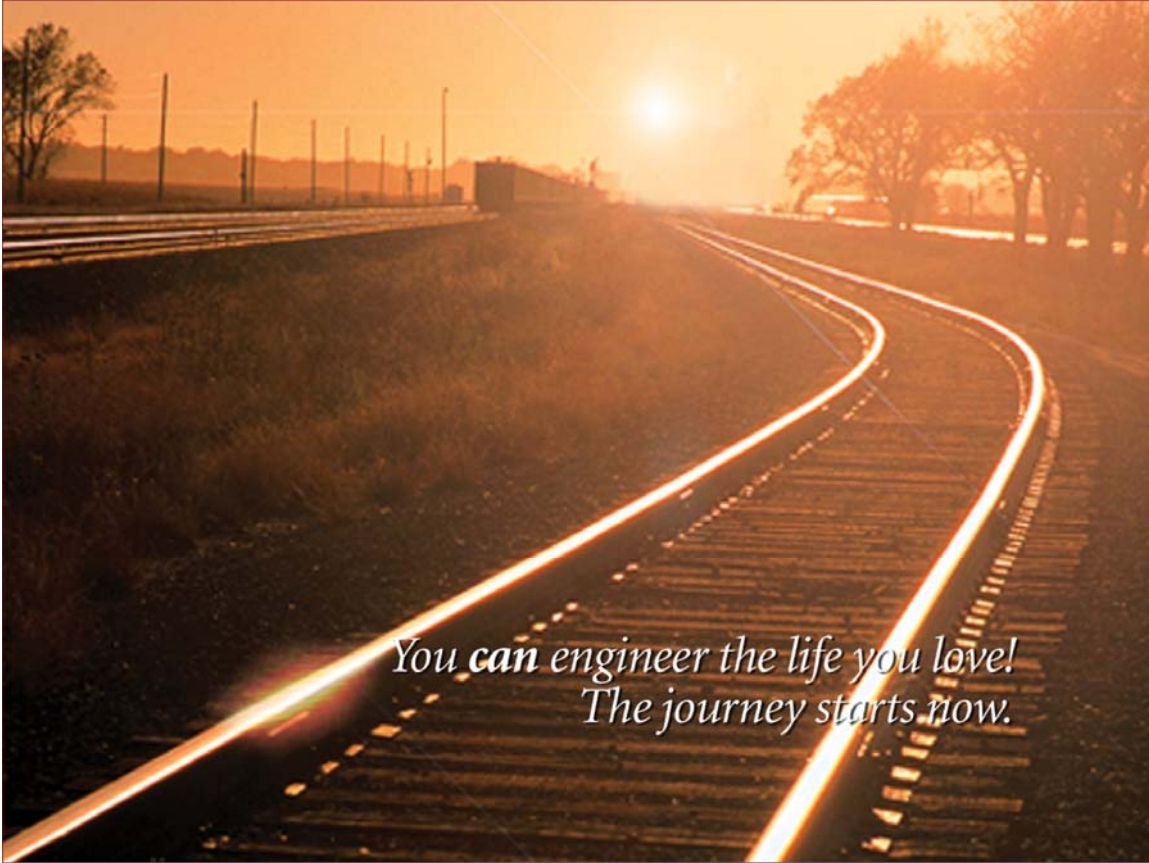




Get a Grip and Go!

5 SIMPLE STEPS TO RECEIVING WHAT YOU WANT



*You **can** engineer the life you love!
The journey starts now.*

G a i l H . S t o n e

TABLE OF CONTENTS

FOREWORD

PREFACE

What's In It for You?

CHAPTER ONE

What's it All About?

CHAPTER TWO

Step One...See It!

"Without Vision, the People Perish"

CHAPTER THREE

Step Two...Say It!

"The Beginning of All Creation"

CHAPTER FOUR

Step Three...Create It!

"All Aboard"

CHAPTER FIVE

Step Four...Believe It!

"Beliefs – Help or Hassle? You Choose"

CHAPTER SIX

Step Five... Receive It!

