who can help you achieve your goals. Find a role model who has what you want and get close to them so you can learn what they are doing. Read some biographies. Put your body where the action is actually happening. Discover fun ways to complete your goal. You will be able to write down specific action steps by asking yourself the question, "What is the next action step to achieving my goal?" The idea is to write down as many action steps as possible.

Some examples might be as follows:

I am choosing to be with my ideal mate when I smile at strangers.

I am choosing to be with my ideal mate when I talk to strangers.

I am choosing to be with my ideal mate when I walk my dog.

I am choosing to be with my ideal mate when I love myself.

I am choosing to be with my ideal mate when I risk.

I am choosing to be with my ideal mate when I sit at home, mope around, and feel sorry for myself.

(Oops. This affirmation probably will not work here. Try again.)

I am choosing to be with my ideal mate when I go out in the world.

I am choosing to be with my ideal mate when I take action steps.

I am choosing to be with my ideal mate when I say my affirmations.

I am choosing to be with my ideal mate when I say hi to strangers.

I am choosing to be with my ideal mate when I tell my friends I am open to meeting
someone special.

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Have fun with this. After you have a nice list of action steps, complete one today. Then do another one the next day. Keep taking your three-foot steps consistently through time, and you will win.

If you are finding your action steps to be boring or just a lot of work and that you are not enjoying the process of getting what you want, then there is another step that you can add to this process to bring more uplifting energy to your action steps.

The new kernel sentence is, “I am enjoying _____ when I ...” Fill in the blank with what it is that you are working on, and then complete the sentence with an action step that fulfills the statement. Some examples are the following:

I am enjoying being with my ideal mate when I walk along the beach.

I am enjoying being with my ideal mate when I eat healthy food.

I am enjoying being with my ideal mate when I love and nurture myself.

I am enjoying being with my ideal mate when I sing.

I am enjoying being with my ideal mate when I dance.

I am enjoying being with my ideal mate when I look nice.

I am enjoying being with my ideal mate when I listen to music.

I am enjoying being with my ideal mate when I learn about whom I am.

I am enjoying being with my ideal mate when I communicate my needs and feelings.

I am enjoying being with my ideal mate when I write.

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I am enjoying being with my ideal mate when I listen.

I am enjoying being with my ideal mate when I risk.

I am enjoying being with my ideal mate when I say my affirmations.

I am enjoying being with my ideal mate when I clean my house.

This is another place where quantity is valuable. Write down as many actions steps that you can think of. Some of them will be things you are already doing. Some will be things you were told not to do as a small child, like saying hi to strangers. Ask some friends what they would do or what they have done in the past. Write down their suggestions. I am encouraging you, and you are asking yourself to move out of your comfort zone. Know you are in a process of expansion and growth.

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Chapter 83

Eighteen Ways to Meet Someone New

At this point, you might be saying, “But I don’t know how to meet someone new, someone that I really want to be with. I don’t know where to go, what to do, or what to say.”

Well, you’re in luck. There is a great book called *Fifty Ways to Find a Lover* by Sharyn Wolf. In it, she describes lots of way to meet that special someone. I have borrowed from her book, and below you will find eighteen ways to meet someone new. Most of the things are easy to do, and yet they probably are outside of your comfort zone. You are demonstrating new behavior, so you might experience that twinge of fear in your belly. Label the feeling as exciting and then do the new behavior until it becomes familiar.

You can increase the chances of being received by someone new by watching for three nonverbal signals people send when they are open to connecting with you. The first nonverbal signal comes from the eyes. They will make eye contact with you and display a look or feeling of joy as your eyes meet. From time to time, more eye contact will occur, and they will start to become more animated. They are saying with their body language, “I am fun to be with. Come talk to me.” Then they will get closer, providing an opportunity for you to say something. At this point, you could do one of the suggestions below that feels most appropriate for you.

