

# *Our Daily Play*

Finding Joy and Nourishment through Inspired Meditation

LIVING OUR DAILY PLAY  
For a Fulfilling Life



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ISBN xxx-x-xxxxxx-xx-x

First Published 2011 by  
Kathleen Pleasants

Printed in 12/2011

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appreciate simple reminders that  
life is good and to those who  
want to live the best life they  
can!*

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## Forward

There are some people that will never be able to feel all four picture pages of this book fully, that will never trust enough to allow themselves to live more freely; To live and let live. It seems like such a simple task. Allow your true freedom to re-enter a little bit at a time and you'll make great progress towards living the fullest life you can.

Pay attention to your thoughts, good or not good. Lead any negative thought in a positive direction as soon as you are aware of it.

Start by changing your thought process in small ways. Once you get used to this, you'll find it is easier to re-direct your thoughts in a positive direction. The goal is to see things differently. Let those positive thoughts build as long as you possibly can. This exercise has the force to move mountains and can be used to create the world you want. In time you can shift the bigger non-serving thoughts more quickly.

One step at a time gets you there.

Don't believe anything anyone tells you, try what feels right and see how it works for you. That is all you are asked to do in this life time.

Trust what feels good to you, follow the light (you are the Sunflower), find the beauty wherever you go, (life is a favorite place), sit in your money chair constructed with endless cash, take what you need and see what you want as being accomplished while holding onto a good feeling. Then, most importantly, let it go; move forward in the good feeling.

Wait to move on things until you feel an inspiration from within. Move from moment to moment into what feels best and learn to expect the best around every corner. There is much joy waiting for you in every feel good moment.

\*Breathe deeply, feel joyful and bask in this feeling daily.

What I am writing is not new. My perspective may be a bit unique, but what you are about to read has been said and practiced in many ways before. Like the air we breathe, it explains the breath and flow of life and its continuing evolution.

You can find many books on the topics of Law of Attraction and Quantum Metaphysics that will bring more light to what flows closely to your heart.

I am only sharing my perspective from my own experience and practice with this universal law of our existence. I am simply intending to save my breath in trying to explain to others why they may continually re-create the same types of situations over and over again into their lives. I give examples of how that may happen and how to be able to change their minds; which will change their experiences once and for all for the better.

I don't just talk about these set-ups to shutting down much of one's potential, but I list ways to move into finding more peace and fulfilment through gentle practices that can become one's 'Daily Play'.

Within these pages you will find ways to clean out the corners of your life and the under-carpet sweepings that create bumps and stumbles get in the way. You now have the chance to reach your goals at your own pace without the opinion of others contributing to detours along the way.

I believe whole heartedly that life is meant to be good, fun and rich. Each day leaves huge opportunities for growth and recreation, whether that is through working with others or time alone.

If you forget to use your imagination, you are closing off the brightest and most profitable part of yourself on all levels.

Christ said, 'No man can enter heaven unless he is like a child'. If you lose the wonder through really noticing all the good that surrounds you, then you lose the sight of Heaven on Earth. Being in a physical body is the ultimate gift and trying to get out of it or ignoring it will show you what Hell is truly like. Heaven and Hell exist here on Earth and you are given the freedom to choose one or the other daily, even moment by moment.

Read on and remember how you can find your true freedom and wonder that has never left you and is ready to explore new paths of discovery no matter your age or beliefs.

A very Special Thanks to:

Tamara Walsh, Sally Shields,  
Cliff Hirschhorn, Layne Kubo,  
& Brian Tobianski

As I write this book & allow in even more  
observing of what comes into my life, I am in great  
awe and appreciation of the fine details of how  
this thing called LIFE works.

## How to use this book

Use your Imagination. Put the REAL World aside for a few moments today. Look for relief through alternative thoughts.

Take some time to feel your way to the freedom that exists within all of us; freedom of choice to feel good, to find another way to look at a situation. We always have that choice; we always will.

Sometimes you have to use your imagination to make a change. You can create change in your life for the better with just a thought.

We can always evolve to greater levels of Joy; one purposeful, good thought at a time.

Just for this moment, just for now, pay attention and allow the intention to create a better feeling.

For the best results, take 5 minutes in the morning to start your day off right. To add extra potency, also take 5 minutes before you go to sleep at the end of your day.

You can take a few minutes anytime for a power boost and, with practice, joyous thoughts will flow throughout your day.

May laughter and Joy be with you always,  
Kathleen Pleasants

Heaven's little  
'Peace' of pie

# Heaven's little 'Peace' of pie



You have heard the saying, "Heaven on Earth". Some have said that heaven & hell exists right here. I can show you a way to find your, "peace of heaven" and how to experience more of it. How you feel about something remains that way unless you change it, right? Have you ever noticed that where you leave a thought or a feeling stays that way unless you choose to make it different? That means whenever something similar happens you are pulled right back into that old emotion. So, for example: you had a bad experience with something or someone. You get frustrated and you allow that feeling to remain with you. You may tell a friend about what happened and add details. You may even have been so frustrated that you talk about it for days, weeks or years. This may be considered a little slice of hell's pie, leaving you with a bad taste.

*~This can happen with any situation or person in your life.~*

Now most would say these feelings are justified, but what if you were to choose different thoughts about what took place? After the frustration or anger and distaste you experience, what if you could start to turn it around? Giving up your justification and getting yourself into a better feeling space. If you cling to your frustration, you are using your energy and may even lose sleep.

Past triggers lead to  
future triggers.

I have seen people go on and on complaining about the wrong doing of another only to find out later on that the other party involved was oblivious to what happened and never gave it anymore thought. In other words, you may be the only one who is wasting energy. Isn't it worth cleaning this mess up? You can rid yourself of this takeover of your emotions; you have that choice! You can clean up the pain of the past in a relatively short period of time, even minutes.

This is the key to Heaven on Earth.

Paste experiences that were brushed or forced away can resurface. There is a way to clean up those past incidences and start collecting your yummy pie. You can even clean up as the situation is happening or just shortly afterwards.

Here's how you do it.

*This is the key to Heaven on Earth.*

How you feel on any topic matters most. Once you recognize a negative feeling, you have the tool to clean it up.

You must start to look for any thoughts that will promote a better feeling. Choose another topic if that one is too hard to change. Use one that makes it easy to feel better. Your goal is to make the negative memory into something positive. It can take time, but even a small shift towards the positive can make a huge difference. You are now in position for discarding old, useless, bitter pie.

Your job here is to find a way to clear the focus that causes you frustration on any given topic, by focusing on any aspect that releases you from your discomfort. Take a situation and talk it into a better place.

Have you ever done anything that you've regretted? Have you ever hurt someone and then wished you didn't or that you could avoid painful situations? Well make your wish come true. Talk about it in a forgiving way and allow a space for better feelings around the topic. This practice will take you into better experiences everywhere you go.



Heavenly words to use in a Negative situation:

Most of the time, when I have come here, it has been a good experience; I only expected good results and I got them. We all have our off days and maybe I was having one myself. Things go right for me more often than they don't. I can choose to focus on more positive things. I know that it's my choice how I feel. I can be upset now, but I look forward to improvement. I know that I can have a better experience with this next time. Uncomfortable situations don't happen too often and when they do, it can be a good excuse to laugh later at how much weight I allowed this to carry. I must always remember, 'This too shall pass.' These Situations remind me of how I would like things to be...

You are the driver, the carrier and the owner of your emotions. Practice using your emotions and your thoughts to your advantage.  
Read on...

Never  
say  
Never

## Never say Never

Here's another view of how the Law of attraction works.

Have you ever said 'never' to something only to find that you actually wind up doing just that? I used to say never to quite a few things. Without even knowing about the Law of Attraction, I would wind up inevitably attracting those types of situations into my life. I thought at the time that it was to help me to become more humble, but now I know it is the simple law of 'what you focus on you get'. Just be careful what you say 'never' to, especially if you repeat it and say it with emphasis. Focus means focus no matter if it feels good or not good.

Spending time with a thought gives power to it whether wanted or not.

You 'never' know what experiences may await you. All you have to do is resist judging others for what they do and focus on things that you like to keep bringing in things that make you smile.

It all started with  
a Thought

## It all started with a Thought

The world was just a thought at first and as the thoughts grew and expanded the Universe came into existence.



First thought, then manifestation.

We live in a time/space reality, but we are more energy/space than not. (Check out the science of 'Quantum Physics') It has been said that 98% of the Universe is missing. When you look into the subatomic level of an atom, you find mostly space which is the basis of all things. And what is left of the matter, (the quarks), appears unstable. They disappear and appear again, leaving unlimited potential for change within each atom; within all things:

Matter is built on flaky foundations. Physicists have now confirmed that the apparently substantial stuff is actually no more than fluctuations in the quantum vacuum.

The researchers simulated the frantic activity that goes on inside protons and neutrons. These particles provide almost all the mass of ordinary matter.

Each proton (or neutron) is made of three quarks - but the individual masses of these quarks only add up to about 1% of the proton's mass. So what accounts for the rest of it?

Theory says it is created by the force that binds quarks together, called the strong nuclear force. In quantum terms, the strong force is carried by a field of virtual particles called gluons, randomly popping into existence and disappearing again. The energy of these vacuum fluctuations has to be included in the total mass of the proton and neutron.

Quark-antiquark pairs can pop up and momentarily transform a proton into a different, more exotic particle. In fact, the true proton is the sum of all these possibilities going on at once."