"Nothing Happens Until Something Moves"

CHAPTER SEVEN

Completion

"I Can See Clearly Now, the Rain is Gone"

CHAPTER EIGHT

I Got Your Back

AFTERWORD

ORDER FORM

ACKNOWLEDGEMENTS

BIBLIOGRAPHY

ABOUT THE AUTHOR

“It’s good to have an end to journey towards; but it is the journey that matters in the end.”

~ Ursula LeGuin

FOREWORD

Just getting by. Making do. The harsh reality of life is that a huge percentage of people are surviving, not thriving. If you're somebody who isn't satisfied with life, you may not talk about it much. After all, our perceived failures are not something to which most of us would raise our glasses in salute. Nobody's going to climb to the top of the highest mountain, throw their arms up into the air and proclaim, "I'm the failure I've always wanted to be!"

You may have fallen into a love affair with mediocrity – complacent about your job...your marriage...your dreams... It feels good. It feels safe. After all, it's familiar. But deep down inside, you *know* there's something missing. You *feel* it. Mediocrity has become your satin-lined coffin.

There are millions, perhaps billions, of people today who are disillusioned with life and their role in the world around them. I call these folks "Surface Dwellers". They sleepwalk through their days, living on the surface of life, avoiding the truth of who they are. Surface Dwellers live the *stories* they have been told, and have been conditioned to believe, since they were children. And because they believe these stories are true, they make them their own. As a result, they've actually forgotten what it means to be themselves.

Let me ask you something. Are you vibrantly, passionately, fully alive? Are you doing what you CAN do – right now? Today? If you can't answer these questions with a resounding 'Yes!' you've come to the right place. Within this book are the tips and strategies you need to reacquaint yourself with your dreams and goals. Gail Stone has been a voice of truth for me for years. Not only has she proven herself to be The Real Deal, she has consistently done so with integrity, passion, and true heart.

The *Get a Grip and Go*[®]! Process is a practical, proven method to get what you want in life. More important, this book helps you activate your dreams, live your greatness, and do what you *can* do. John Muir said, "The sun shines not on us, but in us." With this Process, you'll learn to let your inner light shine.

The opportunity is yours. No one else will do this work for you. Embrace the strategies in this book and you will be boldly, vibrantly ALIVE. Then you can climb to the highest mountain and proudly declare, "I *am* the person that I've always wanted to be!" Gail Stone provides a masterful blueprint for recapturing and living your dreams. Her hand is extended. Take it . . . and begin the exciting journey of reclaiming who you are.

Kim George Author, *Coaching Into Greatness: 4 Steps to Success in Business and Life*, December 2005

“All you need is deep within you waiting to unfold and reveal itself. All you have to do is be still and take time to seek for what is within, and you will surely find it.”

~ Eileen Caddy

PREFACE

What's In It for You?

*Is there something you want that seems impossible to achieve?
Is your heart telling you that you've been neglecting your own needs and
it's time for a change?
Are you trying to see your way through a major challenge in your life?*

If you have answered 'Yes' to any of these questions, you are ready for a change, and ready to be inspired. I call this the "change activation stage", where the desire meets momentum. The next step is to *Get a Grip and Go®!* With your strong desire, and this Guide in your hands to supply the momentum, you will be propelled forward naturally and easily.

*Were you faced with a difficult challenge in the past and you choked?
Concerned you'll choke again?*

Don't worry; you've got Gail Stone's patented Process – a simple, step by step approach to help you shift your attitude from "can't do" to "can do". I'll show you how to choose to get a grip and get going – steadily, surely and on track. Take a minute and consider how your life will be different after learning how to do the following:

- Set a powerful intention and watch it turn into reality.
- Come to grips with your blocks and remove them.
- Discover the negative beliefs that hold you back and shift them.
- Handle your biggest challenge and thrive through it.
- Reclaim your personal power over life's challenges.
- Create a masterful plan of action that propels you forward, to a future designed by you and for you.
- Regain your joy, playfulness and passion for life.
- Take what looks impossible and make it happen.