1. Get in the habit of carrying a conversation piece. It could be an unusual or interesting object, a book with

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a provocative title, a travel brochure, or anything that feels appropriate to who you are. Once the opening has been made, s/he asks you about the object, and you explain where you got it and how it is significant to you. Keep the communication going. Notice a conversation piece s/he may be carrying and make an inquiring remark.

2. Discover how to make yourself feel desirable. We all have those good hair/ bad hair days. When you have a good hair day, what is going on? Are you wearing fancy lingerie or a new perfume, did you hear a favorite song in the morning or the night before, did you complete a task you have been putting off, did you wash your car? What did you do differently? Learn to consciously create the positive, confident, and alluring person you are on a regular basis.

3. Tell your friends you are interested in dating. Remind your friends that you are still available. You never know who among your friends might know someone until you ask, and persist until they get the message that you are serious. They may have heard you talk about this many times and may be slow on believing you are determined to take action. If you do get a blind date from a friend that isn't a fit, mark it up as a success. You met someone and used your discerning abilities to know what works for you and what doesn't. Complete the relationship with integrity and honesty. You do not have to reject them as a person, nor do you need to feel that you are broken if they are not attracted to you. It is all a process of learning who you are and what works and does not work for you. Make a note of what you liked and a note of what you didn't like. This is valuable information.

4. Learn to "type shift." Develop an open attitude toward the type of people you wish to meet. Look at the

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person's attributes and see how they are unique. Also, be more flexible about the type of person you think you are. Do things that are in your uncomfortable zone. You might say, "I never go bowling, or salsa dancing, or to baseball games." Risk! You just might find you like doing something that you've been saying you hate for years. Explore how you made the decision. Is your fourteen-year-old running you?

5. Make new friends of both sexes. Strike up a conversation with someone in your office who you've always thought was terrific. Invite the new person in your building out for coffee. Join a workshop. Take a class. Every new person you meet has a circle of friends you just might like. And s/he just might be in that circle.

6. Do some reality testing. Ask a friend to help isolate unconscious behaviors that might be working against you. Look for negative body language and nervous habits. Are you always picking your nose when you get nervous, do you ask questions that are too personal, or is your speech too loud? Ask for honest, constructive criticism. These are things that you are capable of changing. Comments like "You are too short or too tall" are not what you are looking for. When your friend makes recommendations, don't get upset, angry, or defensive. Just breathe and accept the suggestions, and thank your friend for their honesty. You can decide if it is something you want to change. Just because someone points something out doesn't mean you are broken and will never meet anyone. It is their opinion and not necessarily the "truth."

7. Create a buddy system. When you arrive at a function with a friend, agree ahead of time to separate at the door and then meet later. Agree to talk to at least four new people and ask at least three men/women to dance. The buddy system can provide a feeling of unity. You will not feel like you are all alone. At the end

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of the evening, you can share your stories and adventures. It can relieve the fear that is associated with getting yourself to go to a new function.

8. Browse in men's/women's stores, bookstores, video stores, and libraries. Shop when single people are out shopping—evenings and Saturdays. When you're out, strike up conversations with the interesting people you encounter. Compare ice cream flavors with the person at the freezer case. Compare selections with people at the checkout counter. Ask them questions about the items they choose. Seek advice from the clerk at the poster store. Ask the florist about flowers. Go to lectures, exhibits, and book signings. You can meet people anywhere. See shopping as an opportunity to meet new and interesting people.

9. Learn the “gift of gab.” Listen to the news. Read the paper so you can talk about current issues that are of interest to you. Create situations that are time limited so there is less pressure and there are fewer reasons to be nervous. The person you approach will be less guarded and more open to talking with you. Have a few stories, statements, or questions in your head that are current and relevant for you. Walk your dog or your neighbor's dog.

10. Look around the office, on another floor in your building, or in another building on your block. Ask someone you always see to give you an informal tour. Who knows who someone else might know?