Stephen Battersby

What gives an atom a type of function is the thought behind it. Our beliefs are its food and direction. What changes it is the same; a shift in a thought, in a belief or point of view towards something. That is why miracles can happen, why something can happen instantly without explanation. It's why time can seem to stand still and water can be turned into wine. Thoughts are made up of space and with enough focus on something, it must manifest. Each manifestation will always remain mostly space and susceptible to change.

So maybe you can see why we are able to affect and direct reality individually. We all have equal opportunity amongst us. At the heart of us, we are all timeless and anything is possible. I emphasise focus; no force is necessary.

*We are the children of the Creative Energy, we are the Creation. We are born and live as Creators. K~*

Our existence is not dependent solely on the fact that we are and live off of Matter. What 'Matters' is that we are energy first and Matter second. We are directly linked to the source of all existence and we receive the information we seek through thought and projections of thought.

Some say we should look within ourselves and not to seek answers through others. That is a good practice, but it is also important to acknowledge that we live in a dichotomy of energy and co-creation. We eat food because we choose to. Are we completely dependent on it? - actually no, but we believe so and even believe certain foods and supplements are better for us. Most believe if we don't eat we will die.

The essence of who we are doesn't need food, water or sleep. These are all simply mutual beliefs lived out by many. Now, would I tell you to not eat dinner tonight or any more meals because you are mostly Energy? Of course not; it's a co-creating world, choices are abundant, others join us that want to play the same game. We eat and feel nourished or at least content on some level. We are hot, so we look for a way to cool off. We are tired, so we seek rest. Many choose to share the company of others. It is part of the world we have asked to stay in for a while. 'It's about finding what works for you.'

If the world came into being with a thought based on pure desire, so can the world you want be created.

What you see and hear is a reflection of your inner thoughts; choose carefully. K~

Law of attraction keeps us within the world we believe in. The people and places show up that support our beliefs and if we change our mind, so do our surroundings change. It's subtle and individual. What you are open to, you notice & what you aren't, you don't. We build large masses of beliefs through the news and viral information on the web. It only takes a few powerfully focused people to cause a positive shift for all of us, but it is always our choice to participate in what we see or to choose another way and ultimately become the one that creates great change.

Change is inevitable and part of our evolution. You can be a conscious part of it or at least go with the flow. If you resist, you may create discomfort and obstacles to what you really want.

Seek solutions from people & things that feel good to you within your life. Most of all ENJOY the experience.

Ref: NewScientist Physics & Math

19:00 20 November 2008 by Stephen Battersby

<http://www.newscientist.com/article/dn16095-its-confirmed-matter-is-merely-vacuum-fluctuations.html>

**K**now that you are not dependent on other's opinions for your choices and make way for the life you want to live.

**If you are looking to add a mate to your mix, clean out half the closet, make a space for them. Otherwise, the opportunity may pass you by. You may not recognize the person that you didn't make space for.**

**For things to come in that you want, you need to create a place in your life.**

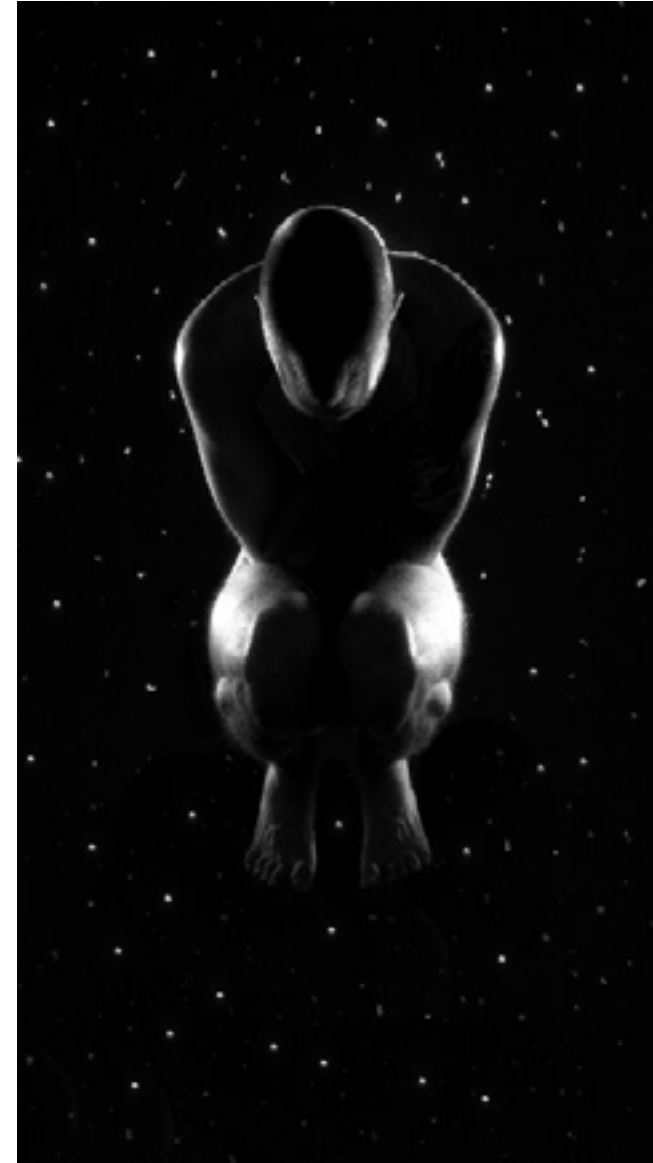
**Nothing is solid at first, it takes time to create. We have the gift of time on our side. If you want something, give it thought, give it focus and feeling, see it as done, then let it go and know that it's on its way to you.**

**Creating the world you want one good thought at a time.**

# The Journey

## For the most fulfilling journey with the richest views, follow these simple guidelines:

- There are two feelings, Good & Not Good.
- Don't ever try to convince yourself that something is right for you. Red means stop, Green means go. Yellow is caution but also indecision. A questionable feeling means wait.
- \*Obstacles are good signs not to move forward.
- Save energy and time by gravitating towards those who are willing to change and can remain up-beat most of the time. This is the most efficient way to travel. Do not cause unnecessary detours to your goals.
- Trust that others will learn how to maneuver their own vehicles through their individual experiences as you do. Relax at the wheel, maintain your focus and reserve your energy for more interesting adventures.
- Focus on things that you like, thoughts that bring you joy. Allow yourself to create more of those thoughts each day. This process will provide new inspirations as you continue on your journey.
- Don't beat yourself up. Today is a new day with new opportunities. All your power and creativity is right here, right now. You will have up days and down days, as not every road is paved. Make the most of the cruising moments and see how long you can keep that smooth path going. You will get through life's bumpy moments when you know there are always stops to rest, re-charge and re-focus. Time is on your side.
- Your vehicle is made for wear and tear and can be maintained for good performance. It is designed to perform even better and last longer as you learn how to care for your body. By learning the language it communicates in, your vehicle can last throughout your life without any major disasters. It is made to bounce back from almost any mishap and dis-ease when you learn 'right communication' that you develop through what feels good and natural to you and what doesn't.



Your Body is Your Vehicle through this Journey



You are creative  
first & foremost

## You are a Creative Person first & foremost

- You must find your creative outlet to maximize your potential in all areas of your life.
- Imagination is creation
- Inspired Action is Powerful
- Use your energy wisely
- Focus on feeling good
- See what you want as already done and already here
- Put your Desires into present tense; then forget about them!
- Remember to PLAY
- Believe that your goals and desires are not out of reach. All that you want is waiting for you and you alone, under your name, not going anywhere, just waiting for Pick-Up or Delivery.
- This is where your joy lies
- 'You are the Receiver'

Daily Visuals

It is recommended that you place your own pictures into this book to assist with your personal inspirations.

Use photographs, cut-outs & so on.

Your moods and desires will change with your daily play and this book is made to grow with you.

• SPIRIT

# Spirit



I am a Sunflower

I am directed to the light

I sit in the Light, I thrive in the Light

FEEL the Light go through You

The Light Also Comes From Within

Bask in the Warmth & the Comfort  
Life has to Offer

Radiate this feeling out into the World

# Emotion

- EMOTION
- Life is a Favorite Place
- A Beautiful View



- Close your eyes and pick a place
- Bring your favourite place to you
- Make sure it feels good to be there
- Spend some time exploring and playing
- This feeling is Who You Are

# Mind

- MIND

•  
•  
•



•  
•  
•

- I Have the Money I need
- I can have money Anytime
- It comes to me in many ways
- Close your eyes, take some and Play
  - What you want is yours
- Imagine receiving and giving Money
- The Money is Always There

•

# Body

• BODY



- Inspired Action Brings out
  - the Best in Me
- I move through Inspiration
  - Breathe Deeply
  - Breathe From the Heart
- A Satisfying Breath, Then the Next Step
  - If it feels natural and Joyful, It Is Yours



A Beautiful  
View

## **LIFE IS A FAVORITE PLACE.**

### **A BEAUTIFUL VIEW**

Take that much needed vacation here and now.



Look around where **you are**. Take in the view and **the feeling**.

Now close your **eyes and imagine** being in a place that makes you **feel good**. **Look around** at the view and notice the **feeling**. **Stay there** for a minute or so **and really feel the place**.

Now open **your eyes and look around** again. Take **in the view and the feeling(s)**.

Follow **the second step three times**, using different places that make you feel good and try to hold **onto your positive feeling longer each time**.

**Return to your space with this feeling and take a look around**. **Things can look and feel differently through this exercise that you can do anywhere at any time**.

