

LAW OF ATTRACTION FUNDAMENTALS

**Receiving Abundance
In All Areas of Your Life**

C.U.Well Book Series Compilation



KATHLEEN PLEASANTS



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Cover and Design by Paula A. Faccio

First Published 2020 by Clearly Unique Wellness

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ACKNOWLEDGMENTS

Paula A. Faccio - Lead Editor & Designer

A Special Thanks To:

D'Anna Robinson,

Brian Cybok,

Happy Moore,

Gary Oelze,

Derrick Acosta,

and Joy Kathleen.

LAW OF ATTRACTION FUNDAMENTALS

INTRODUCTION

FINALLY, ALL IN ONE PLACE

Back in 2010 a book was born; it was called Our Daily Play and it was supposed to be about 10 pages long. It was a picture book. You were to look at the pictures and read the words on the page to shift into a better feeling space that was meant to lean you more towards what you are wanting.

As I went along designing the book, it seemed to need more explanation... and need I say more? It turned out to be a lot of explanation; over 100 pages worth.

The book became overwhelming, to me, even though it was complete and said everything I was always trying to share with my clients, but it needed to be refined for sure.

Over eight years went by and it remained in a messy file of awesome information. I had decided it was time to tackle the project by separating the one book into three different books. The Blame Game was born, then came EMOTIONS and then the original book, Our Daily Play. Comfy Pants Chants had been created around the same time as a separate book for focused meditation.

All of these books held their own and seemed to progress in detail and information. And now I have put them all together into one book, but as a compilation so that they can all be in one place again and read easily in order.

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In late 2019 I wrote the book JOY 20/20, which was published on December 30th of the same year, offering a more direct point of view. I have added it to this compilation to sum up the Fundamentals of the Law of Attraction. By reading these books in the order in which they were created, they will grow your knowledge and experience with this law, or simply be a refresher on the topic in a very nice way.

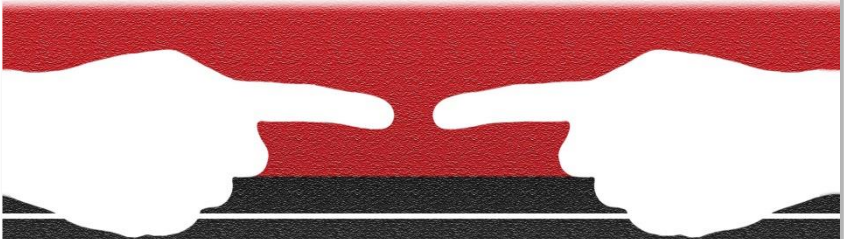
I hope you enjoy these books with their many offerings to guide you into creating the life you have always wanted. There is not any one way to get there and the Law of Attraction is not a black and white thing, it lives within the gray - your own unique gray. It's blended with your individual desires and experiences, along with all of your requests from the very beginning of your existence here as the person that you are. These books provide guidance and suggestions for getting you onto your path more clearly and in a very present and confident way of being the creator of your own world.

BEGINNING OF BOOK SEQUENCE



book 1

THE BLAME GAME



**SHIFTING
FROM PROBLEMS
TO SOLUTIONS**

KATHLEEN PLEASANTS

THE BLAME GAME

Simple and easy to understand insights into
the subconscious mind of self-limiting patterns.
Go from surviving to thriving with some quick shifts
in perception of yourself and the world around you.

Kathleen takes you through some of her tools that she uses every day
with her clients and, especially, in her own life.

No more excuses in avoiding an amazing life that gives you more
energy and better relationships; the ones you have always known you
could have.

The names and the places may change but the Game is the same.
Choose how you will play as you read through this easy-to-read guide
back to your true self.

This handbook will guide you into more peace and empowerment.

DEDICATION

I dedicate this book
to all who appreciate
simple reminders that life is good
and to those who want to live
the best life they can!

FOREWORD

Mindfulness. This simple practice seems to be among the most difficult feats of mankind. To be “in the moment” and be aware of our own feelings and what these feelings do in us. This is due to fear; fear of what our strong emotions will reveal about us. Do we dare explore our most inward thoughts and allow ourselves to feel the emotions? The prospect of self-reflection may seem overwhelming but when the courage to explore these depths is taken, we then find true freedom and Joy ready to embrace us.

Gratefulness. This has the power to revolutionize any circumstance. It can take a person from the depths of depression to the heights of healing in a split moment and a slight shift in thought can melt away despair. In my psychotherapy practice, I have continually seen this phenomenon which allows a suffering soul to find peace. The marriage of mindfulness and courage bring this gratefulness which is the remedy to bio-psycho-social-spiritual brokenness.

Kathleen Pleasants in *The Blame Game* exposes the barriers to finding more peace and living a life of unlimited potential and fulfillment. It sheds light on the understanding that we hold more power than we believe and have the control to bring our thoughts captive through practical steps which can free our spirits and allow us to live in freedom.

~ Kelly Kaitson, LCSW.

INTRODUCTION

There are some people 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 available to you.

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 redirect 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.

No matter what anyone tells you, always try what feels right to you and see how that works out. That is all you are asked to do in this lifetime.

Pause, and wait 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.

THE BLAME GAME

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.

You can find many books on the topic of Law of Attraction 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 they can shift their thoughts; which will change their experiences once-and-for-all for the better.

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

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 that 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 wholeheartedly that life is meant to be good, fun and rich. Each day gives us huge opportunities for growth and re-creation, whether that is through working with others or time alone.

SHIFTING FROM PROBLEMS TO SOLUTIONS

Christ said, “No man can enter heaven unless he is like a child.” If you lose the wonder of 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 exists here on Earth and you are given the freedom to choose one or the other daily, even moment by moment.

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

THE BLAME GAME

CHAPTER ONE

THE BLAME GAME

“Brad, Brad bo-bad, banana fanna fo-fad,
fee-fi mo-mad, Br-a-a-d.”

(From the song, The Name Game)

Is Brad responsible for the way you feel? Barbara? Terry? Charlie? How about the neighbor? The dog? The car? If all these things can be responsible for your unhappiness, then what in the world do you have control over?

If you are always making it someone else's fault that things aren't going well for you, then you are playing *The Blame Game*. Do you realize that no one ever wins at this game? You don't feel better for long before the next thing to blame comes along. In these cases, the faces and places may change but the pattern is always the same – Blame.

If you want to feel better, stop playing the blame game. Listen to what you are saying and pay attention to how you are feeling when

THE BLAME GAME

something irritating happens and pulls all of your attention to it. Are you quick to attach a name and leave yourself out of it? If you feel upset with someone or something, you are fully in the game.

In the case of the blame game, once you have stopped playing, you will find that you have the energy to approach any problem in a new way.

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 thoughts and 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 meantime, nothing improves and there is a lot of energy-slinging that could have been used to accomplish something better. Either let it go or make the change yourself.

Don't ever expect others to read your mind or behave like you. Realize that at times, when you make a request, you are asking or demanding another to do something you don't want to do; yet you expect others to jump for you. That's a very contradictory energy aimed at another.

Check out the following list for how the Blame Game is played. If you use one or all of these excuses, (on the left side), you will want to play *The Change Game*, (on the right side), to get out of Blame all together:

SHIFTING FROM PROBLEMS TO SOLUTIONS

The Blame Game	The Change Game
He did/ She did...	He did/ She did, So What?
It's not my fault...	I attract all that comes to me in my life.
They should have known better...	It is not for me to judge what others choose.
I can't do this without their help...	I could find others that are willing to help; it doesn't always have to be the ones that are close to me.
I have tried and tried to tell them...	I can only control my own life.
If things were different... How can I get it through to them?	Things can be different, I'm not responsible for others.
They always find a way to get out of this...	I can find another way to get this done.
Will they ever change?	I can only change myself.
It figures, they get hurt just when I need them...	I choose to focus on what's working.
No one is ever there for me.	What I feel is what I feel; I can stop blaming others for how I feel.
This always happens.	I can let myself off the hook. Resolve is around the corner.
I wish I were different.	I am fine with where and who I am.
If I were in a different house, had a different job, had more money, friends, time...	I can find a way to feel better about where I am.
If they would just listen.	If I step away, I can find a different solution.
If I don't tell them, how will they ever know?	That's just none of my business!

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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.

You have the tools you need to get out of a bad space. You know you must take your focus off of whatever you are blaming and focus on any good that you can find in the situation or, if you can't do that, just think of something that makes you feel better for now; Anything! Once again, you must concentrate on something better. What's best 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.

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 Narcotics Anonymous, 1981...

"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 common pastime 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

SHIFTING FROM PROBLEMS TO SOLUTIONS

the ability to take the spin off of recurring issues with these new self-empowerment tools.

~ 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 let off the hook.

THE BLAME GAME

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

CHAPTER TWO

LAW OF ATTRACTION

Try to understand that you have attracted many situations into your life that you are now trying to fight away or run away from, 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 the law of attraction, there is nowhere to run or hide and no one to get away from, but only 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 and/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

THE BLAME GAME

a better ending. Sometimes you have to start in the future, to find a way to feel better, before you can find the rewards that are around you now.