11. Find places where you are comfortable going alone. Check out your own neighborhood for a quiet, friendly place where you can talk to the person sitting next to you. Try a different place in the morning, afternoon, and evening. Try a different neighborhood. If we see each other regularly, we are no longer

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strangers. With familiarity, we can become acquaintances.

12. Tell yourself you are out of town. When we travel, we often give ourselves permission to speak to new people. Pretend you're new to the area. You've never been here before. With this perspective, is it easy to ask someone to help you? You can ask, "What's going on? Where are the 'hot spots?' What do people do around here? What makes this part of town unique?" Be a tourist in your own town.

13. Learn how to flirt. Pay him/her a compliment. Be helpful; suggest a different color or a place to buy something they are looking for. Ask targeted questions like, "Where did you grow up?" or "Do you like funny movies?" Avoid heavy issues and big questions such as, "What are your goals in life?" Face them and make eye contact during the conversation. Do active listening. Be attentive to what they are saying, and don't just talk about yourself. Get close, take a step forward. Explore and find out which techniques feel most comfortable and are most successful for you. Develop your own flirting style and practice often.

14. Throw a party. Ask each guest to bring a friend of the opposite sex, a non-significant other. You might find someone wonderful for a good friend, or you might find someone wonderful for you.

15. Take a vacation designed for singles. Ask your travel agent, check ads in the travel section, call an adult education center, join the Sierra Club, go hiking or biking, go deep-sea fishing, or go scuba diving with a group.

16. Enjoy the process. Building your social life and meeting new people can be fun. It's OK to make

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mistakes. It's OK to stutter and drop mustard on yourself. It's all a process of expansion and exploration.

Life can be a giggle.

17. Make the call and label the few uncomfortable moments on the phone as exciting. Give yourself permission to call someone just to say hi, to ask them how their day has been, or to ask whether they saw the latest episode of that sitcom you both like. If it's been a while since your last contact, you can say you have been busy and that you wanted him/her to know you enjoyed your last meeting and to catch up.

18. Start with a casual date such as coffee or lunch. A casual date is less threatening to him/her than an evening of dinner or dancing.

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Chapter 84

What Do I Do with All of These Expansive Beliefs?

“OK, so what do I do with all of my expansive beliefs?” you ask.

Well, I’m glad you asked. You use them, you play with them, you live with them, you read them, you dream about them, and you say them until you become them.

There are two ways to become one with your expansive beliefs. You can work with them in a passive way or in an active way. Let’s first look at some passive ways of working with your expansive beliefs.

You can write your kernel expansive belief on the bottom of your TV screen with a felt-tip pen. Do not do this on a soft screen TV. When we watch TV, we drop to the alpha state, a highly receptive state of being. So as you watch your favorite TV program, just hanging out and relaxing, your mind keeps reading and rereading the expansive belief on your TV screen. You are very effectively subliminally programming yourself.

You say, “I don’t own a TV” or “I don’t like watching TV.” No need to despair. You can write your expansive belief on the windshield of your car with a felt-tip pen. You want to write it big enough to read but not so big that it will impair your vision. When you drive down that same old road day in and day out, you drop to the alpha state and your mind will effortlessly absorb your expansive belief. After a few days,

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the sun will bleach the ink out a bit and you will just barely see your expansive belief, making it a powerful subliminal message.

You don't own a car or a TV? Don't worry. There are still more ways to passively work with your expansive beliefs. You could write your expansive belief on your bathroom mirror or any other mirror that you look into on a regular basis. Or you could write your expansive belief on little stickers or self-adhesive note papers and post them all over your house next to light switches, above the doorknobs, on the refrigerator door, or on your computer screen. There really is no limit here other than your own creativity.

You might be thinking, "But somebody might ask me what all these little writings are about." I say, "Great!" Their question gives you an opportunity to share your dreams and to enlist support from those around you.