**Warning - Do not use this exercise while driving or operating heavy machinery.**

# The Blame Game



Check out the following list for how to play the blame game. If you use one or all of these excuses you will want to play 'The Change Game' to get out of Blame all together:

### The Blame Game

He did/ She did...

It's not my fault...

They should have known better...

I can't do this without their help...

I have tried and tried to tell them...

If things were different...

How can I get it through to them...

They always find a way to get out of this...

Will they ever change?

It figures, they get hurt just when I need them...

No one is ever there for me.

This always happens.

I wish I were different.

If I were in a different house, had a different job, had more money, friends, time...

If they would just listen.

If I don't tell them how will they know?

### The Change Game

He did/ She did, So What?

I am the only one that can change how I feel.

It is not for me to judge what others choose.

I could find others that are willing to help; it doesn't always have to be the ones that are close to me.

I need to look at this with a different view; there must be other options to what can be done.

Things can be different.

I lead by example and some things can wait.

I can only change myself.

What I feel is what I feel; I can stop blaming others for how I feel.

I can let myself off the hook. Resolve is around the corner.

It will all work out.

I can find a way to feel better about this.

We miss so many opportunities to make changes and to live in harmony with others because we don't want to take the time to clean up our awareness; to look for another way in the moment, and so we proceed purely out of habit. I see a lot of verbal and physical abuse from people who are constantly badgering others over what they did or didn't do.

In the mean time, nothing improves and there is a lot of energy slinging that could have been used to accomplish something else. Either let it go or do something about it yourself. Don't ever expect others to read your mind or behave like you. Realize that at times, what you request you are not willing to do yourself. That's a very contradictive energy aimed at another.

Feel the energy that is given off by blame and imagine what else you would do if you could harness that and use it for something more productive and rewarding.

At this point in the book, you already have the tools you need to get out of this bad space. You know you must take your focus off whatever you are blaming and put it on any good you can find in the situation or, if you can't do that, just think of something that makes you feel better for now. Once again, you must concentrate on something better. What you always need to remember is that, the tools stay the same, it is only the situations that change.

However, if you don't understand and identify the situations that cause you to feel badly, then you will get caught in an endless loop of feeling frustrated and wondering why. That's why I have included many different sections in this book. Half of being able to change is having the ability to know what you need to change.

Repeating a pattern of blame makes me think of  
the quote

by Philip Mangano...

“The very definition of insanity is to keep doing  
the same thing over and over again, expecting  
different results”

Once you are in a better space, you will have the energy to try another way and you may even realize a completely different solution that resolves the whole issue.

Even though ‘The Blame Game’ is a great pass time for many, it doesn’t feel good and it doesn’t create a space for new views and answers. Once you have stopped playing, you will find that you have the energy to approach any problem in a new way.

~ GIVE IT A TRY ~

‘The Change Game’ will bring you so many rewards and so much gratitude as well as happy times. It is never too late to bring the ‘no blame’ harmony into your family dynamics and into your life.

\*Now Brad can be the good guy again.

Judgement

# Judgement

Judgement is a type of complaining & blame. You are still saying something is wrong with this picture.

If Law of Attraction only presents reflections of your own thoughts, then you are trying to project these irritants you don't like onto others to feel better. You are actually trying to fight against your own self. You have heard, 'It takes on to know one', right?

Make peace with others choices & watch what starts showing up around you. You'll be making peace with yourself. You will be very pleased indeed.

When you see something that throws you into judgement, say - okay, so I am judging this situation but... and turn it around to a better topic - don't even blame your yourself for the thoughts. Make peace with the moment & feel the relief. It will get faster & easier with practice. Your judgments will lessen & a lot more fun will take its place. :)

If I get intolerant or critical of situations or others, I wind up with a rash or a physical irritation at some point.

Skin irritations & allergies are a sign of being intolerant of what's going on around you and/or your surroundings. Bach Flower Essences: Impatiens, Crab Apple, Holly and other emotional remedies can help raise the issues to your awareness & assist you into relaxing more easily into your world.

As in my case, your awareness alone & a shift in perspective can alleviate these symptoms.



From Anger to  
Love

Don't Push It!

## From Anger to Love

**'Don't Push it, but Definitely Move through it'**

Anger is an important emotion; it can be freeing. It is the first step out of the feeling of powerlessness and a relief from suppression and depression.

Without anger rising to bring back the fire into your life, you may stay in a limited state. You may remain in a semi-functional, survival mode.

Think about how anger and frustration moves you from within. It is a way to find new strengths if you allow yourself to feel it and then shift out of it into frustration which can lead to Hope. It can take minutes or days, but it is important not to make excuses and shut it down.

***Shutting down can lead to a very uncomfortable cycle; Suppression and Depression to Anger - back to Suppression.***

Some would rather use medication or just shut down than express themselves fully. People don't like being around angry people. When we get angry around others we have to make a choice. When you feel the pressure that comes from holding back, use it as fuel. Feel the anger and burn through it.

Of course it's better to express this away from others, but if you are in a situation where the anger is rising, it is best to let it out in some way that is harmless to others and not care what they think.

## Excercises

- Allow the anger to surface. Let yourself be mad. Don't tell yourself that a "good" person or a "loving" person wouldn't feel this anger, because that's not true. **EVERYONE** feels anger.
- Once you have accepted your anger, you need to understand that it was showing you where you need to shift your thoughts. "This too shall pass" is a good saying to work with, as these things always do.
- Call your power back through pulling from empowering experiences; times where things were going well. Enter into thoughts of what could go well and times where things were better.
- Take some time to write down what is good in your life. Write down what works for you; what makes you happy.

When you are stressed, you are making wishes for change. Make a list of what you want in your life and then shift your thoughts to seeing that happen, instead, in your mind's eye. That's where you want your thoughts to be as often as possible.

The high amount of depression and obedience we see around us stems from people caring about what others think and believing in obligations they have to their families and society. None of these should be a reason to shut down. Life that is worthy of living has passion and freedom of expression. Those who don't like it will fall away and those who admire your desire to live fully will enter into your life.

If there is a concern that you will become a rude and non-caring person by expressing what you feel when you feel it, then you need to focus on the following point: The purpose of anger and frustration is to move you towards hope. When you find relief in expressing your anger, rather than suppressing it, you'll start aiming towards harmony and better feelings in a very short amount of time.

I ask you, when you are feeling good, do you want to harm anyone, say hurtful things, bring others down? Not likely. You feel good and all is right with the world. That is the goal, to get to the emotional freedom of self-expression and to lift a burden you thought was important. To let go of what others think and set yourself free. In that space you do not feel anger, just promise and gratitude.

When you are able to understand that anger is a telling sign of holding yourself back, you will find yourself less angry and falling into suppression less often. The feeling won't last as long and you know how to move through it. Anger is not necessary when you feel you can make choices that are right for you.



The 'Depression and Suppression to Anger - back to Suppression.' Cycle

After you've owned your anger and given yourself the right to feel it, now is the time to let it go and move onto something that makes you feel better. I know you've read that repeatedly throughout this book, but anger is a different emotion than others - which is why I chose to specifically address it.

Here's a short list of steps to take to get through it:

- Feel your anger, let it move through you. Express your rage in whatever way you can without harm to others.
- Own the right to be angry!
- Move away from your anger into something that makes you feel better by finding an element that is positive in the situation or choose and entirely different thought that will help to lead you into a better perspective.

Use the pressure of holding back to power a rocket towards hope by using anger's fire to set a new course.



Anger is the rocket that promises to shoot you up into Hope. Take the ride, even though it may be rough at first, and try to appreciate this process to greater achievements.

For many, brief Anger is the ticket to relief and peace.

Let's appreciate and Respect its message.

An Interesting Note

Are You Excited?

# Excitement Verses Elation

Have you ever thought that the feeling of Excitement may be a warning or a sign of misalignment with what's actually right for you? This is one of the emotions I have been observing closely. You would think if you are excited about something that it's a GOOD feeling and, as such, should be right for you. Yet from what I have discovered, excitement is another imbalance within your system. Consider it a sign that the opportunity may not be for you, (at least not at that moment anyway). Try to notice the imbalance the next time you get excited. The feeling is saying that this is still out of your reach, your nerves are on edge and it is hard to contain yourself. It may actually be a hit or miss situation. Inside you might be saying, this may not actually happen, or this is too good to be true, or even, how did 'I' get to have this opportunity? These are not feelings of Inspired Action. Inspired Action is when you are feeling ready, a 'knowing' that feels good and natural or simply an 'obvious' next step where you have the balanced energy you need to move forward and feel joyful and/or ecstatic.

EXCITEMENT burns your energy and will lead to an energy drop and crash, like eating processed sugar - a false high with no real back-up. When it passes, you are left waiting for the next big exciting thing.

Go ahead, let yourself get excited about things, but realize that this is not your ultimate goal in communicating with your guidance system. The first step to elation can be excitement, it feels good at first, then you need to check-in and take a closer look. You need to take it to a more balanced level.

Elation - Exhilaration - Invigoration - Aliveness!  
These are all natural and healthy highs.

Do not let it take you over, use it as a special guide towards exhilaration and joy for what you truly desire.

Desperation may be the cause behind this emotion, leaving you vulnerable to Excitement.

Let's just say you get an opportunity to make some big money. This may be just the excitement you are looking for. You may desperately need a vacation or want to move into a new situation and run away from the old. 'The grass is greener on the other side' may have stemmed from such 'opportunities'. You just need to sit with the emotion for a few moments to see if you are jumping too quickly out of desperation. Consistent inspiration and steady energy is the goal if you care to bring in all the things that are aligned with who you are and what you really want.