Try seeing life as an eye spy game; you are looking at a big picture with a huge amount of details and you only need to find a few strategically placed objects to win. Consider looking for more of the good in the world as hidden objects that are always there just waiting to be found so that you can feel better in just being able to see them. As with any other game, you will get better at this over time.

CHAPTER THREE

JUDGMENT

Judgment is a type of complaining and blame. You are still saying something is wrong with this picture. In the Law of Attraction, your reality only presents reflections of your own thoughts. Mostly you are trying to project these irritants you don't like onto others to feel better. You are actually trying to fight against and are ignoring your own self. You have heard, *it takes one to know one*, right? These are the types of people and situations you are attracting in; a perfect match to where you are mentally and physically.

Make peace with other's choices and watch what starts showing up around you. You'll be making peace with your own self. You will be very pleased indeed.

Consider others that seem to irritate you as gifts and an opportunity to check-in with yourself and what you need to release internally.

When you see something that throws you into judgment, say, "Okay, so I am judging this situation but... I can turn it around to a better topic." Don't even blame yourself for the thoughts. Make peace with

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the moment and feel the relief. It will get faster and easier with practice. Your judgments will lessen and a lot more fun will take its place. :)

In my experience, if you get intolerant or critical of situations or others, you may wind up with a rash or a physical irritation at some point.

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

CHAPTER 4

FROM ANGER TO HOPE

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 move 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

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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.

EXERCISES:

- 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.

SHIFTING FROM PROBLEMS TO SOLUTIONS

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 uncaring 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 or bring others down? Not likely. You feel good and all's 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 happy and grateful.

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'll know how to move through it. Anger is not necessary when you feel you can make choices that are right for you.

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

After you've owned your anger and have 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.

- Feel your anger, let it move through you. Express your rage in whatever way you can without harm to yourself or 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 an 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.

SHIFTING FROM PROBLEMS TO SOLUTIONS



THE BLAME GAME

The outer limits of the Universe
and the inner limits within us
are all the same space.
You are limitless.

CHAPTER FIVE

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 getting more of 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 at all.

Spending time with a thought gives power to it whether wanted or not. You *never* know what better experiences await you in recognizing and shifting this pattern. All you have to do is resist judging others for what they do and focus on things that make you smile.

THE BLAME GAME

Daily Statement:

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

CHAPTER SIX

LOOK AROUND YOU, WHAT DO YOU SEE?

Your environment reflects where you are internally; your car, your home and 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; as a reflection of what you have chosen to focus on. Realize that what you see around you usually comes about by a *lack* of attention to what you are really feeling and creating from the inside.

We allow our thoughts to drive a course and we act as a passenger throughout our travels. We believe that things just happen to us and we are clueless to our contributions to every passing moment.

For days 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

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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.

I first thought, “What is the opposite of temperamental?” I figured it had to be consistency. I certainly wasn’t being consistent 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 finicky shower handle, which for some reason I just couldn’t figure out in the days prior, and was back in control of how to balance my life. I know I am given many outward hints into my patterns and habits that, if given acknowledgment, 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 lent items of mine out that have never returned. I can appreciate that I have replaced many things in my life 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 and when I choose to.

SHIFTING FROM PROBLEMS TO SOLUTIONS

- 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.

THE BLAME GAME

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

CHAPTER 7

A SHIFT IN PERSPECTIVE

Day to day challenges are something we all deal with. I remember a tough night I had with my children! And if I didn't take full responsibility for my feelings and the effort to turn it all around, it would have stayed that way. Instead, after I took the time to turn it around, it became one of the best nights I've had with them.

I knew I had to take myself out of the picture for a bit so that I could feel less overwhelmed and recoup. I knew that I was responsible for contributing to a dysfunctional rift. I needed a time-out before the night continued on that path; I had to change myself in order to change the situation.

My plan was to go into my room with the door shut and start to write positive aspects until I felt better.

When I got into the room it was dark, I didn't want to turn on any lights or even sit up to write at that moment. I just laid there in the dark trying to find some relief and then start writing. It wasn't long

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before my son barged into the room saying something negative about what happened, then left. Just a couple of minutes later, he did the same thing. In spite of this, I was going to make a change.

A few more minutes past and I started to feel better, so I sat up, turned on the light, grabbed my notebook and pen and started to write:

This is a nice room

We have a nice house

It's a blessing to be with all 3 of my kids

I can have a quiet space in here

Everyone is safe

I'm glad I can feel better...

In walks my son again with another comment, but this time he closes the door behind him. I'm feeling a bit better, but still have a little way to go.

I continue:

We have food in the pantry

I have a good reliable car outside

It's a nice neighborhood

We live by the woods

I have good neighbors...

I don't remember all that I wrote that night, but that's basically how it goes when I write positive aspects. I try to simply focus on what's working and anything good I can think of at the time until I feel better.

It really works.

SHIFTING FROM PROBLEMS TO SOLUTIONS

Then it happened, I felt better, I felt well enough to go back out. It only took about 10 or 15 minutes and I was done. I had shifted my energy and took responsibility for changing my mood; ultimately to change the situation.

I came out and went to check on my son. He was still a bit cranky, but was more tolerant and I was able to spend some positive time with him.

I went up to see my older daughter and sat down with her for a while to watch a show; we had a good time watching it.

Then I went over to my younger daughter and told her to go to the top of the stairs. I went downstairs and grabbed a small beach ball and threw it up to her. We spent a good amount of time playing catch; it was a lot of fun.

I was able to have quality time with each child. It seemed to all balance out well with my time and I have really fond memories of that night.

It turned out to be one of the most special nights with my kids.

...from the worst night, to the best night! All because I took the time to retreat and write positive aspects to change my perspective and the situation at hand.

THE BLAME GAME

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 gotta do it!

CONCLUSION

Everything I do is ultimately for me. Everything I have ever studied was my way of getting to know myself better. All my relationships and teachers were and are my mirrors. The more I learn, the closer I get to a deeper relationship and understanding of myself; removing veils and exposing hidden gems. You must get to know yourself, like one whom you adore, to get to truly see and be there for others.

If you gave a whole day to someone else, and also possibly didn't eat, or drink, or even sleep, you still did that for yourself. You believed that they were worthier and you believed in sacrifice and perhaps there would be a reward that you wouldn't typically come across without that experience. You were right. These were beliefs, not truths, and you still chose them. Whether it brought you Joy or sorrow, you were the one with the consequences; only you. Whatever the other person experienced was their own consequence; good or not good. You only have your path; shared with many others. But for those others, it's experienced in their own way based on their own beliefs.

In turning around the Blame Game to the Change Game, you realize that others will come and go and that you only have so much time per day, week and year to set goals and achieve them. Take time to write a *Mission Statement for your Life*. Don't make another decision without referring to it and holding true to your highest intension for yourself; every time!

THE BLAME GAME

The Simplicity of it all:
Think, Focus, Manifest



As you believe, you receive

How to write your Life Mission Statement:

<https://www.clearlyuniquewellness.com/life-mission-statement>

book 2

EMOTIONS

**The Magic Key
to Transforming
Your Life**



KATHLEEN PLEASANTS

EMOTIONS



Emotions, when understood for what they were intended, show us how to decipher their deeper meaning in a language that is beyond words.

Now you can listen to what others are really saying when they speak and what it means to you.

Our emotions are our guide and lead to great insights on how to truly change behavior patterns.

Kathleen explains how to find the 'Magic Key' to communication and offers life-changing practices.

This book will guide you into more peace and empowerment.

DEDICATION

This book is dedicated to our family dog and our loving pets.
The ultimate expression of unconditional love.



Technicolor Technetium McCharles Cheesly Weasly Waters
(Tech) PUPPY
2010 – 2019

FOREWORD

We may treat emoted signals from our bodies as an uncontrollable source; a threat, at times, to our sanity and survival. *Emotions* are the leaders of the game within the Self. They protect us, give us our feelings and directly reflect our human behavior. They simply go beyond the rational mind and have an absolute priority as the driving force of the human personality.

Once we are aware that our Emotions are controllable and play a **key** role in our life choices, we can then put our awareness towards befriending them and using them to our benefit.

Kathleen Pleasants helps you to recognize what your emotions mean, teaches you how to alter them to affect the way you see yourself & others, and guides you into how to manage them by shifting them, in a positive way, to create your own destiny.

I believe that this little guide book will help you to free yourself from your negative feelings (which are the cause of many mental and physical ailments) and will give you just the momentum you need for a more balanced and wonderful life.

~ Paula A. Faccio, AG®

INTRODUCTION

Emotions, do we need to express them, suppress them, or address them as personal insights and guidance when they are difficult to be with?

Expression can be achieved in many ways by ignoring the fact that these emotions have anything to do with us. “It’s someone else’s fault”, something other than you is to Blame for your feelings; is a common path. Suppression through medication, drugs or alcohol will bring temporary relief, but the chapters in this book lead us into long-lasting and healthy solutions; freedoms many of us may have never experienced before through the gateway of our Emotions.