If you feel you could be ridiculed for having a dream beyond what you have now, you can always write your expansive belief in code, use an object that symbolizes the fulfillment of your expansive belief, or just hang your stickers where only your eyes will see them. I am aware that some people might not be able to understand what you are doing and that they might pass judgment on your process. Know that you do not have to receive judgment from them, nor do you need to be the one to convince them that your way is the "right way." There are many ways of creating the life you want. I am presenting a method that is effective for some people. I am very aware, however, that it is not necessarily appropriate or effective for everyone. Always remember to be gentle with yourself and with others.

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There is yet another passive way of working with your expansive beliefs. It requires a little preparation, and it is a bit of a project in and of itself. However, the results far outweigh the effort.

The following items are required in order to complete this project:

- A tape or CD recorder with a microphone
- The description of your ideal scene
- Your list of expansive beliefs, the “I am choosing ...” statements
- Your to-do list, the “I am choosing when I ...” statements
- A sixty-minute blank tape or CD
- Sixty minutes of undisturbed time (This does not have to be all at once; you can do 12 five-minute sessions if you want.)

If you want to add yet another dimension to this project, a CD player and a CD of baroque music like Bach or Vivaldi is also required. Baroque music, because of its rhythm, drops us into the alpha state in which we are very receptive to incoming information.

When you have all of the above items together, you can begin to create an expansive belief tape or CD. If you have the extra tape or CD player and the baroque music, begin by playing the music in the background as you record your ideal scene, your expansive beliefs, and your to-do list with your voice. Even though we often do not like the sound of our recorded voice, it is our voice that we trust the most. Read your lists slowly and with meaning. Continue repeating your lists until you fill both sides of the sixty-minute tape or the entire sixty-minute CD. When you record or work with any of your expansive beliefs, I would

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encourage you to *always* include the protection phrase, “If it is for my highest good ...” I have found that this protective phrase keeps me from getting things that could cause pain to others or to myself.

After you have created your tape or CD, you will have a very powerful tool to help you passively create more of what you want in your life.

There are several ways you can use your tape or CD. You can play it every night before you go to sleep, while you are driving in your car, or while you are doing tasks about your house. I have found that the more I listen to my tape or CD, the faster I get results.

The first time I used an expansive belief tape, I recorded only on one side of the cassette. I figured I would just rewind it and play it again. I discovered there was a part of me that just did not want to rewind that tape, and in a couple of days, I stopped listening altogether. I then decided to put the expansive beliefs on both sides of the tape. Success! I was willing and able to just flip the tape over and hit the play button. I discovered that I was not the only person resisting the rewind process. So it is important to record on both sides of your cassette. With CDs, of course, this is not an issue.

Personally, I like listening to my expansive beliefs tape when I go to sleep at night. I only hear it for about five minutes or so, and then I slip off into sleep. Years ago, I was about to hit the play button when I heard this little voice say, “I’m really tired tonight. I don’t want to listen to that. I just want to go to sleep.” At first, I thought, “OK, that sounds reasonable.” Then upon reflection, I remembered that I always fall asleep. The tape never kept me awake. Hmm. I realized the tape was helping me break through an old pattern, and

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there was an aspect of me that was afraid of the change. It wanted to keep the status quo. Earlier, I suggested that saying the phrase “I am choosing ...” creates cogitative dissonance and that we will either do whatever it takes to create the change or will stop saying it, or in this case stop listening to the expansive beliefs. When I remembered this, I thought, “Oh boy, I am about to shift something powerful inside.” Then, with a smile on my face, I hit the play button. Occasionally, I still hear that little voice. Now I am very aware of what it means, and I thank myself for the awareness as I hit the play button. Don’t be surprised if you hear that little voice. Know it means that your tape or CD is working. Thank yourself for the awareness, put a smile on your face, and listen to your tape or CD. Assure yourself that you are on course.

The following are three active ways of working with your expansive beliefs.