Can you picture that life? Good because, by applying my Five-Step Process, you will learn exactly that.

I believe that the only reason we don't live the life of our dreams is because we don't really believe it is possible to do so. And, deep down, we don't

believe we truly deserve it. Ring true? I also believe the reason we don't get what we want in life is because we spend time thinking about what we *don't* want. Isn't it time to shift that "stinking thinking" and create a new paradigm for yourself?

Using this Process will free you from the disempowering thought that you are undeserving, which is holding you back from having the life you want. Since changing your vision and beliefs is key to creating a change in your life, you will be creating a new clear vision of a bright future for yourself. First you will start with your attitude, which I believe either causes you to succeed, or curses you to fail, in the game of life.

I recently discovered the fascinating field of Positive Psychology, which centers on studying people who are functioning at an optimal level. The research is focused on discovering and delineating what causes some people to be successful, prosperous and happy. It shows that what works for some can be extrapolated and taught to all of us. This confirms my belief that it is possible for someone to change his/her operating style. One can even move from being a pessimist to an optimist – someone who sees the glass as half full, rather than half empty – by using a five-point plan that shifts one's perception. How exciting that the power for change and growth lies right within each of us!

People often sit around wishing for things to be different, even going so far as to hope for change and believe it might happen. But, what they are lacking is the attitude that comes from a deep sense of knowing that the good they wish and hope for has already been received. With this Guide, you will learn how to cultivate that powerful, already-having-received attitude. Some call this "acting as if". I've always called it "fake it till you make it". Research by positive psychologists now shows that cultivating this type of attitude is one of the secrets to successful living of someone who is a "Thriver".

A Thriver thrives and flourishes in life despite the circumstances, because a Thriver's attitude is a powerful one. On the CD I recorded about a Thriver's 10 Secrets to Success™ (which I will cover in Chapter 4 of this book), I explain the way a Thriver thinks. When a Thriver embarks on a project, and finds herself challenged by a naysayer, she says to herself, "It has nothing to do with who *they* think I am or what *they* think I can accomplish and everything to do with who *I* think I am and what *I* think I can accomplish." This is not defiance, it is believing in oneself. It shows that the people who thrive and flourish in life know that their power comes from *their* beliefs and not the beliefs and assumptions of others.

This Guide will show you how to develop the attitude of a Thriver, and apply the Thriver's ten secrets. You will learn how to uncover and let go of the

many unconscious, self-limiting, “*I don’t deserve...*” beliefs that hold you back from thriving and becoming wildly successful in both your professional and personal life. Have you been told ‘No’ all your life? Well, I’m here to tell you ‘Yes!’ Yes, you can and you do deserve to receive the good you desire and I’ll show you how to shift any negative beliefs into positive, empowering ones.

You will also learn to emphasize what you *want* to have happen and forget about what you *don’t want* to have happen. When you dwell on what you don’t want or don’t have, it only serves to keep you stuck in the don’t want/don’t have stage and never gets you what you *do* want. Have you ever seen the “Li’l Abner” cartoon by Al Capp with the character that goes around in life with a cloud over his head? His life seems to be one continuous bad day and, if you’ve ever had one, you know how those can seem to snowball out of control, especially if your attitude goes south. One bad event occurs and then more bad luck just seems to pile on. Why? Because, according to the Law of Attraction, “Like attracts like.” So negativity attracts negativity and positivity attracts positivity. The exercises in this Guide are designed to show you how to put all your power in the *positive* and attract what you do want.

There has been some fascinating research done by psychologist John Gottman, who learned to predict whether couples would stay married or get divorced by watching how they interacted together while discussing a particular topic in their marriage. He found that the ratio of positive to negative emotions they displayed had to be 5:1 in order for the marriage to last. I have a hunch from the research I’ve read about Thrivers that there would be a similar ratio to determine whether each of us truly thrives or simply survives throughout our lives. Thrivers know how to powerfully apply positive emotions, feelings and attitudes in any given situation and, with this Guide, you will learn how to do the same.