If we are willing to make a choice, to pay attention to what these Emotions may be showing us, personally, we will find a **Magic Key** to relief; hence, we will be automatically creating a more rewarding life, just the way we want it.

When we have ill feelings, they are showing us that we are off course to accessing more energy and moving forward. Emotions are the signals sent through the body of whether we are reaching for what we desire or focusing on what is not working for us.

If what we focus on - we receive, then why not turn that in the right direction towards what we are wanting every time. Making this a habit will get us there faster; with quicker recoveries the more we practice.

EMOTIONS



Everyone deserves a rewarding and fulfilling life;
internally is where we start.

CHAPTER ONE

*FOR EACH EMOTION
THERE IS AN OPPOSITE EMOTION*

Let's take a look at the list below and imagine following a difficult emotion in a straight line towards a better feeling. How would you do that? What process would you use to get there? In most cases you cannot get there straight away for so many reasons, but it is an important goal to do so in some way.

Some common emotions:

Sad -----	Happy
Hateful -----	Loving
Unsettled -----	Calm
Fearful -----	Trusting
Anxious -----	Peaceful
Appalled -----	Pleased
Frustrated -----	Content
Disappointed -----	Grateful

EMOTIONS

You are always somewhere along the line. The list shows examples of extremes and they fluctuate from day to day and thought by thought. Rarely does anyone switch to the exact opposite without time and effort.

Shocking or surprising news will shift you into a negative emotion rather quickly and, of course, the opposite can happen with a surprise that sends Joy straight to the heart and so on. We mostly live in-between and know that there are many emotions that can be happening at the same time.

To make a conscious change towards the opposite side of a negative emotion, address those draining thoughts responsible for keeping you there by gathering up some positive insights about it; in a truthful and believable way to you. If you can't find anything good about it, shift to thinking about something else that makes you feel better, as soon as you can. After that, if you feel ready, you have the choice to go back to the other triggering subject again, and with those better feelings, you can allow yourself to start to shift your old perspective into a new and different one. This will allow the relief to begin and new and fresh insights to flow in.

It is not the best idea to let an old, triggering emotion remain in an unaddressed state and just wait for it to go away on its own. This is how they get stored into mental and physical compartments, unprocessed and ready to resurface with any similar topic that comes along.

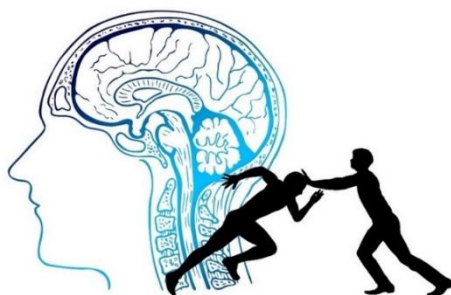
Use your life experiences to talk your way out of a challenging

THE MAGIC KEY TO TRANSFORMING YOUR LIFE

emotion. If you are anxious, know that you have felt relaxed many times before; your goal is to find peace. Pull from a previous experience that was better than this one or create a new future one and project a happier outcome onto it. Trust that you can get back to that better feeling space again.

Focusing on the uncomfortable promotes more uncomfortable experiences. Moving through them by choosing better feeling thoughts around the topic, leads to a positive side effect and relief. With a focus on purposefully moving emotions to the other side, you can find a solution and release non-serving patterns. Unresolved, helpless-feeling issues have permission to linger by not stepping up, in this way, to finding resolution and creating more peace, happiness and satisfaction in your life.

It asks for your attention and may seem impossible to change in a discouraging moment, but it's important to take the time to address the discomfort, free up your energy and feel better.



There is only one way to keep your negative thoughts alive and that is by giving them importance and codling them so that they stay in place. That's why, if you truly make peace with something, it just simply has

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no more hold on you and becomes unnoticed and even forgotten. So, depleting emotions need to be fed; that's why they drain us. Since we are usually more comfortable with the familiar, we often chose to keep them which takes energy and effort.

These imbalances may define us in some way and we may feel like we will lose something if we release them; but even though it is way more beneficial and energizing to let them go, it's an unfamiliar habit to us until we choose to live in more peace, more often.

In most cases, the only things that bring us out of our slump or issue is time and something that makes us feel better like food or other distractions, but that is only a band-aid and not true relief.

It's fine in the beginning to find relief in temporary ways, but then afterwards, you need to take a look back at what happened and why you may have reacted that way so that you can look for ways to handle it differently in the future.

Again, true relief in the beginning takes effort and needs to be developed into a new habit. Eventually, it will be more obvious that you have the power to shift these emotions and it will be worth the time to clean them up; to free up more energy and leave way for happier times and experiences in spite of what is around you now.

The one thing you truly have control over is your feelings, you are the driver, the master at the wheel and the receiver of the rewards when you choose a better way.

In this type of consciousness, not only are you empowered, but others

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will come into your life, as matches to your lifestyle, that have the same habits and will become a support system for you. Otherwise - *misery loves company* - if that's where you choose to live; this is a draining way to approach life which leads to dis-ease.

It's fulfilling to lead a life of more comfort and fun. You truly do have that choice.

Piggy Back Relief

There is nothing you need to pin-point from the past to find relief, just present thoughts and patterns. Once you recognize an annoying thought, you can do something about it. No pointing of fingers is necessary. (*See the book, The Blame Game*)

Since there are only two emotions, Good and Not Good, and timewise, 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 ill-feeling emotion and lifting it up to a better point, you can address other past and future similarities in one fell swoop. Cleaning up a messy past without having to be aware of the how's and why's of it can make it an easier clearing process.



EMOTIONS

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

No matter the situation, the feeling can be lifted and changed. With this focused effort, you can undo past patterns and create a new habit of walking through to the other side; wiping out habitual patterns from before without having to know exactly what you were holding onto.

You will gain a new vision into 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 should rarely come up, but when they do, you will be able to use them to shift into better feeling thoughts more easily.

You can do it! 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 delayed recoveries. That's why laughter is so healing. When you notice yourself holding on, a good laugh at yourself will help to shift to the situation more quickly.

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

Next time you go off on 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 is affected. These few symptoms alone use good energy and healing resources. Once you have moved them into a better feeling place, healing can happen quickly.

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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 over flow to become more familiar as a new approach to these stumbling blocks with less effort.

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

In a world of attraction, like attracts like. The reason 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; that's how it works. If you can become the observer, it will become obvious to you. You have free will and you will be able to see how that works by paying attention to what you are focusing on.

Watch what you say and think, because you will achieve what you believe will happen. Ask for better things and experiences that support a good life. Bring in the good feeling of having them, even before they happen, and you will get them.

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Additionally, give it time. Don't expect your life to turn on a dime, although it is more than capable of doing so. You have been holding a certain direction and habits for a long time. Just as it takes time to slow down anything that is moving fast, so will it take time for you to turn in another direction and retain that relieving focus.

Once you have committed to those changes, your world will change with you. Take your time, be patient, know that it is worth the effort and in no time, you will reap the rewards of a fulfilling and happy life; a shiny new life by using this **Magic Key**.



CHAPTER TWO

EXCITEMENT VS 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 that if you are excited about something that it's a GOOD feeling and whatever is happening must be right for you. Yet from what I've 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

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good and natural or *an obvious* next step where you have the balanced energy you need to move forward and feel Joyful and 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, but then you need to check-in and take a closer look. You need to take it to a more balanced level.

ELATION

Take a look at this process: Elation - Exhilaration - Invigoration - Aliveness!

These are all natural and healthy highs. Do not let Excitement 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.

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Consistent inspiration with 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 relate to what I am saying. 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! Excitement is better than depression or indifference, that's for sure.

Let's take a closer look: 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. Tell the story of why this is so good and start to convince yourself that these opportunities can feel normal and inspiring to you with just as much phenomenal impact in your life.

Think of a character like James Bond, he flew on private jets, could be found schmoozing with others on a yacht and never seemed excited; he expected situations like that around every corner. He was smooth and aware. Yes, there are real people like that out there and you can be one too.

The goal is to do amazing things and to be uplifted by what you have trained yourself to expect, and to feel natural in achieving them; even if others would be excited. It's enlivening to live the life you were meant to live. It starts with listening to your gut, trusting your feelings and using them as your guide.

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Here's an example of what I mean by Excitement verses Elation: I wanted to write a book someday. 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 came to fruition. The thought became overwhelming and eventually I'd lose my excitement for the idea, get discouraged, and drop it.

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; 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; a delightful and fulfilling experience.

Here are two lists of Excitement verses Elation:

Excitement (when long lasting)

- Takes you over
- Can't Sleep
- Many thoughts/scenarios playing out in your mind all 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

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Elation

- Brings out the best in you
- Can Sleep
- Pleasant, good thoughts flowing
- Calm and 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!

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 a comfortable and 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.

You can turn Excitement into Elation if it is right for you by using the thought process bellow:

- 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.

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- 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. Repeat any or all of the above statements until they feel real and you believe them.

My point is, Excitement is a stressor that 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.