Just see if you can feel what I am saying. If not, that's fine. It is really important to start to change any uncomfortable thoughts and situations with better thoughts and even excitement at first! We just want to feel alive and build on the fact that we are learning our feelings and what they are telling us' with one thought at a time! Better than blame, denial or indifference, that's for sure.

It seems that with Excitement you live out the whole scenario at once; all the details and possibilities playing out at the same time in your mind. You can feel all the energy rushing through you. Pretty cool, but as soon as you can, breathe into the experience, and tell the story of why this is so good and start to convince yourself that these opportunities can feel normal & inspiring to you with just as much phenomenal impact in your life.

Here's an example of what I mean by Excitement verses Elation: I wanted to write a book some day. I got many exciting titles over the years; each one carried the promise of a whole book. The ideas were always exciting and rich, but the books never got too far. The thought became overwhelming and eventually, I'd lose my excitement for the idea and get discouraged.

One morning I woke up knowing that something good was in the air. I laid there and basked in the goodness, not even knowing what it was, but I knew it was going to show itself!

Later that morning, this book presented itself to me and it felt 'obvious'. So here it is, complete in just a short time from its conception; a 'natural' next step. It may be small, but it is a huge message that I've always wanted to share. It was almost effortless and a delightful & fulfilling experience.

So what do you do the next time you feel excited?

Try this: Know that this feeling is attached to something you want, but you are not a match to it. The next step is to talk yourself into harmony with it by finding the thoughts that match why you have brought this opportunity into your life. If it moves into comfortable and a natural feeling, it's right for you. If it still feels big, it may not be just yet. Any obstacles or hesitations may be a sign of this.

## Here are two simple lists of Excitement Verses Elation:

### Excited (longer than a few minutes)

- Takes you over
- Can't Sleep
- Many thoughts and scenarios playing out in your mind at once
- You are not able to remain calm
- High Speed thinking and thoughts may be unclear
- When the Excitement is over there is a drop in energy
- Drains the body
- Those around you may or may not appreciate your energy
- You can turn it into Elation if it is right for you by using the thought process below ↓

### Elation

- Brings out the best in you
- Can Sleep
- Pleasant, good thoughts flowing
- Calm & Collected yet Vibrant
- Clear Thinking
- Energy is increased and you are uplifted
- Recharges the body and has healing effects
- Those around you appreciate your energy
- Able to rely on your inner guidance for the next best step
- Happy with what you have and ready for more!

Here's an example of harmonizing with exciting things that come your way:

On some level I have asked for this. I have had good things come into my life that have lasted. Why? ...Why not? I can own that I created this opportunity and am able to enjoy this moment and many more of these moments to come. This is a sign that I am reaching for higher goals. I love that life continues to deliver good things and great opportunities. I can allow amazing things into my life. This feeling of aliveness is my true nature. I can feel this vibrant every day. If this opportunity isn't a good match for me right now, there are plenty more on their way.

This reprieve will balance your energy so that it is available for the task at hand, and will give your adrenals a rest. My point is, Excitement is a stressor and can override the body and mind, where exhilaration and enlivenment from being in harmony with your desires is rejuvenating to your body, mind and spirit.

The goal is to adjust to the good that is available to you every day. You will rise to the level of exhilarating awareness that comes when you realize receiving great things is your norm.

Now isn't that Exciting!  
Let's call it Freeing~



For each Emotion,  
there is an  
opposite Emotion

# Taking a walk through your mind to the other side

What if you could take any random thought and make it one of your best thoughts ever. Even a really good thought can get better. To each emotion is its opposite. Work towards the better feeling one step at a time. Use small increments of feelings that move you towards that opposite or enhancing emotion.

Step through a non-serving emotion to the other side:

From → To  
Angst → Peace  
Unsettled → Calm  
Disgust → Pleased  
Excitement → Elation  
Sadness → Happiness  
Anxiousness → Settled  
Frustration → Contentment  
Disappointment → Gratitude  
Anger → Unconditional Love

Know that there are many emotions in between and quite a few can be happening at the same time. Pick the most prevalent one to work with. You are looking for relief one step at a time.

Use your life experiences to talk your way to the opposite emotion. If you are anxious, know that you have felt settled & calm many times before. Pull from a previous outcome that felt better than this one.

Focusing on the uncomfortable promotes more uncomfortable experiences. Moving through it to better thoughts leads to a positive side effect and a more permanent relief. Moving through it creates a solution. Ignoring it sets up a repeat pattern by not stepping through it and resolving it.

When you run into an ill feeling that is familiar, you can use that feeling to address a group of feelings that linger from your past. Working on the emotion can cover a lot of ground in healing past patterns; right here, right now. No matter the situation, the feeling can be lifted and with this effort, you can undo past patterns and create a new habit of walking through to the other side; wiping out issues from before without having to know what you were holding onto. You will gain a new vision in all situations and when past issues arise, they will not have the same effect on you and you will be able to move through them more quickly. Eventually old issues will not arise, and if they do, you will be able to use them as a check point and a bouncing board to better thoughts. You can do it!

It has been said that there is no place in the mind for negative thoughts. (What the Bleep Do We Know – The Movie) The only way to keep them there is to feed them and nurture them; to hold them in place. That's why, if you truly make peace with something, it just simply has no more hold on you and becomes unnoticed and even forgotten. There is a lot of time and energy that goes into defending our emotional injuries. It's a major cause of dis-ease in the body and delays in recovery. That's why laughter is so healing. When you notice yourself holding on, a good laugh at yourself will help to shift the situation more quickly.

Next time you go into a tangent about something that you didn't like, try to see how it takes your mind over, your breathing becomes stressed and your heart aches. These few symptoms alone use good energy and healing resources. Once you have moved them healing can happen quickly.

In every moment you make a choice of how you are feeling. Every time something grabs a hold of you that feels detrimental, you can start to climb out of it by finding ways to get to the other side of that feeling. In time, it gets easier and with consistency it becomes not only a habit, but a new way to be. You don't have to be successful every time, but the little successes will grow and overflow to become more familiar as a new approach to these stumbling blocks with less effort.

In a world of attraction, like attracts like. The reason we believe we attract in the opposite of what we want is because we are focused on what we don't like.

## Thought - focus - delivery.

What you think is what you receive; no matter the focus.

*“Any ill feelings are worse than before because I know better than before, but can be shifted quicker than ever before.” K~*

M-Issues

## M-Issues \*Owning your Issues

M-issues are signals of Misuse of your inner guidance system, letting you know your joy ride is off course. You need to call your focus back and steer clear from blame. You are not a victim, you have just let go of the wheel and you may find your thoughts and feelings all over the place.

From one m-issue to many m-issues, the formula is always the same. We all have m-issues. Use this mantra to clean them up:

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M – mine

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I – I own it (them)  
S – Set others free  
S – See things in a better light  
U – Understand that I can only change myself  
E – Enjoy every moment in any way I can

---

S – Set Myself free

---

My Issues – Own Them

*Pain and discomfort are due to joy deprivation; sometimes Acute, most times Chronic.*

\*Owning your Issues so that you can Turn Them Around.

## M-Issues

Miss-direction without a Joy Correction.

Missing joy areas. Missing YOU.  
Missing who and what you really are.

Try bringing joy to the smaller issues first.  
It's easy to miss you,  
the fullness of you. The energized you,  
the creative you,  
the courageous you,  
the joy that is YOU.

Loving what you do, where you are, whom you are with,  
no matter what,  
is where your joy lies and your freedom reigns.

'I can feel good anywhere and under any  
circumstances'

With these intentions,  
watch your world shift and change delightfully!

Fill in the  
Joy Blanks

## Fill in the JOY Blanks

The only thing that is missing, the true nourishment you need, the pill that is necessary to take, the thing you need to balance any aspect of your life, is joy. You need to infuse joy into the mix. With joy, food is digested better, your body feels better, your thoughts are better and every aspect of your life drives you towards solutions and relief.

It's that SIMPLE. The only thing(s) that feel(s) uncomfortable in your life is any area that is missing JOY. That's it!

Clean up those areas by inserting a joyful perspective to it and you are on the road to recovery.

### A New Story

Tell an old story using NEW words. As you tell a different, more up-lifting story about your life, you may laugh, thinking that it makes no sense compared to where you are now, (humour is a good thing), but remember the power to change your life starts with your imagination.

Here's an example:

I am in a relationship and The communication is always good. May not be true now, but wouldn't that feel good?

Give yourself permission to set yourself FREE.

## PRACTICE makes JOYFUL.

Write in as much or as little in the blanks as you wish for the best feeling you can achieve.

Even if you already have a good story, use these blanks to check in and see if that good feeling follows the words. If not, go ahead and take the time to imagine it being so to get back on track. You know where you are by how you feel. No matter what, if you give it some time and practice, your BETTER FEELING story MUST come true!

Copy the next page and fill in the blanks with words that make you feel good or simply express how you want to feel. Try to bring that feeling into your heart. Feel it and see it as REAL.

*"If you knew that reality was all in your mind,  
Would you be willing to change your mind?"  
K~*

# Fill in the Joy Blanks

This is my life as I want it to be and so it is.

Example:

I have enough money to take that trip I have been wanting to go on.

I have enough money to \_\_\_\_\_

My relationship with \_\_\_\_\_

My career \_\_\_\_\_

I have so much freedom because \_\_\_\_\_

Life is FUN because \_\_\_\_\_

I live \_\_\_\_\_

I also love that \_\_\_\_\_ is happening now.