- Write your expansive beliefs over and over, visualizing yourself doing what you are affirming.
- Write your expansive beliefs on 3 x 5 cards and read them several times a day.
- Do a process called “programming the universal mind.”

The process of programming the universal mind can be a very powerful experience. It requires about thirty to forty-five minutes of undisturbed time, your kernel expansive belief—“I am choosing ...”—and twenty toothpicks.

If you decide to do this process, you first want to find a quite place in your home where you will not be disturbed. Put on your answering machine or unplug your phone. Tell your family or friends that you wish to be alone during this time. Get a glass of water, your kernel expansive belief, and twenty toothpicks, and

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then sit down and get comfortable.

Make two piles of toothpicks with ten in each pile. One pile is on your right, and the other is about a foot or so in front of you. Say your expansive belief out loud. Pick up one of the ten toothpicks from the pile on your right and place it in a new pile on your left. Continue doing this until all ten of the toothpicks have been moved to the new pile on your left. At this point, take one toothpick from the pile in front of you and move it to a new pile in front of you. Move the ten toothpicks from the left pile back to their original position on your right. Once again, say your expansive belief out loud, pick up one of the toothpicks from the pile on your right, and place it in a new pile on your left. When all ten of the toothpicks have been moved from the right pile to the left pile, take a second toothpick from the original pile in front of you and move it to the new pile in front of you. You now have two toothpicks in the new pile in front of you. Continue with this process until all ten of the toothpicks from the original pile in front of you are moved to the new pile in front of you. At this point, you will have said your expansive belief one hundred times. This process sends a very clear message to your unconscious mind that you are serious about what you are doing, about what you want, and that you are willing to do what it takes to get it.

Completing this process is a major accomplishment. During the process, expect everything that could come up to come up. You might get bored, angry, tired, or excited; you might move into doubt and wonder what this has to do with anything; you might want to stop; and you might like the process so much you will want to do it again. Expect to have many experiences. When you finish, you will probably feel relieved and experience a sense of pride and joy. You might say to yourself, “Yes, I did it!” Give yourself a hug for doing a good job.

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Chapter 85

Reasons for Repeating Your Expansive Beliefs

“What is the big deal about repeating my expansive beliefs? How does this type of repetition help me? Does this really work, or am I just wasting my time?”

Continuously, consciously choosing to say your expansive beliefs affects you in powerful, as well as subtle, ways. Consciously saying your expansive beliefs is a way to monitor your self-talk. We are all affirming various things to ourselves all of the time. For most people, this is an unconscious process, which means we are often affirming things that we consciously do not want. We are affirming our limiting beliefs. By saying your expansive beliefs, you are consciously holding your focus on what you want, and the more you focus on what you want, the greater chance you will have of achieving your goals. Saying your expansive beliefs is an active tool you can use to help hold your focus. I would like to say that all you have to do is say your expansive beliefs a few times and then all of your old, unwanted limiting beliefs would just fall away. How nice that would be. Unfortunately, that has not been my experience.

“Why does it take so long and so much energy to change my limiting beliefs?” you ask.

To answer this, I ask, “When you were two years old, how many times during the day and how many days did you hear, ‘No! Don’t do that! You can’t do that! You are bad for doing that! How many times do I have to tell you! You will never learn! You’re too emotional! Stop crying!’” Then what did you hear when you

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were three, four, and five? The repetition of negativity is almost too much to comprehend. When you look at it from this perspective, you can begin to see that there is a lot of reprogramming that is required.

A friend once told me, “If you go to the stream to get water, take a container with you. The bigger the container, the more water you can bring back to your camp.”

Consciously saying expansive beliefs is like creating a container. The more you say your expansive beliefs, the larger the container becomes; and the larger the container, the faster the reprogramming happens. It would be nice if there were a neat little system that would produce the same results for everyone. For example, if you said your expansive beliefs ten times, then you would get a quart-sized container. If you said your affirmations one hundred times, then you would get a gallon-sized container. Unfortunately, it just doesn't seem to work that way. We all have different blocks that keep us from getting what we want, and the amount of work I have to do to get clear or to get what I want is going to be different from what you have to do. We are all different individuals with different limiting beliefs or different roadblocks.