Without vision, belief and the right attitude, no change is likely to occur. With a clear vision, a strong belief and an empowering attitude, anything is possible – especially when you make up your mind to not only get through, but *thrive through* the challenges in life, no matter what.

The *Get A Grip and Go*®! Five Simple Steps to Receiving What You Want Guide will help you create that vision, hold that belief and shift your attitude, so you can get on with it and start thriving, flourishing and enjoying life!

Receiving What You Want – Possible or Impossible?

I have been using my Five-Step Process on an informal basis almost all my life to help me manifest my dreams. I formalized it in 2001 and created the exercises you'll be using in this Guide for my very first coaching client. She found them so helpful, that I started to use them with all my clients and I have refined them over the years. This Process is practical, purposeful and powerful. It combines my basic operating style, intuition, and experience with clients, together with information I've absorbed from the work of old masters and new mystics and some exciting findings of scientific researchers. This Process is a combination of old wisdom and new science, merged in these five simple, yet profound steps. Following these steps and doing the exercises will not only help you actively begin receiving, but will give you some real-life techniques for thriving.

The basis of the Process is my belief that, as individuals, we are creators of our own reality and that we always have been, although we may not have been aware of it. However science is now proving that there are clear connections between mind and matter and that our ability to consciously impact and influence our reality is a fact. When we change the way we see things, the things we are seeing literally *do* change. It's simply a matter of consciousness, and when we open our minds and hearts to creating new possibilities, we will see them.

Of course, this has always been true, even if it was only known by mystics, visionaries and mavericks who were often called crazy because of their innovative way of seeing the world, but who were dubbed genius after their deaths. Much that was once considered an impossibility is now reality in the twenty-first century – space travel, instant clear global communication, replacement of lost limbs, and much more. I believe these innovations were invented by people who knew the power of intention-setting and the secrets of conscious creation. Is anything really an impossibility? Perhaps most of us simply have limited imaginations.

Since you are constantly creating your reality, I would like to suggest that you step up to create the reality you really want. Did you even realize you could do that? Okay, now that you're conscious of the fact that you can, focus on something you want that might seem impossible to have right now. Then use the tools in this Guide to get it for yourself.

Who knows what you could create, accomplish, have, or be if you

- told yourself that it is *all* possible!
- gave yourself permission to at least try on that mindset and see what happens.
- were willing to step out of your comfort zone and play full out!

Life has challenges; it's how you learn as you grow. The secret lies in how you define the challenges and if you believe yourself capable of coping with them. Those definitions and beliefs literally create your reality and determine how your life plays out. The main blocks to receiving what you want in life are unconscious beliefs like, "I have no control over how my life plays out," and "I don't really deserve the good things I dream of."

People in the self-help field have been preaching the use of affirmations – the repetition of positive statements on a daily basis. I believe in the power of affirmations and recommend them to all my clients. However, you can use all the affirmations in the world, but if you secretly don't believe them, you are blocking yourself from receiving what you want. The power of your unconscious is strong and I will help you learn how to harness that power and apply it to help you, not hinder you. I will also help you become conscious of the constant stream of chatter you have going on in your head, most of it negative and self-critical. I will show you how to dispute that negative commentary and turn it into empowering self-talk. As you go through this Guide, you will be uncovering unconscious self-limiting beliefs and habits and shifting them as you go. This is known as moving your consciousness to a higher level.

With each of the Five Steps, you will be completing an exercise that engages both your head (your reasoning, intellectual, linear side) and your heart (your creative, feeling, intuitive side). The most effective way to use your creative powers is to have both head and heart aligned. However, the emphasis will be on using and developing your intuitive side, tapping into your emotions. This will deepen your experience because you will literally be taking it to heart. As Dr. David R. Hawkins points out in his book, *Power vs. Force: The Hidden Determinants of Human Behavior*, "Although the intellect is easily fooled, the heart recognizes the truth. Where the intellect is limited, the heart is unlimited; where the intellect is intrigued by the temporary, the heart is only concerned with the permanent."