Just give it a try.



CHAPTER THREE

YOU CAN'T MISS ANYTHING

Missing Something

Let's say that you have a friend that just gave you the good news that they are going to Hawaii in two 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 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

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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. I'm glad my friend is able to go. They weren't even planning this for a long time; these things can happen quite quickly. I would like to have more 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 on 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 for you, 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.

What's 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.

*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.*

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If you can feel good about day-dreaming on future jaunts without feeling unworthy or silly, you will be well on your way there.

No one and nothing are worth depressing your fullest potential over. 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. Try a different approach to sorting this out, like the example that I use below, 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. You just can't be everywhere at once! 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 to attend, 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 a nice home; 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

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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 refocused thoughts and feelings.

Missing Someone


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

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, you will have opportunities to be together again, and until then, where you are is perfect.

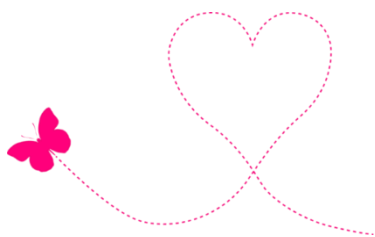
Appreciate what's around you now. Smile at knowing that you have had a chance to get to know someone that became special to you and unlimited potential for companionship within many others.

Always remember that there are billions of people in the world. So, plenty of opportunity to make new friends and acquaintances:

Make new friends, but keep the old.
One is Silver and the other Gold. 

Your past friendships and relationships have helped you to learn what you like best in life. Never forget that time with yourself is also very valuable! Time alone is time to appreciate what you have and to get clear on what you want.

With or without others,
you are always in good company.



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CHAPTER FOUR



RELATIONSHIPS AND PARENTING

Here's a guideline to relationships and parenting; the biggest emotional challenges. But 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 upsets as a chance to clean your energy up instead of blaming something else and feeling helpless?

Think about times you've had in the past where you didn't feel good enough or deserving of, for some reason, and along comes a friend that says - wait a minute, you have... and you are... and remember when... remember how you..., shooting niceties at you like a gummy bear & chocolate pistol hitting your heart target dead-on because they believed in you and could see the good in you more easily in that moment. Before you knew it, you felt better. Rah, Rah, Shish -Boom-Bah.

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See if you can 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 as your guide.

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. Relax and remain open to change. Practice patience with yourself. Knowing this can relieve the melancholy and you can slowly move into a better feeling state.

You are your very 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 wishes and special touches. It's usually not too long before you fall into more fondness on that path. It's easy

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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 and loving relationship is to *keep your focus on the good when you are not with them*. Give them 100 percent credit for their best potential and 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 in that way leaves room for growth.

*“Taking in life as two individuals
that become more when they are
together than when they are alone;
but not being defined by such.”*

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

Parenting

When did I grow up and 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 they are satisfied. An adult, on the other hand, may cry over spilt milk and never get over it.

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Young children are closer to meeting their needs and we can learn a lot from them about patients 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 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!”

*The one thing you need to guide you is patience. **Learn patience because your children and other’s children are worth it. Put yourself aside and understand that they are human-beamings with thoughts and feelings that will teach you more about yourself as they learn how to become their own individuals.***

That’s all I choose to say about parenting in this book as it is a huge topic in itself, but just know that the more peace and respect you can approach parenthood with, the more blessings will be received by all. That’s the core of it. It’s an opportunity for growth for everyone.

CHAPTER FIVE

LISTENING

Listen more to others as well as to yourself.

Try to feel through the words to what someone is really saying emotionally. Take a look at the points below referring to communication between two or more and how it holds a much deeper meaning to us than we may realize:

1. While listening to what others are saying, 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 a behavior they are afraid they could display as well?
2. Next, see how what they are saying might be a reflection of something you hold within yourself? After all, you are the attractor of all that comes to you. Pay attention and feel where you are. Listen as if the information shared is specifically for you.

EMOTIONS

You need to ask yourself, “Can I be this way? Have I ever acted that way?” There is a saying that goes: “It takes one to know one.” What that suggests, at least to me, is you don’t notice or acknowledge anything you don’t hold somewhere within yourself. All this means is that you can take advantage of the opportunity to see what you may be holding inside of you emotionally; that which would serve you better if released. Trust the process and give it a try.

Important

We are made to believe that conversations are about something that has happened to us that is out of our control or about others when we are complaining. Once you can turn that around and really know that we can only talk about ourselves, you have found **The Magic Key** to transforming your own life and also truly helping others if you desire.

Listen for the insights into another as they are expressing their true feelings about themselves to you through their stories and, at the same time, gifting you with what their words are saying about you. Think of it as messages from the other side and what you need to hear right now; not the actual intentions they are trying to portray.

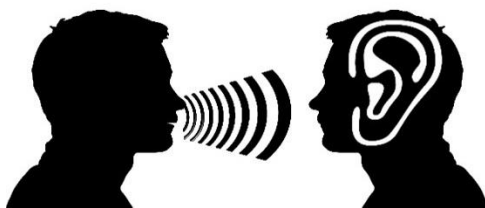
Understand that all parties involved in conversations do not understand this principle, but if you try, really try to listen as a reflection of them and you only, not whomever or whatever you or they are talking about, the information becomes very valuable and can even be entertaining. So, listen as if you are receiving important messages for your own wellbeing and the other will feel truly heard.

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It is an immeasurable value to anyone as you hold space for them while they relay messages for you; and when you speak, it is your opportunity to hear where you are by the words you are choosing.

Deep down, we want to be seen and heard which makes us feel understood, more so than what we are actually trying to convey in the moment. That will make us feel temporarily better, but if we understand that our conversations are a reflection of us whether we are speaking or listening, then our conversations will hold immense value for us.

It's like deciphering code. It holds value and insights, just for you, when someone is speaking; including yourself. If you can really listen in this way, it will be a life changing experience.



Here's how it works:

- You listen to someone and make a mental note of what they are saying. Think about how they may be talking clearly about themselves.
- Then, take that information and turn it onto yourself. Feel for a place that you might find those emotions described within you. If you are honest with yourself, this should ring true. (Hint, triggers are signs of unresolved emotions)
- Remember that even if the subject seems extreme for you, you

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may only be holding onto a mild version of that or have fear of ever acting that way.

- If you find this hard, try it in hindsight when you recall the conversation. Then you can take your time with it and ponder the information as a reflection of themselves and you.

A good listener will find that even if they only say a few words during a conversation and listen attentively, later the other will say, “What a great conversation that was, so and so is really wise”. They may even resolve their own issue as they are chatting away, and you get the credit for it; funny how that works. Try it sometime. Truly listen, say less, be present and become the observer of what you are attracting into your life. Own all that presents itself to you and make changes for the better where necessary.

This is something I find hard to practice regularly as it is easy to fall back into the flow of conversation; we all need to rest our brain sometimes. But I find, that when I do this with an open mind, it holds true every time. It’s a super counseling tool where both parties win. I just love Win-Win situations. We have the opportunity for that every day.

Keep in mind that you shouldn’t try to share this with anyone you are speaking with unless they have an open mind to the concept; it’s a challenging and tricky subject; but one worth exploring.

If we all knew this, our conversations would be different, and we would use them as an avenue for our own personal emotional healing. Within this practice lies **The Magic Key**.



CHAPTER SIX

COMMUNICATION THROUGH THE BODY

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 try to ignore it, 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?

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,

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pain or rigidity.

When you have the good fortune of communication through the body by developing symptoms, you have a window into some patterns that have been taking place and are now manifesting themselves into the physical body. Ailments start with thoughts and emotions. Long-term thoughts and emotions can be identified by looking at one's physical state.

Whether you get hurt or slowly see signs of pain and discomfort, there is a message in it, and it can be turned around. The earlier you can see what has led you there, a belief system or otherwise, the easier it is to connect an emotion to the area of dis-ease.

Try to take small signs like headaches and body aches as a time to search for emotional relief. The answers are within you and in others as well through conversations that will bring messages and information; listen for it. Pay close attention, remain open to solutions and you will be on the right path.

Remember, that the messages that are for you will either trigger you because of an imbalance you need to look into within yourself or feel good because it's a match to what you actually want and need.

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.

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Don't let yourself get hit by the Universal 2x4. Aches and pains 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 the answers. Ask for guidance and pay attention. The signals are there to uncover the emotions and the beliefs that brought it to you. They will bring insights to what you need to do to uncover the natural wellness you have 100 percent access to.

What is right for you will give you a sense of freedom and peace.

It may take quite some time to learn how to trust your feelings and aches as a guide but, by taking small steps, you will build trust in your guidance system.

“With logic alone,
you are not a Human-Being,
you are a Human-Acting.”

CHAPTER SEVEN

EMOTIONAL RELIEF – EXERCISE/ACTIVITIES

Not being active can cause depression and physical discomfort as the body settles into poor postural habits. Repetitiveness can also be harmful. 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 the floor with your arms out to your sides, palms facing up whenever you can for at least 5-20 minutes.

In exercise, reversing movements from daily habits will start to turn postural imbalances around, or prevent them all together.