Create your own statements. There is no limit to what you can do and have with intentionally focused thoughts followed by good feelings.



Career

Make Peace with where you are.

Your Play can turn into income.

Everything you do is (ultimately) for yourself, no matter what. ...own it  
Work, responsibilities, commitment... all by what you believe.

We each only have 24 hours in a day. Make choices that feel good to  
you and leave others to their choices.

If you don't like what you do for income, find a way to make yourself  
feel better about it for now. Feeling good where you are holds the key  
to a brighter future. Allow yourself to day dream of what you would  
prefer and know that this place is a stepping stone for better oppor-  
tunities to present themselves. Tell yourself that society needs all  
kinds of workers and you have value there. You know you can be more  
creative and find a more rewarding path. See that as happening; find a  
way to know that it's possible!

Make the best of it and touch lives with your adaptability and good  
humour. It's about the fun along the way. \*Expect some cool surprises.

# Law of Attraction

Try to understand that you have attracted these situations into your life and now you are trying to fight them away or run away from them but they have no choice but to follow your magnet that has drawn them there.

Wherever you go, you take yourself with you. The same situations can pop up easily and the same dramas will creep in no matter how far you run. In law of attraction, there is nowhere to run or hide and no one to get away from, but the need to change your inner ways. If you don't like what's around you, a bit of rearranging may do the trick for a while, but it won't go away unless you rearrange your thoughts from the inside and take a hold of being a conscious creator. With making how you feel a priority; there is always an opportunity for a better way.

It's amazing how you can take any situation and find the good in it, around it, behind it or through it. You can take a past experience and do the same with it. It's even easier to imagine a future one with a better ending. Sometimes you have to start in the future before you can find the rewards in the now. It's like playing an eye spy game, you are looking at a big picture with a huge amount of details and you need to find a few strategically placed objects to win. Consider the good the hidden objects that are always there just waiting to be found so that you can feel better in being able to see them.

You can't  
miss anything

If you are missing someone you may be leaving yourself behind.

## Missing Something

Let's say that you have a friend that just gave you the good news that they are going to Hawaii in 2 weeks. You have wanted to go there for quite some time and now your friend, who you don't think should go without you, is going.

How does that make you feel?

Well if your reaction, as stated above, is one of resentment, then you are cutting yourself off from the next trip opportunity. That's right, if your thoughts are, "I'm not going!", then that's where you may stay. But if you can work through that feeling with thoughts like, "I would like to go when they are going, but I am also aware that people are traveling to Hawaii in the hundreds if not thousands every day. People from all over the world are covering the islands and enjoying their stay. I should be able to do that too. My friend didn't plan this for a long time and these things can happen quite quickly. I would also like to have some notice to feel prepared for my trip so that I can make the most of it." (Add your own details)

By going into the appreciation state of the topic, you will get closer to having what you want. By using someone else's experience as a spring board, you can jump over to the other side to the better feelings of it all and land in a better position to receive. You don't have to be disappointed, jealous or angry, (for long). Move through those feelings and be grateful for the clarity of what you now want.

So what is happening is, knowing what you don't want helps you to know what you do want. The delay is caused by the dwelling on what you don't want, instead of moving to the other side and placing your focus there. If you can feel good about day-dreaming on future jaunts without feeling guilty or silly, you will receive many pleasant opportunities to get you there. Stop limiting your potential by misplacing your focus and squelching your desires. You are in a good place right now, you are not missing anything, you are in line for what you want, just

sidestep to the side of what you really want, to the thoughts and feelings that will get you there.

No one and nothing is worth depressing your fullest potential.

These little pangs are reminders that you want more from life. Use them to your advantage.

### Torn between two events

So you want to go to two different events that are scheduled at the same time and have to choose, or would prefer to just stay home, but you are afraid you may miss something.

I have a different approach to sorting this out that I use to take the stress off. If you can't attend something coming up, you can try this way of thinking:

If we are all created from the same source and are all one at some level, then you are experiencing everything that is happening at every moment through others. It all goes into the same data bank of universal experiences. Appreciate that what you want to do is being done in many ways all the time. Trust that you will be where you truly want to be and if that's at home alone then you are not missing anything.

### Why not Me?

Try to remember, if someone out there seems to be invited to things that you think you will never be invited too, visit the other side in your mind and see it as happening to you as well. Hanging out in Hawaii, nice parties, cool meetings, living in nice homes; know that this can all be yours too, then watch what opportunities start to arise just for you. As you make peace with knowing that wherever you are is perfect in the moment, you are going to wind up in some very cool places and having plenty of unique invites that others will think they're missing. It's just a misunderstanding in our thinking and can be changed with a thought, a desire and a smile.

### Missing Someone

Missing someone is forgetting how awesome you are, all the wonders

of the world waiting for you to notice them and that there are many people in this world that would love to meet you. Trust that if the person has not passed that you will have opportunities to be together again, and until then, where you are is perfect. Appreciate what's around you now.

Smile at knowing that you have had a chance to get to know someone that became special to you and that there will always be opportunities to be with them and potential for companionship within many others. Your past friendships & relationships have helped you to learn what you like best in regards to them and never forget that time with yourself is valuable!

Time alone is time to reflect on what you have and to plan for what you want. With or without others, you are in good company.

# Our Daily Activities



Not being active can cause depression and physical discomfort as the body settles into poor postural habits.

You can avoid overuse syndromes by introducing opposite movements as often as possible. If you sit at a computer daily, then it's best to lay flat on a floor with your arms out to your sides palms up whenever you can for at least 5-20 minutes.

In exercise, reversing movements from daily postural habits will start to turn permanency around. Strengthening exercises in the opposite direction will counter act any long term affect, i.e.: If you are a cashier at a grocery store and you all always moving groceries to the left as you are scanning the packages, if your store does not offer an opposite set-up for you to switch onto, then you will need to take a medicine ball and twist to the right side repeatedly to counteract the imbalance to one side and strengthen the opposite side.

Our daily activities

How can we play & feel like we have gotten some good exercise in? Remember what you used to do as a kid and how you rarely felt the efforts of exercise in your daily play? It was too much fun! You were strong enough to run around consistently as you played and time flew. You slept and ate well. Could you have even imagined going to a gym to get your exercise in as a young child? Even gym class was boring to most.

Riding your bike, swimming, running around chasing others and being chased, making up games, falling down and getting back up for more was the norm. What happens as we age? Can we get these fun ways to exercise back? I believe so.

You're bigger and you fall harder, but you don't have to suffer through exercise routines.

I see runners way too often that look like they are dying or very uncomfortable. It's hot out and they are running on hard surfaces. I understand how good it feels after exercising to know that you have taken care of yourself, the blood is flowing and it can be exhilarating, but shouldn't it be mostly fun the whole way through? Would you have done this as a kid? Can't there be a way to get fit without the self-

abuse | see out there?

Here are some suggestions:

- Try walking – I know it takes longer
- Hiking
- Dancing
- Jogging on nice days, early in the morning, or whenever it's a bit cool and on turf if possible. (If it's a heat wave, find something else to do.) Treat yourself nicely and save others from having to watch you suffer as well.
- Playing with kids, you were one once, try to remember.
- Play sports & join a plethora of choices for outdoor activities.
- Running around for the fun of it; acting crazy
- Swimming
- Gyms are becoming more functional minded and getting away from some of the machines. The workouts can be more challenging and fun. Avoid exercising after 3pm unless it's play like dancing, swimming and running around with friends and kids. Save the gym for between 6am and 3pm.
- Simply get some fresh air and sunshine. Yes, you do need it for many reasons just be wise not to over expose yourself.
- Laughing, it's a great abdominal workout, it also raises your mood & healing potential.

“When things have  
gotten so bad that you  
just need to laugh, you  
have reached Sanity.”

K~

Ready, Camera,  
Action

Ready, Camera, Action

“What you see & hear is a reflection of what you are thinking, choose wisely.” K~

Today, approach your life as a movie. You are the star and all of the scenery & people are playing their parts per your direction. Each participant responds moment by moment in harmony with your thoughts. Everyone, including you, thinks these exchanges are random and independent of each other. Yet they are all in place to make this unique film completely designed by your thoughts and beliefs.

Relax into the Observer role as you go through your day. The film may be predictable or you may add twists and turns and even suspense. People really love drama, see how much you create. You don't have to have a full understanding of how you contribute to every moment, but try to see why these things are coming your way. It's the best start to consciously directing your whole life.

Just try it.

If you are aware that you attract some of it, that's great progress and very helpful in decision making.

Bad Scissors  
lead to Bad  
Haircuts

Bad scissors lead to bad haircuts.

I know, first hand, how cheap 'haircutting scissors' will give bad results even to those of us well trained stylists.

I was traveling out west for 6 weeks and the airlines do not let you carry sharp objects. So I knew not to bring my scissors & hoped I would be fine for the trip. I had been cutting my own hair for many years about once a month to 6 every weeks.

Oh well, time passed, I needed a cut, it was time, the hair wasn't cooperating anymore. So I went to the local drug store & grabbed a cheap pair to get me through the trip. I had a vision of hair bending between the blades, but they said 'haircutting scissors' & were sold with the nail clippers & such.

Lo and behold, my vision came true. The scissors barely cut & mostly bent my hair. How frustrating, so I continued the best that I could, having to hold some hair stretch-out as I tried to sever single strands at a time.