There have been some very interesting findings about the power of the heart and how that vital organ can have positive effects on the way we live our lives. Over a decade ago, Dr. Andrew Armour discovered that the heart is actually like a little brain with its own neural network. Research scientists of the Institute of HeartMath in California are delving into this even further. They've discovered that the heart sends more messages to the brain than it receives from it. Also, the signals the heart sends the brain when a person is experiencing positive emotions can alter the brain's activity in several ways, including improving one's performance. They have also determined that our emotions have as much to do with the heart and body as they do with the brain. Compared to thoughts, emotions are faster and have a deeper and more profound impact on an individual. As Doc Childre, founder of the Institute of HeartMath puts it, "Since emotional processes can work faster than the mind, it takes a power stronger than the mind to bend perception, override emotional circuitry and provide us with intuitive feeling instead. It takes the power of the heart."

In addition to tapping into your emotions, these exercises will help you tune into your subconscious. I know, from experience in doing these exercises myself and with clients, that when you are in the act of drawing, writing or creating a collage, your subconscious is activated and the results of those activities create a powerful "pull forward" for you. We all know how we feel about being pushed into doing something – we hate it, right? This work is about creating a pull, like the carrot on the stick that draws you forward. Throughout this book, you will work on harnessing the power of your subconscious. Once your subconscious takes hold of an idea, it starts to find a way to make it happen. Dr. Joseph Murphy in his book on metaphysics, *The Power of Your Subconscious Mind*, eloquently explains,

The main point to remember is once the subconscious mind accepts an idea, it begins to execute it. It works by association of ideas and uses every bit of knowledge that you have gathered in your lifetime to bring about its purpose. It draws on the infinite power, energy and wisdom within you. It lines up all the laws of nature to get its way.

What you'll be learning in this Guide, is how to line up the laws of nature to help you start receiving what you want.

What is Necessary in Order to Have the Five-Step Process Work for You?

- An intention to achieve a life-long dream or make it through a challenging situation in your life.
- A commitment to detach yourself from the desired outcome in order to leave room for miracles. A Science of Mind saying puts it aptly: “God dreams bigger than we do. Let go and let God!”
- A belief in a supporting power bigger than your ego self (God, Spirit, the Universe, a Creative Force, Source Energy).
- The ability to use your imagination and sense of humor and lighten up. Psychoimmunology research shows that one minute of anger weakens your immune system for four hours, while one minute of laughter boosts your immune system for 24 hours. That’s why I’ve included time for laughter throughout this Process.
- The knowledge that all you can truly control in life is yourself – your thoughts, and your feelings and reactions to people and things. You can’t control anyone else’s life, thoughts, feelings and reactions; it is self-defeating and fruitless to try. However, when you change yourself, you may be amazed at how the people around you seem to change.
- A willingness to honor the order of the steps without rushing or jumping to the end. Like the seed which grows into the flower it was naturally meant to be, this Process is one of growth. There is a natural starting point progressing through to a great finish, but all along the way you take it one step at a time.
- The willingness to practice repetition. You’ll be creating powerful phrases and new ways of operating with these steps, and repetition is what solidifies learning. Scientists now say it takes not twenty-one but thirty days of consecutively doing something to form a new habit. Repetition is the key.

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”
~ Aristotle

This is not a fast trip, but a journey. And the exercises will give you a map to get you to your destination. All you have to do is move forward and begin. When you are setting out on a trip, you don’t expect to get to your destination

instantly nor do you turn back when you're halfway there. You keep moving forward until you arrive at your destination. It's the same with this Process.

This Guide will support you every step of the way. Miracles will happen as you move along. Clearing out long-standing negative beliefs and feelings, and moving yourself to a new level of thinking and feeling will take time, practice and stick-to-itiveness. But, I promise, it will also be fun. Part of my personal mantra is to have fun every day, so I have deliberately built that into this Process for you.