Strengthening exercises in the opposite direction will counteract any long term affect, i.e.: If you are a cashier at a grocery store and you are always moving groceries to the left as you are scanning the packages, and 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 lift, twist and lower to the right side repeatedly to counteract the imbalance to one side and strengthen the opposite side.

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Play

How can we play and 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 as well as 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 torturous exercise routines. I see runner's 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?

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

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from having to watch you suffer as well.

- Playing with your kids/grandkids, you were one once, try to remember the fun; just modify it for your safety.
- Play sports and/or join a plethora of choices for outdoor activities.
- Running around for the fun of it; acting crazy (within reason)
- Swimming
- Gyms are becoming more functional minded and getting away from many of the machines. The workouts can be more challenging and fun.
- Try working out with a partner.
- Avoid intense exercise after 3pm unless it is play, like dancing, swimming and running around with friends and kids. Save the gym for between 6am and 3pm. (Circadian Rhythm)
- 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 and healing potential.
- Yoga is very toning and increases flexibility. It's gentler, in most cases, to the body, but can be as invigorating as any other form of exercise. There are many different types.

Just keep your comfort and body in mind. Always make sure you have good form as to take care of your joints; proper alignment while using weights and doing repetitive exercise is a must.

Make sure your Core (Transverse Abdominus) is turned on and working properly with any lifting or strength training activities.

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Your diet plays a great role in the health of the body to avoid unnecessary aches and pains and false energy sources.

Choose a clean diet by avoiding sugary foods.

Nuts, seeds and grains should be soaked or sprouted before eating to avoid bone loss.

Protein, carbs & good fats should be included in every meal and snack.

For a more information on finding out your custom diet needs and proper Core Training, contact ClearlyUniqueWellness.com.

CHAPTER EIGHT

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 make amends? Pray for something? Would you be able to make it your best day and not panic?

Almost everyone lives in fear of bad news and rumors. What quality of life is that? When does one really start to 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 and that she has many undiscovered resources. The past has shown that we continually find solutions. Take a look at our history and you will see nothing but progress and advancement

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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 that you have 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 of 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 as much as possible. Time is precious, and life is relatively short. Focus on the beauty of it and you will live with no regrets.

CHAPTER NINE



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. There is life after life and that's where we live more fully. Those that have passed before us are busy with their lives on the other side, yet they are only a communication away. If you feel good, it's easier to communicate with them as they don't have the same worries and fears that we usually have. It's harder to hear them when you are distracted and preoccupied. Feeling good is a match to them and you can have access to them as an 'out of this world' friend.

When you leave this world, you may laugh at your choices as you remember that life in the physical body is a dream, a playground, a place to evolve into new thoughts and ways to live. Your energy body goes into the pure loving light and doesn't hold onto the darkness. With this knowledge and understanding, you have the choice to carry burdens with you daily or to set yourself free.

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***Row, Row, Row Your Boat, Gently Down the Stream,
Merrily, Merrily, Merrily, Merrily, Life Is but A DREAM.***



CHAPTER 10

REWRITING THE PAST

This is a super powerful tool. It has been called Metaphor work and you have the power to change any past story by visualizing it playing out in another way. You can take any event and rewrite it.

For example, when I was younger, we would have punishments from our parents if we did something, they felt was wrong. I remember one that I was sharing with a friend and it was bringing up a resentful feeling. My friend had studied Metaphor work and had me close my eyes and see the entire event as going differently.

I was able to close my eyes and see this *Being* that was like a very tall and strong Native American. He was like a guide to me and we worked together to fulfil the consequences. I remember the feeling of having so much fun with him helping me get my new responsibilities achieved. He was with me through every step and it didn't take much time in my mind to have rewritten it going in an entirely different way.

Now, I can't even think back on that time without the new fond memory of that event; even though it was much different when I was

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living it as a child. There is now an overwrite to the old memory. If I tried hard enough, I could push myself to remember the old feelings of how it actually went, but at this point, it would take me time and effort and I much prefer the new memory.

It is said that you cannot have a positive feeling and a negative feeling, on a particular subject, existing in the same place at the same time. If anything, you must go back and forth if there are mixed feeling on the topic. So, when you overwrite an old memory with a new and better one, that one will come up first.

You can receive more love from your parents, get the attention you were looking for, basically rewrite your childhood in the way you would have liked it to have gone. Of course, you can do this with your future too. The past doesn't go away and all memories are retained, but you don't have to experience them in the same way and you can take the power off of any powerless feelings if you want to spend the time cleaning them up and rewriting them.

I smile every time I think of my rewritten memories from when I was a child and, of course, the actual good ones, and will continue to use this as a healthy tool to a better past and future.

An important point to keep in mind, and the way to make these rewrites long-lasting, is to feel the good feelings that go along with the new story. That's what made mine so real and memorable. If you are thinking these new thoughts with resistance and disbelief, they will remain in their original state. So, make it a point to bring in the good feelings of the new version of the past and you will be able to remember back on those times with fondness.

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As a side note, I don't want to make this sound like this would create a world that is ungrounded; just a way to change the way you feel about negative past memories. This is simply a tool to be used for relief and an opportunity to move forward in a better feeling state.

Turn back the hands of time,
and make this the world
you dreamed to find.

Use your imagination and don't be shy,
for the negativity of the past,
you truly can defy.

CONCLUSION

“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. “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.

Expansion happens either under contraction or with flexibility on your part. The life you are living now is based on how you choose to see what’s in front of you and through what you choose to believe. Choice is your birthright and you can build a life that brings you much happiness through trusting and listening to your inner guidance system.

Use communication as messages for you whether through signals in the body or through conversations with others; this is The Magic Key for your best possible life and bountiful energy.

A traveler who remains open to changes and new experiences is one filled with true bliss and spiritual enrichment; one who is gifted the *Present* in its highest expression and lives a truly blessed life.

The Traveler

My body is a vehicle through time and space.

My body is a vessel through the Ocean of Emotion.

My eyes take in its surroundings and my mind makes decisions
based on the programming I have chosen to input and carry.

There are many compartments of storage

I have created in my energy fields

with my memories in the luggage that

I have packed and stored away.

How light do I travel? How much do I weigh with burden?

How much space do I keep open for new pathways to enter in;

or do I keep my compartments compressed,

restricted and refusing to grow?

Freedom is the allowing of new ways,

people and experiences to enter in;

expansion of one's world.

In fear, an energetic prison is formed

with protected beliefs and memories

trying to keep the vessel safe and small.

But I can navigate from within, shed the fear and make this
a most exhilarating and rewarding journey.



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book 3

Our

DAILY PLAY



FINDING JOY IN
EVERY DAY

KATHLEEN PLEASANTS



FINDING JOY IN EVERY DAY

Our Daily Play has changed in form from when we were children. Now we need to seek ways to use our imagination to reconnect with our inner child through wonderment and laughter.

Even though we are older and more serious more often, that doesn't mean our inner child should be put aside. It holds our true guide to more fun and freedom in our ever-growing roles as adults.

This book shows us how to get back into a relationship with our innocent and creative side and reminds us how to bring more fulfillment in; Finding Joy In Every day.

DEDICATION

I dedicate this book to YOU for wanting to make a significant difference in your life on a daily basis; for continually reaching for the highest Joy possible because you are worth it.

And in appreciation for *Your Future Remembering* to do so more often, in more moments and with more emphasis, through your Daily Play.

FOREWORD

How do you know where you are in your life? By how you feel.

When we choose to reach for a better feeling, that in itself can make the difference between having a good day or a bad day. When we focus on what makes us feel good, it brings us more of the same. When we choose to focus on what's not working, well then, we will get more of that too! Like Kathleen says in this book, "Law of Attraction keeps us within the world we believe in."

There is a magical connection between what we focus on and what shows up in our life. It's very empowering to know that it's all up to us to dream and imagine the life we want. Isn't it great to know that it's our birthright to live in Joy?

We are natural born creators. Everyday can be a new, special day as we continue to focus on good feeling thoughts. Then, like magic, it appears that, "My life is working out!"

Our Daily Play... Finding Joy in Every Day, is light & playful, yet so profoundly deep. Kathleen shares with us exercises, insights and ideas on how to balance our life on many levels. She helps to bring out the kid in us through laughter, movement and PLAY! She shows us that we are truly the master and director of our lives!

D'Anna Robinson
Feng Shui Consultant

PREFACE

This book is about being able to achieve the life you want by directing your thoughts and feelings towards Joy daily.

Please read these pages with a playful heart. It's not about feeling Joy in every moment, it's about learning how to attain it at least once a day so that it becomes more regular, more often and eventually, more of the norm.

Joy is not only the desired result through the processes found in this book, but also a side effect that will last longer as you practice. I'll take that side effect any day!

If you can focus and dream for even a few minutes at a time, at least once a day, your projected desired outcomes will naturally start to flow in; sometimes even way better than you could have imagined.

Just know that anywhere and at any time, is the best starting place; even if you feel like you are just starting over and over again because of distractions and set-backs.