That's not the worst part. I had gotten through the ordeal & got ready for work. Later that evening I was putting my hair up to do a massage & I saw in the mirror this terrible haircut fall around my face. Who was I to think I could create art with bad scissors, (not on this hair anyway) Interesting the difference good scissors can make for definition & contouring.

How many people try to cut through life's issues with cheap shortcuts leading to unpolished results?

How to create precision in a decision:

- Listen to that little hint from inside that this may not work.
- Give good thought to the end result before proceeding.
- Trust that what needs to be done will get done & that you are capable of attracting the right things & people for the endeavour at hand.
- trust any visions you might get .

What could I have done differently?

- Purchased the \$22.00 more professional looking pair instead.

- Went to a reputable salon for this need.
- Treated the importance of the job at hand with more respect.

I did learn that I like the way my haircuts turn out with trusty scissors and, of course, I value quality in important daily choices even more.



Listening

Listen more to others as well as to yourself. Try to feel through the words to what someone is really saying emotionally.

We put a lot of weight on words, but they are only that; words.

People read deeply into what we say, but as we think & want to share our thoughts, we can only choose so many words & sentences to compress the vastness that the thoughts hold.

With this in mind, I have come to a couple of solutions:

1. Listen to what others say & see if you can imagine them talking/complaining about their own selves, how would it fit them?

Ex: They are talking about someone that was angry, can they themselves become angry? Can you see them get angry in your mind? If they are submissive and passive, do they need to allow themselves to get angry? Is it behaviour they are afraid they could display as well?

2. Can you see how what they are saying might be a theme in your life somehow? After all, you are the attractor of all that comes to you. Pay attention and see where you are at. Sometimes, it's just a request for patients or an opportunity to feel for any discomfort and opt out of the conversation or find a way to know that you can surround yourself with more interesting and up-lifting conversations. Your knowing will bring that to you. Trust and give it some time.

3. I don't feel I express what I really want to say most times as there are many levels & possibilities to any topic. I may say one thing from one point of view, but would be able to see or choose another way on the topic also; all depending on different variations.

Ex: people take what I say, hear it & translate it to through their own ears & then put weight on it. They may think about it later & even share it with someone else. Not only may it not have been taken as I meant it, but now the essence may have changed a little or a lot. Practicing listening keeps you in the clear.

A good listener will find that even if they only say a few words during

Nutrition

How well do you chew your food?

How well do you process information?

When someone passes news or instructions onto you do you just swallow the information without chewing on it and breaking it down?

Do you actually taste and savour your foods, or the next thing you know it's gone? Do you process what makes sense & works for you and let go of the rest?

Ever hear the expression: 'Let me chew on it and I'll get back to you.'

That's a real good practice. What's even better is sensing right away if something tastes or smells funny before you take it in. In this way you can avoid waist. Get to be more sensitive to what is offered you and trust your instincts. Hindsight works well to help you in the beginning. Try to remember the feelings and apprehensions you had before something went sour.

If something doesn't taste right, it's not for you. If something doesn't feel right, it's not for you.

If you devour what comes your way, you lose depth, if you feel tired after eating, you are not pulling in the support you deserve. Fast foods, fast energy, fast crash & burns.

Your approach to food is your approach to life. Pay close attention to the way you eat and see how that reflects in your life.

Food, just as life was always meant to be enjoyed & appreciated.

Originally food was a social thing. There was hunting & the catch was shared by the whole group.

Eating was always meant to be social, originally in groups for survival & celebration, and now a days, at times, just for comfort & company.

When you isolate yourself from groups of foods, you isolate yourself from groups of people & experiences; that is if your choices are very strict.

Example:

I choose to not eat gluten products as I don't feel energized after eating them & it causes my stomach to bloat. If I can avoid it I will, if I can't, it won't do much on an occasional basis & I will have enjoyed someone else's preparation & food they wanted to share.

There is a statue of a fat Buddha which symbolizes abundance in life. He would not turn down any offerings & he was there for the people. There are ways to eat within respect to your body. Excess is excess and the body has to process it. It can't always keep up with the amounts, build up of eating the same foods constantly and artificial ingredients. Some of these are toxic and will be stored as fat. Too much is too much. Knowing that you will have what you need when you need it will slow down the hoarding and storage process in your body and in your life.

When you have intolerances to foods, it means that you are also intolerant of certain environments & people. It's good to take a look at the list of things that cause you irritation & rashes or other body reactions when ingested & consider how many situations in your life are also irritating.

When it comes down to it, food is about attitude. Here is how attitude affects the goods you eat:

This is good for me so you will eat it. Saying that with a grumpy face does not set the body up for good digestion no matter the quality of the food.

This is delicious; I could eat the whole thing! Yes, that's great, but if you are full of guilt, that's another poor digestion set-up.

The magazine says I should eat more of this. Have you checked in with what your body is asking for? Its needs change day by day through the:

Weeks

Months

Seasons

Colors

& Tastes

Eating too much of one thing causes a build-up in your system and may turn into an intolerance no matter how good it worked for you originally. Have you ever seen the shampoos out there that are made to get rid of shampoo build-up? Using the same one over time will cause a build-up on the hair. Changing your shampoos can prevent this.

Anything you repeat over time can build-up and can cause discomfort

or overuse syndromes.

Even a belief system can stop serving you over time as the whole world continues to evolve in endless ways.

Health

If you ache in any way, you are carrying your burdens. Some carry their burdens heavily; they have canes, strained walking patterns, physical limitations and so on.

What's one of the first things you say to yourself when you feel a pain in your back or somewhere else in your body? What happens especially if you feel it again? Do you ask yourself, 'What is causing this pain?' Do you carry on, and in time, start looking for causes? Do you forget to look for an actual cause and start to seek a diagnosis from the symptoms alone? Perhaps first looking on-line, then asking friends, and next finding practitioners? Do you say things like, I am getting older or this runs in my family. Do you realize the path you are setting up with those comments? Do you already have a discomfort that has been with you for years that you have labelled in some way that has settled into a place in your life?

When you have the fortune to receive symptom signals from the body, you have a window into a pattern that has been taking place and is now manifesting itself into the physical body. Ailments start with thoughts and emotions. Thoughts and emotions can be identified by looking at one's physical state.

It's too vast of a topic to pinpoint the causes of physical imbalances, but there is always an emotion and root belief at the core of it. In time, with recognizing discomfort within yourself, you can release the power of it through a diversion path; learn how to play dodge ball with negative thoughts, you'll get hit sometimes, but you will laugh when they miss and claim victor when still standing and feeling relief. Finding relief in any situation leads to more relief and so will soon set you free. You'll take an occasional hit here and there, but you will come out a winner and feel proud of how you played the game.

→ Stop telling the same hurtful stories & let the healing process begin

Religion,  
Astrology,  
Psychic  
Readings



Religion, astrology, psychic readings, authority, relationships... Whatever makes you feel better & empowered is right for you at that time. Keep in mind that you are here to evolve into different ways of thinking that work best for you. Many things & people will be your guide, but nothing is set in stone. Try to remain flexible & feel through to the next choice. What is right for you will give you a sense of freedom & peace. It may take quite some time to learn how to trust your feelings, but it can happen quickly as well and taking small steps will build trust in your guidance.

Receiving reading from various types of consultants came into my life from the age of 18 on. Astrology was my first 'New Age' interest and many years later I would try a few different psychics. They were all good and accurate within what I chose to keep and attract into my life. The rest of it I had changed my mind over. All someone can read from you is your potential and gravitations. The stronger you're asking for something, the easier it is to read you from another who is sensitive to tapping into that; into your thought bubbles.



Thought Bubbles are all around you, they are wordless and are filled with feelings, images, past experiences and future potential. You put words to them. A thought can speak a thousand words; can encompass a whole story. If you want to share it you must choose words from your database and hopefully get your thought across.

Thoughts and inspirations live all around you. Focus on something that doesn't feel good long enough and you will be able to bring it into your body and experience it as a discomfort, pain or rigidity.

Many times I have asked someone who has broken a bone, "Did you need a break? Did you need to stop what you were doing and this is giving you the time to back off?"

Everyone I've asked has agreed that there was something they were doing that was getting to be too much, they just needed a break and didn't know how to make that happen.

Don't let yourself get hit by the Universes 2x4. Aches and pain are telling you there is an imbalance in your life. You will receive small warnings that are not too complicated to clear out, but if you ignore them, they will eventually build up and you will have issues manifesting in your body that you now need to address and it can seem like it is out of your ability to clear up. You may not know where to start.

The place to start is wherever you can find relief; a consultation, meds, even a diagnosis, but as soon as you are able, you need to trust that your body and mind can heal itself and that your inner wisdom can find an answer. It can uncover the emotion and the belief that brought it to you; it can bring insights to what you need to do to uncover the natural wellness you have 100 percent access to.

The End of the  
World

The End of the World; What would it matter?

What if you knew ahead of time? What if you trusted in a life ending prophesy?

Would you pack any bags? End all dealings? Pray for something? Would you be able to make it your best day and not panic?

What if you didn't know what most everyone else knew? What if you were from a tribe and didn't have the technology or the access to the news?

Almost everyone lives in fear of bad news and rumours. What quality of life is that?

When does one start to really live? When does 'what everyone else thinks' not matter?

\*Now

The world is more stable than the human mind and is not affected by our fears. Mother Nature smiles at our doubts in her as we forget that we are resourceful. The past has shown that we continually find solutions. Take a look at history and you will see nothing but progress and advancement birthed from adversity and trying times.

Growth and expansion can be uncomfortable, but it's inevitable as we continue to find new ways of being; so allow yourself to reap its benefits.