Since this is my coaching Process, I wrote the Guide so as to sound as if I am speaking to you on a coaching call or at a live workshop. The tone is meant to be encouraging, empowering and, hopefully it will feel to you as if I am literally championing you as you go through each of the Steps.

I have also been an inveterate quote collector all my life, like my dearly departed Dad before me, because I find them a source of solace and inspiration. I believe there is power in words, because when I read something that rings true, the words resonate in a deep part of me. While I hope my words will resonate with you, I will also be sprinkling in pertinent quotes to inspire you on your journey.

Because the left side of the brain thinks in words and the right side in pictures, and we want to engage both sides in this Process, we will use the following materials. Take some time to assemble them before you start Chapter Two. You will note that I am suggesting that you use a pen or pencil and paper rather than typing on your computer. That's because, as I said earlier, the act of writing and drawing by hand more fully engages your subconscious and you will uncover many more of your deeper thoughts and feelings by these simple acts.

The materials you will need in order to complete the exercises in this Process:

- 5 large sheets of plain paper – legal size or larger, if possible – one for each of the five steps, and additional paper for the reflections
- Magazines or newspapers from which you can cut out pictures and images
- Pen and pencil
- Scissors
- Glue or tape
- A mirror
- A folder or binder in which to store the sheets of paper

But First, Reflection Time

To kick off your exciting journey, I highly recommend that you start with 20-30 minutes for reflection. As you complete the statements below during a quiet, reflective time, you will get a chance to look at what you really love, value and believe is important in your life. It will also help you uncover some fears and blocks, which will be very helpful information as you do the exercises for each step.

It is important that you find a calm place where you can be alone to answer them thoughtfully. Don't try to do this while sitting in a noisy area like next to your family watching TV. I suggest you do this in your favorite relaxation spot and bring a pen and a pad of paper, as well.

Give yourself time to just sit and relax. Meditate or do some deep breathing, if you're familiar with those practices. If not, simply take a few deep breaths. This will help you become calm and centered before reading each statement. You might find that candles and soft music also help you relax.

Here is an important point to keep in mind. This is going to be an exciting exploration into your inner thoughts. But going deep doesn't mean it has to feel or be heavy. It's meant to be a positive, inspiring experience. Research shows that when we put ourselves into a good mood, we choose higher goals, perform better and persist longer on tasks. Look at this as fun and an adventure. So if your inner critic (that killjoy voice) is talking like crazy right now, I suggest you tell it, "Go take a nap, I don't need you here, thanks. I'm going to relax, lighten up and have some fun now."

Now, take a deep, cleansing breath. Deep breathing helps you feel relaxed because it slows your heart rate and signals the brain that you are at rest. Once you are ready, read the following statements, inserting your name (i.e., "I, Gail..."). Ask yourself, "who and what do I love/value", etc. and complete each statement, writing down whatever thoughts come up, without censorship. This is the most effective way to access your inner truth and hear what's in your heart.

Reflections

I, (your name), love _____ because _____.

Write down all the things you love and why you love them, and be as specific as possible. This list can include people, places, things, feelings, and activities –

anything that comes to mind. When you feel you are done, ask yourself gently if there is anything else and write whatever thoughts come up.

I, (your name), value _____ because _____.

Again, write down any and all of the people, activities and things you value or believe are important, both in your life and the world, and why you value them. Keep going until nothing else comes to mind.

I, (your name), believe _____ because _____.

First, write down all the beliefs you hold about yourself and why you believe them. Then write what you believe about other people, things and the world at large and why. Stay with it until nothing else comes up.

I, (your name), deserve _____ because _____.

I, (your name), am deserving of _____ because _____.

First, write down all that you feel you deserve and why, then go to the phrase “deserving of” and see if different things come up by stating it differently.

I, (your name), fear _____ because _____.