“So, how many times will I have to repeat my expansive beliefs before I get what I want?” I recommend that you say your expansive beliefs until you have the results you want, and then keep going.

Consciously saying your expansive beliefs is like putting gas in your car. It would be nice if you only had to put gas in your car once and then could drive it forever. Unfortunately, you have to fill up your gas tank on a regular basis. If you were going to cross a desert, it would be smart to fill the gas tank because you don't know when the next gas station will show up. Obviously, you don't want to run out of gas in the

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middle of the desert. However, once you have arrived at your destination, there always seems to be more driving to do, so you still have to put gas in your tank even after you have arrived. Saying your expansive beliefs is a continuous process like putting gas in your car.

Consciously saying your expansive beliefs helps you build momentum toward your goal. It is part of the planning process. Saying your expansive beliefs stimulates you to think about what is next. It charges you before you enter into some unknown or before you do something that you might be afraid of doing. Saying your expansive beliefs is a way to create self-fulfilling prophecies in a positive direction.

Let's say you have a teeter-totter with a twenty-pound weight on one end and nothing on the other end. The teeter-totter is obviously tilted or weighed down on the side with the twenty-pound weight. The twenty-pound weight is all of your limiting beliefs. You want to tilt the teeter-totter in the other direction, so you put a one-pound weight on the opposite end by consciously saying your expansive beliefs. The teeter-totter doesn't even wiggle. Hmm. You put another one-pound weight on the opposite end. Still no visible movement is perceived. With determination, you continue to put another weight on the opposite end. At some point, the teeter-totter begins to lift off the ground. Encouraged, you continue adding more weight. You now have nineteen pounds of weight on the opposite end of the teeter-totter. It's still tilted toward the negative side. Your limiting beliefs are still running you. You feel you have done enough. You have worked hard. You look around and feel that other people don't seem to be doing all this work to get what they want, so why should you? Life isn't fair. "If only I had ..." or "If only I hadn't ..." or "If they had ..." or "If they hadn't ..." thoughts pass through your mind. "OK," you say to yourself, "I'll keep going." You add another one-pound weight, and the teeter-totter is level. You breathe and place another one-pound

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weight, and then another and then another. Finally, the teeter-totter is beginning to tilt in the positive direction. “It’s working,” you say with a smile. You know you’re not there yet. However, you now know the process is working. With enthusiasm, you continue placing weight on the opposite end of the teeter-totter. Finally, at some point in time, you have the results you want.

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Chapter 86

Creating a Void

In the story above with the teeter-totter, you were active in the process of adding one-pound weights to change the balance from negative to positive. This is very effective and will get you what you want. There is another part to the process that I have not described yet, and that is the process of creating a void. The cosmos is an interesting place that abhors a void. There really are no voids. Astronomers say there are things called black holes in the universe, but these black holes, or voids, seem to be in the process of sucking up stars and other debris. If all this is true, then let's assume there is no such thing as a void, and if a void is created, then it sucks up stuff to fill itself.

Another interesting concept states that two things cannot fit in the same place at the same time. This is a fascinating thought to process. Let's say you have a box of tissues on your table, and I say, "Put your car keys where the box of tissues is." What do you do? You might put your keys on top of the box of tissues. I would then say, "No, put your car keys where the box of tissues is." Upon reflection, you would move the box of tissues and set your car keys where the box of tissues was. You created a void. Once the box of tissues was removed from its position on the table, you were able to place your keys in the void created by the removing of the box of tissues. Two things cannot sit in the same place at the same time. I indicated this earlier in Chapter 5 when I talked about releasing your anger or hurt and then putting in a positive statement of loving to replace the anger or hurt.