With patience and practice, you can expect to be continually Awe Struck by what shows up for you so perfectly each day; the amazing connection between what you spend time focusing on and how it manifests in the moments or days to follow.

Be gentle with yourself and learn to trust that you came into this life with all you need to live the life you want, and Joy will lead you there.

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Practice in quiet places for moments at a time until you can recreate a better feeling thought space for yourself no matter where you go. The good feeling is the most important part of the process. Wouldn't it be worth it just to achieve that?

Check in moment by moment on where you are; more positive, neutral or just dragging yourself along. It's always your choice.

I give you tools and insights that have worked for me for many years. You will find multiple ways to take charge of your life throughout these pages.

When you fall down, just pick yourself back up and remember that there is Joy around every corner; flowing through all moments in every day. Look at a picture or think about something that reminds you of that.



Just as the sun rises without our assistance, you too can rise every day and trust that the world is working well and supporting you. With this daily reset, your world will always remain fresh and new.

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 and to find another way to look at any situation. We always have that choice; we always will.

Sometimes you have to use your imagination to initiate 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 feeling thought at a time.

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

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

OUR DAILY PLAY

CHAPTER ONE

IT ALL STARTED WITH A THOUGHT

What can we create today?

Every child is born to dream. Our imaginations have always been our biggest feature. We create worlds within worlds and bring Joy to ourselves and others in doing so. The fun and happiness we create can be shared by many. We have the opportunity to live a truly blessed life through bringing our imagination into our day-to-day *reality*.



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We all dream at night to process our days and weeks through metaphors, but we also dream during the day to help redirect us into better feeling states; that is if we allow ourselves to do so.

We may catch ourselves *daydreaming*, whether we choose to or not; it's *Our Nature*.

Using our imagination makes way for a better reality. There are rewards and benefits for us all in imagining another way.

Our greatest creators were able to think outside of the norm and were deemed odd until they were deemed genius.

Fortunately, you don't have to be seen as odd to exist in a world that gives greater dividends than what most receive; an ever-expanding and enriching world through our hopes and dreams.

Our daydreams begin to be squelched in our early years. We are told to face reality and to get our head out of the clouds. We are even told not to be too hopeful or to expect too much. To be honest, if you did, others wouldn't like it very much unless they were doing the same thing, having the same kind of fun, or accepting this creative outlet of freedom for themselves. It's not common and it is criticized, yet, it is our nature and our birthright to live in a world full of wonder and enrichment, not the other way around.

"Oh well, that's just not for me, (many say), it's just for them and I don't like them anyway", or "They are not good people", or "They cheated", and so on.

Even if we were to just feel happy for others that are doing well, we would start to do better ourselves. Like attracts like. Most of all, if we could understand that life is meant to be a good and amazing

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experience for everyone, we could start creating more of that with others who feel the same. There's plenty of good feelings to go around; yours are unlimited.

When things are beautiful, we are to bask in the gifts it brings us. When things are not pretty, we need to distract ourselves to what is beautiful and working or use our imagination to see it that way.

As the chapter title states, *it all started with a thought*, and as the thoughts grew and expanded the Universe came into existence. *First thought, then manifestation.*

We live in a time-space reality, and we are more energy and space than not. It has been said that 98% of the Universe is missing.

Here's an excerpt from an article titled: It's Confirmed: Matter Is Merely Vacuum Fluctuations.

“Matter is built on flaky foundations.”¹

Physicists have now confirmed that the apparently substantial stuff (Matter) is actually no more than fluctuations in the quantum vacuum. In quantum terms, the strong force is carried by a field of virtual particles called gluons, randomly popping into existence and disappearing again. *Quark-antiquark pairs can pop up and momentarily transform a proton into a different, more exotic particle.*”
-Stephen Battersby

¹ New Scientist Physics & Math 19:00 20 November 2008 by Stephen Battersby
<http://www.newscientist.com/article/dn16095-its-confirmed-matter-is-merely-vacuum-fluctuations.html> The Study of Quantum Physics

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Exotic... what does that mean?

“Not native to the place where found.” (Merriam-Webster)

So, if a particle can be different and *not native* to the place it's coming into, that can easily mean that if your thoughts have changed, i.e.: you've changed your mind, then the *exotic* particle will react to the new direction of thought. It will respond and adhere to the environment it is coming into.

What has the power to change Matter is a shift in a thought, in a belief or point of view towards something.

Thoughts are an energetic initiation, and with consistent focus will manifest; become solid; they will MATTER.

Our beliefs are fuel for direction. That's 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.

Each manifestation will always remain mostly space and susceptible to change. So maybe you can see why we are able to affect and direct our own reality.

We all have equal opportunity amongst us and at the heart of us, ...anything is possible.



Using your imagination and taking time to play and dream is more

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powerful than most can imagine; literally. We are told not to daydream as children and that we should wakeup, face reality and, most of all, deal with it. This is not how the universe works, and so it feels uncomfortable when we do so. If we get really good at this for long enough and practice ourselves out of our desires, we will get sick and tired easily and dis-ease can take over.

Our existence is not dependent solely on the fact that we are made 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 guidance through our thoughts, our feelings and what we see around us.

We are the children of the Creative Energy; we are the Creation. We are born and live as Creators.

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

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, but consistent.

With our world being made up of more space than actual matter, we continue to have a choice and unlimited chances to change what we see. When the energy that creates matter comes into a new space, it will react to that foundation. So, change your foundation - change your space. Change your thoughts - change your outcome. Know that you can start fresh from where you are and that what appears solid is always subject to change.

Jesus said, "Turn the other cheek", simply to avoid staring at the

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problem. Take the opportunity to look in the direction of the solution.

If you continue to look in the direction of what you don't want and continue to stare at it and talk about it, you will continue to have that in your life.

We are blessed with the choice to look at our lives in another way and to achieve greater things.

Know that you have immense power, that you are not dependent on other's opinions for your choices and make way for the life you want to live.

Follow these simple steps:

When you want something, give it thought... give it focus and feeling... see it as already done... then let it go and know that it's on its way to you; you are creating the world you want with one good-feeling-thought at a time.

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Nothing is solid at first, our thoughts take time to come into our reality. Joyful anticipation and knowing it will show up will bring it in much faster. Seek solutions from people and things that feel good to you and most of all ENJOY the steps along the way.

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People have interesting opinions
that are developed by their vast experiences
and chosen beliefs;
a brilliant world they have designed.
We must understand that *everyone is right*.
It doesn't have to match your *right*.

CHAPTER TWO

MANIFESTATION NEVER STOPS

Please realize, throughout the reading of this book and when using these practices, that we are constantly manifesting; it never stops; it is not an on-and-off system.

Every thought that you think contributes to your manifestations. There is always a momentum going. If you feel stuck, you are simply believing more in being stuck than in being free. If you feel overwhelmed and see no end to it, your thoughts are more aligned with that than thoughts that perpetuate flow and ease. You are never going between manifesting and not manifesting. The manifesting flow never pauses for you. You are simply settling for manifesting in certain ways and thinking that's just how reality is.

When we wish for better outcomes and different things other than what are in front of us, we tend to judge those thoughts with a sense of far-reaching – wishful-thinking, and simply not realistic. We feel pretty convinced that we can't just simply reach out and have what we

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want. We are correct and couldn't be more accurate in this way of thinking, but that is only true because we believe it to be.

Know that we are creating our reality, moment by moment and with our choice of thoughts; what we think must be true. If it wasn't for that darn daydreaming we get caught up in, we wouldn't desire more than what we have. But, because we naturally daydream and want more from life, it causes us pain and discomfort not to go in that direction.

Our beliefs and social support tell us to tuck it away and shut it down, but we can't. As natural born creators we are here to create and expand our world, to imagine and dream of new ways and to always want more.

All day long we are manifesting - bringing our inner world out into our reality, thought by thought, feeling by feeling, and breath by breath. So, if you can dream it, you can have it or be it.



Practice this conscientious way of being in the quiet times and allow yourself to dream. Fill in the details of your desires and wishes on a daily basis and watch what starts to happen in your life, little by little.

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You can use our Morning Journal Notebook and Evening Journal Notebook from the C.U.WELL Book Series on Amazon to help you to achieve this.

As you notice the positive changes, your resistance to allow yourself to dream will lessen and you will start the momentum moving more swiftly in that direction.

With practice, you will not only witness great happenings around you, but will begin to expect them. With enough time and attention to your experiences, you will see that constant manifestation is true. You will be able to know that you are the creator of your reality, good or not good, no questions asked.

Since it only involves finding some quiet time to start and only minutes a day, there's no reason not to give it a try if you truly want to live another way.



Say goodbye to stuck and dumb-luck and say hello to **believe and receive.**

OUR DAILY PLAY

CHAPTER THREE

FROM NEUTRAL TO JOY



A 1% LEAN

1% more of positive thoughts turns you into the direction of better feelings. That means that with just a 1% lean into a positive direction, from a less empowering one, you will start to move away from long-lasting uncomfortable situations.