Write down all the fears you hold about people, places, activities, things – past and present – and why you fear them. Keep writing until nothing else comes to mind.

If it weren't so risky, I, (your name), would _____ because _____.

Write down all the things you would do, or have, or become, if you didn't deem them too risky or impossible, and why.

I, (your name), would get up each morning rarin' to go if I was/had/could be _____ because _____.

Use the different variations of the phrase and write down everything that comes to mind.

I, (your name), could live the life of my dreams if _____ wasn't blocking my way, because _____.

Write down all the people or things you consider blocking your path right now and why things would be different without those blocks.

Great, you're almost done! There is one last set of statements that are a bit of a change of pace from the others. We're moving out of the past and present now and creating a vision for the future. So, take a few minutes to relax, regroup, take a few deep, cleansing breaths, stretch and let your mind clear.

Now, it's time to have some more fun and just pretend. No one's watching. It's safe to play here. Dust off that imagination of yours – the one you could access easily as a child.

Albert Einstein once said, "Imagination is the preview of what's to come." If one of the smartest men in the world believed that, can't you? In your dreams, you are constantly imagining and creating, aren't you? You don't think anything of it when you wake up and realize that you have flown through walls and bi-located instantly. If you can do it there, you can certainly imagine and create new things in your waking consciousness. I suggest that it's only societal agreements about what "reality" is that hold you back.

But, if energetic consciousness is what we are all surrounded by and we all have the ability to tap into it, as the quantum physicists are finding, what is reality really and don't we have the power to change it if we choose? I say "Yes", and during all of the exercises in this Guide, I invite you to dust off that imagination of yours and play full out with it. What do you have to lose other than some self-limiting beliefs and your "can't do" attitude? Have any of them been serving you very well in helping you receive what you want?

Now, how about a smile? Things always look and feel better when you have a smile on your face. Or better yet, laugh. My friend Linda Scharf shared this quote by psychologist William James. "We don't laugh because we're happy, we're happy because we laugh." (Linda thrived through the challenge of cancer, and is now also a Certified Laughter Leader – imagine that!) Remember that feeling of enthusiastic expectancy you had as a kid? That's the feeling you want to create here – that joyous, imaginative, welcome-the-new-day-with-enthusiasm feeling is the one to bring to your consciousness, so take a minute or two and think of a fun time in your life when you experienced that feeling.

Okay, then, are you ready to play? Good, take another deep breath and smile. Now I'd like you to imagine that a fairy godmother from your favorite childhood fairy tale, or Glinda the Good Witch from the *Wizard of Oz*, just floated into the room and told you that, with the wave of her wand, you can recreate your life. It can look any way you'd like. New job – piece of cake! New place to live – no problem, coming right up! Prosperity – absolutely! Whatever you ask for, you will receive! Yay!

Hopefully you're having loads of fun with this imagery and, if so, skip this paragraph. But, if a lot of resistance just popped up when I brought in the idea of imagining a fairy godmother, I'm going to ask you to acknowledge it and then ask yourself if it has to hold you back from playing full out here. It's just a belief or judgment that popped up, but is it really solid and immovable? After all, I'm simply asking you to have a bit of fun and bring in an assistant to help you get a grip and get going.

I encourage you to suspend disbelief for a few minutes and play the childhood game of make believe. This part is designed to help you lighten up and consider some new possibilities (or, even better, consider the things you've been believing were impossibilities). Scholars and poets alike tell us the imagination is great at putting things together in a new and different way, discovering new relationships and creating new meanings. Now is your chance to do just that.

So, here comes the fairy godmother or Glinda, if you prefer. Would you let her wave her wand? Think about that and write your answer.

I would not let her, because _____.

If sudden fears come up, they are totally natural and to be expected. Let them flow out. Doing this writing exercise will help you uncover some of the hidden fears and blocks that are in the way of you receiving what you want.

I would let her. Yes! And, when she does wave her wand, my life will be/have/hold _____ because _____.

Write down whatever comes to mind. It's not necessary to go into specifics unless you want to. Create a general picture of what you envision for your life at home, work, play, your relationships, etc.