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Knowing these two concepts can help you create more of what you want in your life. It is hard to bring in a healthy, loving relationship if you are holding onto a relationship of the past. That is why I explained how to complete past relationships in a healthy manner and how to do the Blue Room Meditation. By doing these processes, you essentially are creating a void, thus creating a space for something better to come into your life. As long as you are holding onto something in the past, it is challenging to bring in something new.

Years ago, I had an experience that demonstrated this concept to me. I was a student at the time, and money was tight. I had an old, ugly, rusty, broken-down dining room table. I hated that table. It reminded me of hard times, pain, and suffering. It was just disgusting. I kept saying, "I'm going to get another table someday." I would look at my checkbook and think, "Well, maybe next month." This went on for a long time. I ate on this table. I used this table to write, read, and study on. I used this table when I talked with friends. It was actually the center of many of my daily activities, and I hated it. One day, I decided, "Enough of this table!" I carried it out to the trash and threw it away. I couldn't take it anymore. I felt it was better to use cardboard boxes than that table. I created a void. The very next day, to my surprise, I found an amazing old table that I loved. It was big, it was round, it was solid, and it had the word "Mom" carved in it. I loved it, and it was free. It was given to me. It was a great table, and it served me for years.

I created a void, and the universe provided. This was a very powerful lesson for me. Today, if I want something different in my life, I will clean out a closet or a drawer or something. I will consciously create a void so I can receive. I am suggesting that if you are not getting what you want in your life, then you might be holding onto something that no longer serves you. I would encourage you to create a void and to let go

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of whatever it is that you are holding onto so you can create a space in your life to receive.

“How do I let go of things?” you ask. “I have been taught to hold onto things for that rainy day, for that day when I will need it. Besides, I like having all of this stuff around me. It makes me feel comfortable. It’s valuable. It’s a collectible. It has a memory attached to it. I admit, it’s part of my comfort zone. I don’t like voids.” If what you are doing is giving you the results you want, then keep doing what you’re doing. However, if you want something different, you will have to do something different. Change often is uncomfortable. Voids are uncomfortable. That is exactly the point. It is this feeling of discomfort that motivates us to fill up the void with what we want.

So let’s create a void. Look around where you live. Look in every room, in every closet, in every drawer, and on every shelf. Notice all the stuff you have. Notice whether you feel uncomfortable in any of the rooms or in any of the areas you looked. As you make your tour, write down all the items that you have not used in the last year or that you feel uncomfortable looking at. Ask yourself, “What self-image do I maintain by having these things in my life the way they are? What inner conflict/uncertainty is revealed to me? How can I complete this so I can let it go? Is there anything else for me to learn here?”

With your list in hand, make your tour again. Gather all the useless old items and place them in a pile. Include clothing you have not worn, broken equipment, appliances, and old letters. Remember, gather anything and everything that no longer serves a useful purpose.

Separate your stuff into three piles. One pile includes items that are definitely going to a charity; one pile

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goes into the trash; and one pile contains things you're not sure about because of some emotional tug. Take all the stuff in your emotionally unsure pile and store it in a place that is out of your everyday living space but where you could get at if you had to.

Walk through your living space again and notice what it's like to have all that free space. Remember, two things can't sit in the same place at the same time, and the universe abhors a void. Give yourself a reward and take a deep breath for doing a good job of letting go.

If you are still challenged with the letting go process, get a roll of pennies and one by one let go of them. Give some away. Place some in special places. Throw others in the bushes or in places they will not be found. Explore and experiment. After you have let go of a roll of pennies, go back to your closet and sort again. If you are still challenged, get a roll of nickels and let them go, and then go back to the closet. Still challenged? Get a roll of dimes. What will it take for you to let go? Keep going until you feel comfortable letting go of those things that no longer serve you.