The thoughts that bring you down, that drain you, and that *do not help anyone* kind of thoughts, are best to be shifted or ignored to allow for a direction of ease and grace to flow in. Finding this ease and grace momentum takes practice and you need to be able to let the unwanted happenings around you go for a bit until you can find some peace.

OUR DAILY PLAY

I found myself recently in such trying situations, a relocation, loss of a loved one, and a very transitional time for me. I chose to go into a Neutral space and didn't realize it for quite a while. I found it interesting that I wasn't feeling negative, but I also couldn't smile easily.



While I was in my car one day, I tried to think of a thought that would make me smile. It became obvious that the thought doesn't have much power without the feeling. I could think of nice things, but I wasn't feeling it, and so, no natural smile was happening. This was a clear space of Neutral for me. I had never paid attention to a state like this before, and so it's the Emotion I would like to address in this book.

Going from Neutral to Inspired Drive.

When you are in Neutral, and are on even a slight incline, you are going to start to move.

What are you *inclined* to do?

FINDING JOY IN EVERYDAY

Are you inclined to move forward into a better feeling space or backwards into a worse feeling one? I found myself mostly on level ground, but when there was any kind of disruption, I would easily drift into triggers from the past; old patterns and sparks that were not comfortable and the exact opposite of what I was wanting to experience and feel. I simply wasn't doing the work in the quiet times, such as in the morning before I got out of bed, or before I went to sleep at night. I was letting the momentum of what was in front of me shift me from Neutral into susceptibility.

Since we are all pretty much raised to please others and behave in certain ways, and especially to accomplish what our family or well-meaning groups are projecting onto us, we haven't learned to take the time to create a world that we want with all the bells and whistles. So, when we learn that we can have a life that is full of love and meaningful things for us, we have to make it a priority not to slip easily back into our upbringing and stories that detain us from getting there. If we do, it's no one's fault but our own.

Even though we want something different when we are faced with challenges, we tend to fall back into what we know. The more you know about self-empowerment, the less opportunities to drifting backwards will be presented.

I thought I was playing it safe by holding a Neutral stance as much as I could; not slipping backwards, but not moving forward towards my dreams either. Sometimes I think that if I get what I truly want, I may lose friends or come off as a selfish person. But I am constantly reminded that I know better than that.

Anytime we are fulfilling our dreams, which means *receiving what*

OUR DAILY PLAY

matches what we are really asking for, it feels good; super good. It only perpetuates a deep sense of Joy that we want to share with others; we want the same for everyone.

Why do we fight freedom so much? True Autonomy is my wish for everyone. Waking up and feeling great to be alive, making decisions based on our desires and watching the world improve for us through our best intentions.

Holding myself in a Neutral space was very unproductive and I knew that if I didn't do something *on Purpose* to find that natural smile again, I could stay there for quite a while... I was ready to start to wake up and smell the roses again.



Neutral should only be temporary. Your goal is to spend more time in Joy. Joy is the path to receiving all of the things that are aligned with that feeling; the things that enliven that feeling within you; your unique expression of Joy.

Receiving Joyful and happy experiences will come and go, they always will no matter what. The more you practice, the more you will perpetuate Joyful experiences into your everyday life.

Neutral can be an important position to take when you are not clear

FINDING JOY IN EVERYDAY

on your direction; when you have hesitations and don't feel ready to go. It's better than moving forward in the wrong direction.

Sometimes we move consistently in a direction that drives us away from our heart's desires, never realizing that we have a choice to go another way. In this case, our daily life becomes more difficult, we have unanswered questions and hold judgements against ourselves.

We may take a vacation to find some relief, but don't realize that we can enjoy the feeling of enough time and freedom where we already are.

The best thing we can do is enjoy this journey as often as possible. Take in the blessings that are around us and make the most of our days through our purposeful thoughts and aspirations; then the vacation is a bonus. 😊

In the following pages, we will touch on many ways of how to move through our emotional sticking points as well as how to bring more Joy into the natural ebb and flow of our Every Day.



OUR DAILY PLAY



CHAPTER FOUR

THE JOURNEY

Through life's Journey, your Body is your Vehicle.

For the most fulfilling journey life has to offer, follow these simple guidelines:

- There are two feelings - Good and Not Good. You always want to focus on the Good.
- 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 through life. Do not cause unnecessary detours with adverse people between you and your dreams
- 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.

OUR DAILY PLAY



- Don't beat yourself up. Today is a new day with new opportunities. All your power and creativity are 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-fuel and re-focus.

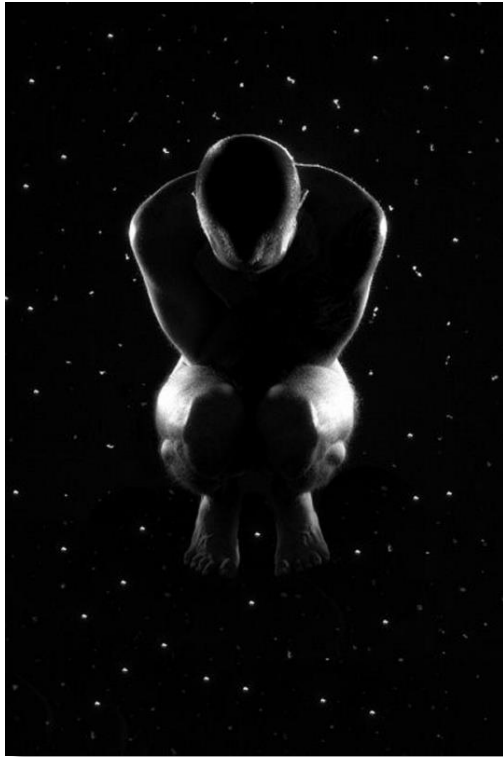


- Don't ever try to convince yourself that something is right for you. Red means stop, (feels bad), Green means go, (feels good), Yellow is caution and means wait, (hesitation). Obstacles in the way are good signs not to move forward, (just yet). Feel for the **GO** (good feeling) before moving forward.
- Trust that others will learn how to maneuver their own vehicles through their own individual experiences.

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- Your Vehicle (Body), 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 it. 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 throughout this Journey



Picture by Brian Cybok

OUR DAILY PLAY

CHAPTER FIVE

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.



Ha, plans don't always go the way we want them to.

Now, we all know that planning is good, especially if you feel good during the planning process, 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

OUR DAILY PLAY

asking of, “what are your plans for today?” Now I am sure that seems perfectly normal, but it got frustrating for me. I finally said to her after some time, “you know, I really don’t like the word *Plan* very much; I can tell you what my plans are, but I can almost guarantee you 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 make it the best day. Even when I have organized plans and a schedule, I prefer to leave it up to pleasant surprises and re-evaluation, yes, even in my business.

Every day and every moment brings us opportunities, and being alert to them keeps life open and interesting. So, when one asks, “What are your plans?”, we usually respond by checking our schedule in our minds or on our planner, or sometimes we simply just 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 of our inner guidance and the divine unfolding of our days.



This is mostly not encouraged through our society.

There are always going to be surprises along the way. Let’s expect

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them and keep a good feeling going through anticipation of the best-of-the-best unfolding in front of us as we go along our way.

With my daily plan of always wanting to find the Joy in what's in front of me, I find that all my experiences are a part of a perfect plan; living in sweet anticipation of what's next and not necessarily predictable, but pleasing.

I choose to be present and enjoy the here and now in each moment, and that includes embracing whatever comes up; planned or otherwise.

It's a practice and it takes a lot of trust, but it's a very rewarding one.

I appreciate that my mother likes to spend time with me and is sincerely interested in my life.



As you make your daily, weekly, monthly and yearly plans, remain open to changes and opportunities that may make for a better plan; a better day; a better way.

OUR DAILY PLAY

CHAPTER SIX

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 is 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 into them, in any way that you can, and you are on the road to recovery.

OUR DAILY PLAY



A New Story

Tell an old story using NEW words. As you tell a different and more up-lifting story about your life, you may laugh, thinking that it makes no sense compared to where you are right now. Remember, the power to change your life starts with your imagination: 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 try on new ways.

Fill 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 express that and check-in to see if that good feeling follows the words. If not, go ahead and take the time to imagine it being so, or simply change the wording to what feels better now, to get back on track.

Copy the next page, or download it from the link below, and fill in the blanks with words that make you feel good or simply express how you want to feel and what you want to happen. Try to bring that NEW feeling into your heart. *Note that you can also record these sentences and listen back to them in your own voice. Listening to your own voice can set these statements more deeply.

FINDING JOY IN EVERYDAY

Fill in The JOY Blanks

This is my life, how I chose 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 _____ is _____.

My career _____.

I have so much freedom because _____.

Life is FUN because _____.

I live _____.

I love that _____ is happening now.

I love that _____ is on its way.

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

Use a notebook to expand on these or another page.

Download the PDF here:

<https://www.clearlyuniquewellness.com/fill-in-the-joy-blanks.html>

OUR DAILY PLAY

CHAPTER SEVEN

DAILY VISUALS

It is recommended that you place your own pictures into this book to assist with your personal inspirations. Use photographs, cut-outs and so on. Make up your own words to match what you have chosen. Your moods and desires will change with your daily play and this book is made to grow with you.