The world ends every night; you go to sleep and wake up to new possibilities every day.

How many threats have you lived through already?

Try to remember, you asked to be here in some way. It's a gift and finding the good in it moment by moment brings out the best in both your life and the lives of those around you.

No matter your cultural background or beliefs, we all come into this

existence with only one way out. If you are afraid dying, you won't be able to live fully. Make peace with transitioning in any way that you can and focus on the joy of living.

Time is precious and life is relatively short. Focus on the beauty of it and you will live with no regrets.

It's our job to live the best life ever; to have time to cherish the beautiful days and the unending wonders this life has to offer.

Somebody's got to do it!

*With logic alone, you are not a Human-being, you are a Human acting.*  
K~

There is nothing to pin-point from the past, just present thought patterns. Once you recognize an annoying thought, you can do something about it. No pointing fingers are necessary.

Since there are only two emotions, Good & Not Good, and time-wise, just the here and now, similar un-serving emotions are able to piggy back out of your thought system together at the same time with the practice of finding a better thought which leads to a better emotion.

By taking the steps to work thoroughly through a single negative emotion and lifting it up to a better point, you can address other past & future similarities in one fell swoop. Cleaning up a messy past without having to be aware of the how's & why's of it can make it a gentle clearing process.

Who doesn't want to feel better and move on?

*I am a 'Human Beaming'*

Make statements of what you  
want and make it a point to  
believe them.

Life after  
Life



Life after life

You are an extension of the infinite,

You are not an extension of a 'finite' thing.

If you think this is your only life, then that can weigh heavy on you which also brings a deep sadness when someone passes on.

If you feel life is fragile and can end abruptly, then you make laws to try to protect yourself and others. Fear promotes manmade laws which prompts laws for those laws and leads to a fear based justice system; a set-up that encourages many to judge others at every turn. We can forget to focus on solutions.

When you leave this world you may laugh at your choices as you remember that life in the physical body is a dream, a play ground, a place to evolve into new thoughts and ways to live. Your energy body goes on and holds no judgment.

It's all about choice, and again, you have the choice to carry burdens here or to set yourself free by knowing energy never dies, it only transforms. You come from a pure loving energy and you return to that.

It's good to know that all is well as you journey through this existence.

Even if you just can't agree with the above, maybe you can agree that feeling good can bring relief and peace in any situation, and in so choosing, what harm can that do; no matter your beliefs?

Once I stop talking about it, maybe I will have gotten it; whatever the topic is.

Try to live what you believe; talking about it is not doing it.

To just live it & be it, to know it.

What does that look like, feel like, sound like?

Once I stop talking about how to do things, I can get to doing them. You are a Human being, not a human teaching or a human preaching as a duty, but a human being.

In your focused approach to your life, others can follow your example. You can learn a lot by using your own feelings as a guide. You are your best source for how you want to feel and be.

# Relationships and Parenting

First you must determine what kind of relationship you have with yourself. Are you patient and kind? Do you love yourself unconditionally? Do you reflect on disappointments with plans as a chance to see where your energy really is and what you truly want instead of blaming someone else?

Think about times you've had in the past where you weren't good enough or deserving for some reason and along comes a friend that says, 'Wait a minute, you have... and you are... and think about all the good you have done... remember how you...  
...shooting niceties at you like a gummy bear & poppers pistol hitting your heart target dead-on because they believed in you and could see the good in you more easily in the moment. Before you knew it, you felt better.



### Rah, Rah, Shish -Boom-Bah

See if you can't find a way, when you are in the dumps, to be your own cheerleader. A 'Blah Rah' is okay; it's a start. That good you have to offer, as well as receive, is always there with many ways to get to it.

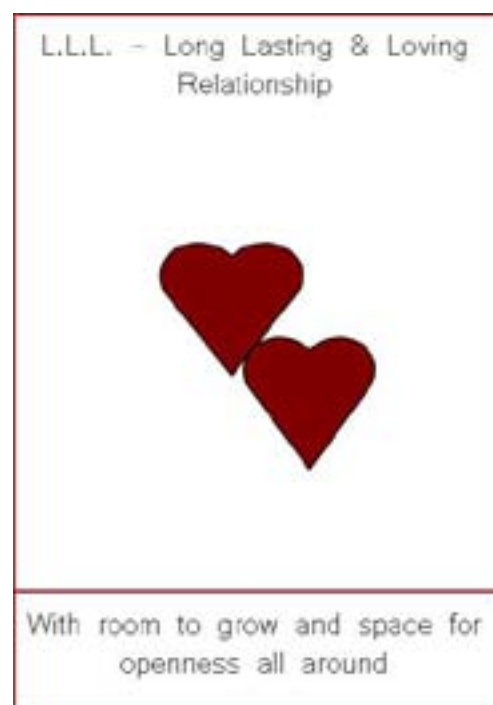
Melancholy and other non-serving feelings are telling you that you have fallen into a trap, sadly a trap you have fallen into many times before, and it's called 'comparison'. You have nothing and no one to be compared to; you are Unique. You just have to develop a relationship with your feelings, learn how to read imbalances and caution signs early on before they get big and get back to feeling alright about yourself no matter where you are or what's going on. You are your best friend. You'll be with you for the rest of your life. What would your best friend do for you when you're down?

### Romantic Relationships

When you first meet someone you like, you don't know that much about them so, in a little bit of time, as your fondness grows, you fill in the blanks with your own good wishes & special touches. It's usually not too long before you fall into more fondness on that path. It's easy when that person shines their best at you and you are giving them some space and not trying too hard to scrutinize.

The only trouble we get into, that interferes with this lovely set-up, is that we start looking for flaws. It's too good to be true, we say, and there is a risk with that. You may get stuck in that focus instead.

The key to a long lasting & loving (L.L.L.) relationship is to keep your focus on the good when you are not with them. Give them 100 percent credit for their best potential & keep the doors open for that.



This will lead to many pleasant surprises throughout your days together. Whether you are meant to stay together for a long time or not,

you will always feel best when you are not counting on how they feel or behave for how you feel. Not leaning on them leaves room for growth; taking in life as 2 individuals that become more when they are together than when they are alone, but not defined by such.

Know you are awesome, together or alone and never forget it!

Parenting  
When did I grow up & what does that mean?

We all have needs and resources to get them met. No matter the age, you always have a choice to express yourself. Babies cry when hungry and will stop when their needs are met. An adult, on the other hand, may cry over spilt milk and never get over it. Young children are closer to meeting their needs and we can learn a lot from them about patience and moving on after a small tantrum or spill.

Parenting is only an extension of a relationship. Use the same approach towards a child as you would a friend or lover using the understandings brought forth from this book. A person will bring out whatever side you see in them the most; what you expect. They will bring out their best around you when you are at your best.

You must always work on yourself first. Only the amount of love and acceptance you have for yourself is what you can give and receive. No more, no less.

Life is short and relationships abound. Make the most of all of them; spilt milk presents an opportunity to whistle while you work.

My children make my life RICH!

That's all I choose to say about parenting in this book.

Look around you,  
what do you see?

Your environment reflects where you are internally. Your car, your home & the company you keep; everything is an outward expression of your inner world; your thoughts and beliefs.

Take inventory and notice what you are drawing into your world.

How well do things run for you, what condition is your house in, what is your car like? Start thinking of everything that surrounds you as put there by you, by what you have chosen to focus on and realize that most of what you see actually comes about by a 'lack' attention to what you are focusing on.

We allow our thoughts to drive a course and we act as a passenger through our travels. We act as if things and people aren't reliable and we are clueless to our contributions to every passing moment.

For weeks the place where I was staying had a temperamental shower. It would just go bloody hot in an instant without any warning. Of course I wanted to blame this on the plumbing of the building, but since I was writing a book on your outer environment expressing your inner environment, with no exceptions, I had no choice but to turn that temperament back onto myself.

That was a challenging one for me. There are much easier and obvious examples.

I first thought, 'What is the opposite of temperamental?' It took me a while to get clear on that one. I figured it had to be consistency. I certainly wasn't being constant and was running hot and cold in my daily life at that point.

As I recognized this within myself, I was able to build a comfortable relationship with the inconstancy that was there. I learned how to adjust the temperature control, which for some reason I just couldn't handle for the many days prior, but now I knew it was in my hands and at my finger tips how to balance my life until I was able to move onto a better place. I know I am given many hints into my patterns and habits that, if given acknowledgement, will lead me to wanted clarity and change.

Take a look at your luck too. How is that for you? Watch what you

say about it. Everything can change for the better; you have to tell a better story to create new habits.

- So I have lost things in the past but today is a new day and I have a chance to be more conscious of how I handle things.
- I have leant items of mine out that have never returned. I can appreciate that I have replaced many things and have also received from others. It all works out and I can draw in people that are more conscious with my stuff so that I can enjoy the things I like longer and let them go if I choose to.
- I create my own luck by the stories I tell whether out loud or to myself. I always have the opportunity to tell another story or choose another topic that's more pleasing.



Got a Plan?

What's your Plan?

One of my favorite sayings is: 'If you want to know a way to make God laugh, show him your plan'.

Now, we all know that planning is good, especially if you feel good during the planning, but, we can get a little carried away or so caught up in the plan that if it doesn't work out the way we planned it, or at all, we are disappointed or even devastated.