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Chapter 87

Key Areas of Your Life to Keep Balanced

I have categorized below several areas in your life that you might want to check and determine whether they are balanced. The lists might throw you into overwhelm, so as always, be gentle with yourself. I am including these lists to give you an idea of the various areas that tend to get backlogged and ignored. You don't have to have everything perfectly in order to create what you want. Life is a process of growth and change. Each level presents its own challenges. In order to take the next step in your life, it is often important to stand on a firm foundation of completions. You might be saying, "You have no idea how busy my life is. I barely have time to read this book, much less do all the stuff you want me to do. You are way out of line asking me to do all this stuff. You're just giving me busy work."

We are all busy these days. Most of us have too much "do-do" in our lives, and yes, there is a lot here. Remember, success is doing small things consistently over time in strategic places. If you did one small thing in one small area over time, you would begin to feel the peace of mind you are seeking, and then you would have more time to focus on those things you really want. It's a process. Some of us have more to let go of than others. It is not fair and it is not equal. It just is the way it is. If you want change, you will be required to do things differently. You will have to let go of some things that you've have been holding onto for a long time.

Begin each day with the question, "What can I do today to make my life better?" Answer the question, and

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take a step toward completing it every day. Use the “avoidance of pain” and the “movement toward pleasure” concepts to motivate you to fulfilling those things that you say you want.

Here are the lists with some brief comments, suggestions, and directions:

Personal

1. Are you consistently expressing positive self-esteem? Be aware of your self-talk and use the five steps to change model to create movement in a positive direction.
2. Are you complete with your education? This is a big one and not necessarily a quick one to complete. Set your goal and take action steps, or declare your formal educational process complete.
3. Are your finances balanced? You might need help with this. There are many trained professionals in this field to help you. The financial world is not everyone’s strong point. Depending on the level you are working on, this does not have to be an expensive or complicated process.
4. Are you keeping your body healthy? Again, there are some wonderful experts in the field. Find someone who has the type of body and the quality of health you want, and ask them what they do. What they are doing has given them the results you are looking for. There are many ways of getting the results. Find the way that works for your specific physical and emotional body. You don’t have to do it alone. There are people who have walked before you. You don’t need to reinvent the wheel. Seek help.

Relationships

1. Are you experiencing peace with your parents? If the answer is no, then write some “love letters.” When you begin to feel a place of peace showing up inside yourself, do the forgiveness process. Remember the

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concept: you can have a healthy, loving relationship with very dysfunctional people if you subject and time limit your interaction. What type of interaction is safe for you? Do you feel safe sending a birthday card once a year, making a telephone call every four months, or having lunch once a month? Discover what is appropriate for you, and take action steps to move in that direction. If it is appropriate and safe, you could request they do a certain activity less or more. Or could they start or stop doing a certain behavior?

2. Are you experiencing peace with your siblings? Enter into the same process as above.
3. Are you experiencing peace with your children?
4. Are you experiencing peace with your extended family?
5. Are you experiencing peace with your partner?
6. Are you experiencing peace with your existing or past friends and peers?

Professional

1. Are you satisfied with your job performance? Remember, 99 percent is a bitch and 100 percent is a breeze, and what you resist persists. Do you have some unexpressed anger toward your boss or coworkers? If so, do the anger writing process, and if it is appropriate, suggest changes that would improve your working environment. We often spend more time in our working environment than we do in our home. It requires focus and dedication to keep it clean. Create a mind map and go through the process of creating an expansive belief CD.
2. Are you content with your job or business?
3. Are you fulfilling your professional objectives?

Spiritual

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1. Are you happy with your relationship with your Higher power? This is a very personal area. I would encourage you to seek the answers inside your heart and be watchful for what shows up in your life. Don't expect major earthquakes and lightning storms to give you an answer. The answers in this area are often subtle and quiet. Do the "Being with Your Self" exercise.
2. Are you walking your spiritual walk? This is a point of awareness. Use the five steps to change to get back on course.
3. Are you doing your spiritual practices?