When you feel you've answered these statements as fully and completely as possible, take a deep breath, relax and smile. Read over everything you've written and acknowledge all you've learned about yourself in the past few minutes.

Author's Notes

Congratulations, my friend! You have completed this inner journey perfectly. Thank you for taking the time to do this for yourself. Now, take some deep, cleansing breaths and relax. You did very well and I'll bet you've gained some new insights, which will be very helpful to you as you go through this Process. Laugh out loud and pat yourself on the back! I suggest that you store these pages in your *Get a Grip* folder, as you might want to review them from time to time.

In case you are questioning my sanity with the bit about the fairy godmother/Glinda image, let me share something with you about myself. I have always had the ability to imagine and it has served me in good stead, especially during the traumatic times in my life. Lately, in the research I've done about thriving and Thrivers, I've learned that having an active, playful, creative imagination is an essential factor in whether people thrive or merely survive. The heart research I cited earlier also points to this fact and I'll be sharing more of that throughout the Guide.

I am totally committed to helping you thrive, so as we go through these steps, I am going to often invite you to allow yourself to actively engage your imagination and let it flow, as you did when you were a little child. If you can't remember how, or whether, you did it back then, don't worry. Your past is not a prediction of your future, unless you choose it to be so. Make a choice to start imagining now. Remember: if you can daydream, you can imagine. Let it flow. It's a safe space here.

Often what "get a grip and go" means is loosening your grip on your intellect's (ego's) version of reality to get a grip on what is to become your new reality, one designed and engineered from your heart with a new level of consciousness and intention. I'm going to divulge up front that I use the fairy godmother as a metaphor for how the goods are delivered, as most people have an easier time believing they get their wants met from an outside source, be it a benign or a not so benign one. The truth is that the power for change, growth and receiving what you want comes from within, and you will work at creating mastery in that regard, with the support of this Guide. As the saying goes, "*As within, so without.*"

The fairy godmother is my favorite vehicle of delivery because I want to encourage you to laugh and lighten up, so that miracles can happen. When you are open and light, good things are magnetized and will find their way to you, it's

the law of attraction. Nothing good can enter your space when you are closed off and shut down. As I like to say, “Brighten your attitude and you’ll lighten your life and your load.” You absolutely can receive anything you want if you are light and open and want it passionately enough. You just must desire it, as Hollywood gossip columnist Sheilah Graham once said, “with an exuberance that erupts through the skin and joins the energy that created the world.”

I also wholeheartedly believe there is a powerful, loving, divine, eternal force for good, which has been called many names by religious followers, indigenous people and spiritual seekers worldwide since the beginning of recorded time. I call it God or Spirit interchangeably. I believe it to be the loving source and creative force of higher consciousness that is now being written about by scientists in a variety of disciplines, from Dutch cardiologist Dr. Pim van Lommel, who studies those who have had near-death experiences, to quantum physicists. All these studies show that there is a source of overall consciousness which they can’t explain but have determined to be real and available to all of us on an on-going basis. It’s one’s awareness of one’s power to access this and use it that makes all the difference. In this book, you will learn how to “tune in” to this source of consciousness. It will provide you with avenues of help, even seemingly unlikely ones, when you’re open to receiving.

You’ve done fine work here and are now ready to get a grip and get going. Before you do, however, take a few moments and consider these words from one of my favorite daily meditation books, *Simple Abundance*, by Sarah Ban Breathnach. Her words clearly capture what I feel is the essence of this Process.

Amazingly, when we harness the incredible power of the subconscious in our lives, we can accomplish whatever we set out to do, no matter what obstacles we have to overcome. Hold the vision of the completed dream in your mind. See your heart’s desire. Feel the thrill of accomplishment. Offer grateful thanks in advance. Don’t ask how it will come to pass, just know it will. Now, go to work.

"It is not the problem that causes our suffering – it's our thinking about the problem."

~ Byron Katie