Staying with my mother for a while in the city, I endured her daily asking of, "what are your plans for today?". Now I am sure that seems perfectly normal but it got annoying for me. I finally said to her after some weeks time, "you know, I really don't like the word 'Plan' anymore; I can tell you what my plans are but I can almost guarantee that they will change". To me, for one, I could never explain all that I want to do in a day and I am always looking for opportunities to fulfill my wishes, okay – that's a given, but even when I have organized plans and a schedule, I prefer to leave it up to pleasant surprises and re-evaluation, yes, even when I have a job. Every day and every moment brings opportunities and being alert to them keeps life interesting.

So when one asks, 'What are your plans', we usually just check our schedule in our minds or on our planner and sometimes we say, "I don't know" even though we do know from a 'hasn't happened yet' standpoint. Some people find comfort in having plans or having their day set up. I know I love planning trips and going to FUN places, yet I always remain open to change. Life is less frustrating that way and it can save time and energy by letting worry go and living in trust.

So why did that question really bother me I wondered. It's a normal question. Maybe it was because she had watched my life's flow over the weeks and I thought she had noticed my approach to each day, but maybe it was because I simply prefer to not plan to the point where someone else is going to hold me to it and at times she would.

Making peace with planning and not planning as my own business was something I needed to feel more comfortable in so as to not get asked that with a sincere desire to listen to me share my list. I realized that I

still felt like either I needed to have set plans for the day, or to be able to relax in the fact that my plans are happening even as I have light conversations. With my daily plans being to Play and have FUN, all parts are part of a perfect plan to enjoy what's in front of me. My plan is always to enjoy the here & now, each moment and that includes Q & A time with anyone. I appreciate that my mother likes to spend time with me and is sincerely interested in my life.

Gee, if you feel that there has been a lot of repetition in this book, you are so correct! That's because it all comes down to a simple system to freedom that can be seen and felt through all things.

Less thinking - More Feeling

(Chance Walsh)

Better yet, give power to thinking based on feelings.

The Simplicity of it all

Think, Focus, Manifest

As you believe, you receive

When you tell a story you give it  
power, only tell stories you want  
to give power to.

*Don't wait for the good  
moments to happen,  
Make them happen. K~*

The outer limits of the  
universe and the  
inner limits within us  
are all the same space.



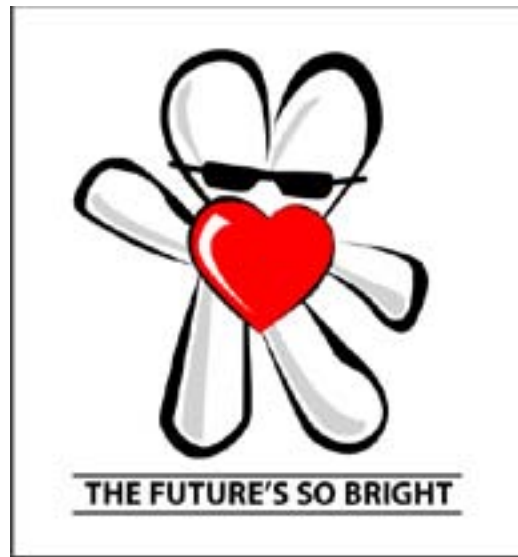
## Daily Statement

On this day I choose to watch out for the good in my surroundings, in those that I meet and in what I am doing.

This good is welcome into my heart and merges with my thoughts. I know that this and everyday is full of goodness.

**SMART HEART SHIRTS**

**S.H.I.R.T.**



**SMART HEART INTELLIGENCE RHYTHM TECHNIQUE**



Stop seeing with your eyes &  
start seeing with your heart.



K~ Quotes  
(Quotes by Kathleen Pleasants)

"I put aside my Knowledge for the Wisdom of the All Knowing." K~

"Why would I rely on what I have come to know when the world is ever evolving and changing? My inner wisdom that comes from inside is updated moment by moment, where the access to true knowledge and my 'next best step' is engaged and ready for my connection to it." K~

"With every moment that passes, we realize History. With every moment ahead of us, we realize Choice." K~

"If you knew that reality was all in your mind, would you be willing to change your mind?" K~

"Being connected with the things that are right for you is not a roller coaster ride but a full on gallop with lots of awesome views!" K~

"What you see & hear is an external reflection of your inner thoughts; choose wisely." K~

"With logic alone, you are not a Human being, you are a Human acting." K~

"Don't wait for good things to happen, make them happen." K~

"What you know is what you know and nothing else, unless you remain open to the new." K~

"It doesn't matter what you are doing or where you are doing it as long as you are happy!" K~

"It's not about making something go away, it's about making peace with what's there." K~

L.L.L. \*Long Lasting & Loving Relationship - Taking in life as 2 individuals that become more when they are together than when they are alone, but not defined by such. -K~

"We are the children of the Creative Energy, we are the Creation. We are born and live as Creators." K~

Commitment:

"Having clarity, seeing clearly into people and situations, is like looking at everything with a magnifying glass almost instantly. It's best to look at that which is pretty and inviting with that kind of vision. I strive to magnify the good in all things." K~

More Information  
and Resources

## About the Author



Kathleen Pleasants

Kathleen has been looking for spiritual, mental, emotional & physical answers since she was 10. "Why do people do what they do? What drives someone to say NO and not care what others think? How can some be so bold and others so shy? Why are some healthy and others not?" She never stopped asking these questions silently but she did find her answers along the way and found peace in her own intentions.

We each create our own world through our belief systems. Fortunately beliefs can be changed and/or altered if we find ourselves in discomfort. We do not have to be stuck in thoughts that make us feel guilty & depressed because we can't live up to them.

Kathleen learned, through trial and error, that we have always had a choice to look at things differently and choose another way if our way is not bringing us fulfillment.

She formed Clearly Unique in 1991 where she practiced massage, nutrition & alternative health choices with her clients. She has also been teaching Massage Therapy since that time and has developed her own Rhythm Fusion Massage & Rhythm Relaxing™ Techniques.

She became a Reverend in 2001 through a two year Interfaith Program.

Through the years she has traveled to many places to study with some of the top authorities in body, mind, emotional & physical modalities.

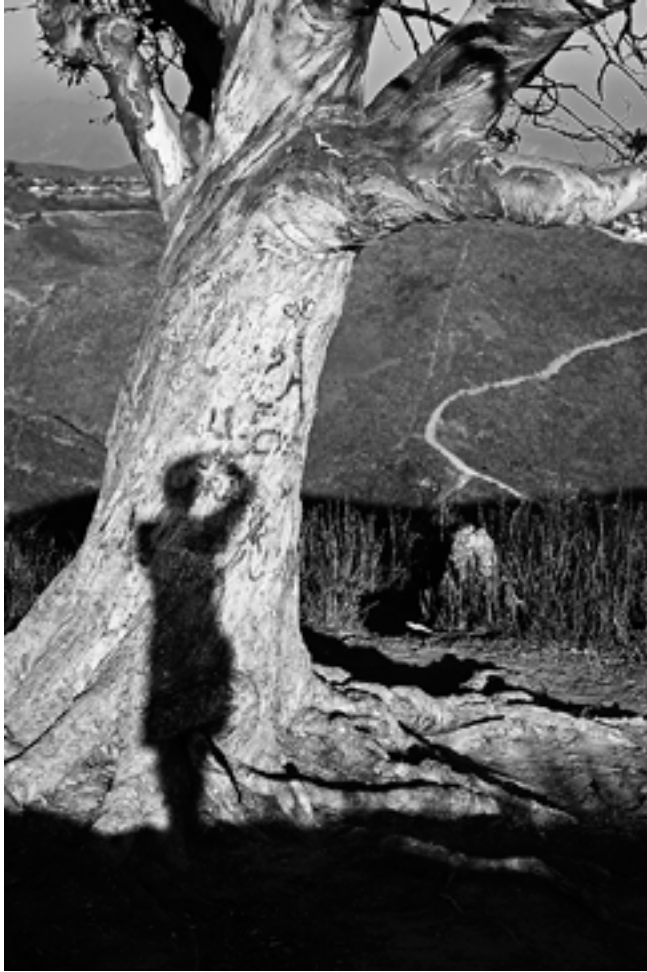
She now travels with her Unique Therapies & Workshops Nationally and currently has her offices in San Diego, California.

You can learn more about Kathleen by visiting [ClearlyUnique.Net](http://ClearlyUnique.Net)



My Kids Make My Life RICH!

## About the Photographer



Picture of Crystal Rose Waters taken and enhanced by Joy Kathleen  
Page #

On the Back Cover you see the 'Moon'. This moon shot was taken from the San Francisco view point on January 19th, 2011  
On the front cover, the 'Sun Flares' was also taken in January of this year.

Rose created by Kathleen Pleasants Page  
San Diego Zoon Sky Ride Page

My name is Brian Cybok. I am a photographer, among other things. I have been here and there but still have not been everywhere. In my time I have come to realize that the thoughts in my head are very powerful with regards to influencing the world around me. It is quite hard to be conscious of their power at all times. However, it is a power for which I strive.

[www.cybok.net](http://www.cybok.net)

## References:

Quotes ending in 'K~' are by Kathleen Pleasants~

Abraham-Hicks - Abraham-Hicks.com

HeartMath - HeartMath.Org

Bach Flower Essences

'I am Gr8tful for You' book

Byron Katie's - The Work

## Other Creations by Kathleen Pleasants

Books

Comfy Pants Chants

Living the High-Test Life

Life Cycles Series:

Flourishing Forties

Fabulous Fifties

Sexy Sixties

Savvy Seventies

Workshops

Rhythm Fusion Massage

Living the High-Test Life

3 Wishes Boot Camp (Using Positive Language as your Genie)

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