Pictures by Brian Cybok

Spirit

Lift your Spirit each day,
then bask in this feeling.

FINDING JOY IN EVERYDAY

SPIRIT



I am a Sunflower

I am directed to the Light

I sit in the light, I thrive in the Light

I FEEL the Light go through Me

The Light also comes from Within

Bask in this Warmth and Comfort

Radiate this feeling out into the World

Emotions

Return to who you are deep inside,
to your true connection with all that surrounds you,
feel through to the love that is you.

FINDING JOY IN EVERYDAY

EMOTION



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

Mind

The power of your mind, your imagination,
can bring in anything you focus on and give power to.

Money is a big part of our support system
for giving and receiving.

FINDING JOY IN EVERYDAY

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

The vehicle that takes you through your experiences,
your best friend and companion.

Respect the inner guidance on when to move and
when not to move forward;
follow your inspiration.

FINDING JOY IN EVERYDAY

BODY



Inspired Action Brings Out the Best in Me

I Move Through Inspiration

Breathe Deeply

Breath from The Heart

A Satisfying Breath and Then the Next Step

If It Feels Natural and Joyful, It Is Yours

OUR DAILY PLAY

CHAPTER EIGHT

OUR DAILY ACTIVITIES

This chapter is also in my book titled EMOTIONS, but I find that it needs to be shared in this book as well.

I have shortened it to get to the Play part faster. 😊

Our daily activities keep us moving and motivated. They make us feel alive and we feel so much better afterwards.

Play

How can we play and 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 as well as being chased, making up games, falling down and

OUR DAILY PLAY

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 torturous exercise routines.

I see runner's 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?

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 your kids/grandkids, you were one once, try to remember the fun; just modify it for your safety.
- Play sports and/or join a plethora of choices for outdoor Activities.
- Running around for the fun of it; acting crazy (within reason).
- Swimming.
- Gyms are becoming more functional minded and getting

FINDING JOY IN EVERYDAY

away from many of the machines. The workouts can be more challenging and fun.

- Try working out with a partner.
- Avoid intense exercise after 3pm unless it is play, like dancing, swimming and running around with friends and kids. Save the gym for between 6am and 3pm. (Circadian Rhythm).
- 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 and healing potential.
- Yoga is very toning and increases flexibility. It's gentler, in most cases, to the body, but can be as challenging as any other form of exercise. There are many different types.
- Just keep your comfort and body in mind. Always make sure you have good form as to take care of your joints; proper alignment while using weights and doing repetitive exercise is a must.

OUR DAILY PLAY



CHAPTER NINE

OUR DAILY NOURISHMENT

FOOD FOR THOUGHT... Your diet plays a great role in the health of the body and mind. You may not realize that chewing is the first stage of proper digestion and that you lose out on certain enzymes that mix with your food if you do not chew it properly. Larger chunks of food and less digestive enzymes makes it harder to breakdown in the stomach. You also miss out on the additional flavors and some nutrients that get released during this phase.

An equally important developmental stage can be missed when we don't learn to chew our food well; by taking things in too fast. This important first step provides an insight into how we take-in information that is given to us by others.

So, 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 process what makes sense and works for you and let go of the rest? Ever hear someone say: "Let me chew on it

OUR DAILY PLAY

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 waste.

Get to be more sensitive to what is offered you and trust your instincts. Hindsight works well. From past experiences, look back onto when you approached something uncertain and new. 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 food and fast energy lead to fast crashes and burns.

Your approach to food is your approach to life. Pay close attention to the way you eat and see how that aligns with how you process information.

Food, just as life, was always meant to be enjoyed and appreciated. There was hunting and the catch was shared by the whole group. Eating was always meant to be social, originally in groups for survival and celebration. And now-a-days, at times, just for comfort and company.

When you isolate yourself from groups of foods, you isolate yourself from groups of people and 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 and it causes my stomach to bloat. If I can avoid it - I will, if I can't, it won't do much to me on an occasional basis and I will have enjoyed someone else's Joyful preparation and

FINDING JOY IN EVERYDAY

the food they wanted to share.

Of course, allergies are an exception and can be changed with a personalized diet plan. Many times, when I know that I will be in a situation that I will not have access to the foods that work best for me, I will either bring a dish that I can eat or may have eaten beforehand.

When I travel, I always hit the natural food stores or natural food sections in stores and make sure I have what I need instead of eating at fast food chains or restaurants.



There is a statue of a fat Buddha which symbolizes abundance in life. The story goes that he would not turn down any food offerings as he was there to honor the people.



OUR DAILY PLAY

There are ways to eat within respect to your body. *Excess is excess* and the body must process it. It can't always keep up with the amount of build-up from eating the same foods and artificial ingredients consistently. 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 hording 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 and people. It's good to take a look at the list of things that cause you irritation and rashes or other body reactions when ingested and consider how many situations in your life are also irritating or intolerable as well.

When it comes down to it, food is about attitude. Here is how attitude affects the foods you eat: "This is good for me so I will eat it". Saying that with a grimace on your 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 afterwards, 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 changes day by day, throughout the weeks, months, seasons and with colors and flavors.

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; same thing with your food choices.

FINDING JOY IN EVERYDAY

Anything you repeat over time can accumulate and cause discomfort or overuse syndromes. Even a belief system can stop serving you over time as the whole world continues to evolve and change in endless ways.

Learning to listen to your body's needs will show you that you truly need variety in foods and quantities all throughout your days. It's important to develop a relationship with your body through its many signals. Slowing down and paying attention will change your life dramatically for the better in countless ways, ways you can't even foresee at the moment; but in crazy awesome ways.

In building this relationship with yourself, all that you have asked for will start to happen: natural weight loss, better surroundings, better choices, more energy and way more fun! Just start with being present, chewing your food well, listening for signals and truly caring about what your body wants.

As I always say, **“Give it a try”**; for what do you have to lose in doing so? There is much to be gained.



Avoid unnecessary aches and pains and false energy sources, by choosing a clean diet and avoiding sugary foods and preservatives.

Nuts, seeds and grains should be soaked or sprouted before eating to avoid bone loss. This process releases the phytic acid.

OUR DAILY PLAY

Protein, carbs and good fats should be included in every meal and snack to promote internal balance and maintenance.

Good nutrition supports and builds muscles, joints and bones.

For a more information on finding out your custom diet needs and proper Core Training, contact ClearlyUniqueWellness.com.

CHAPTER TEN

CAREER



- Make Peace with where you are. Your Play can turn into income.
- If you don't like what you do for a living, find a way to make yourself feel better about it for now.
- Allow yourself to daydream on what you would prefer and know that where you are is a stepping stone for better opportunities to present themselves.
- Feeling good where you are holds the key to a brighter future.

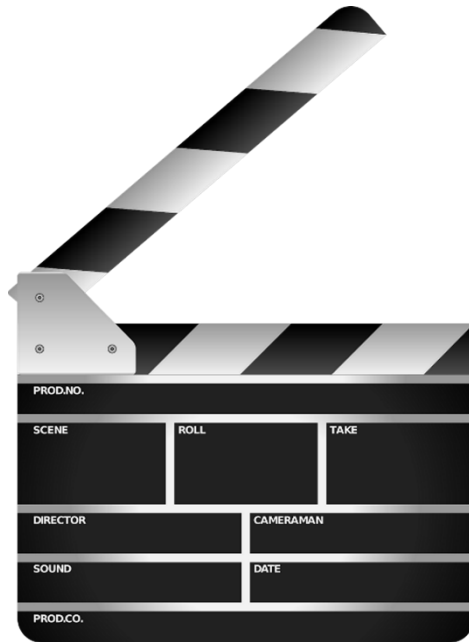
OUR DAILY PLAY

- Tell yourself that society needs all kinds of workers and that 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 your situation and touch lives with your adaptability and good humor.
- It's about the fun along the way. Expect some cool surprises as you feel better about where you are now.



CHAPTER ELEVEN

READY, CAMERA, ACTION



What you see and hear is a reflection of what you are thinking; choose wisely.

OUR DAILY PLAY



Today, approach your life as if it is a movie. You are the star and the scenery and 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 it may have 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 for future decision making and re-directing.

CONCLUSION

You are the director of your life; you can remaster it. Looking at a dreadful reality straight on and going head-to-head with it is an uphill battle; one that we have been fighting for centuries. As children, if we imagined a dragon, we would also imagine a way to slay it. We knew how to create alternative realities; the solution was always where the problem was, and it still is; but now we must remember how to shift into solution mode.

When did we forget how to play, use our imagination and look for the good in all things?

Movement and laughter were a part of our lives in our formative years, and by using our imagination we created unique worlds full of wonder, and our visions were very much alive.

Our well-intentioned family and friends supported the disconnection from our natural autonomy, and perhaps even joined us in our projection of blame onto others, our complaining and our self-limitations that we were putting forth. Hopefully this book has helped you to see another way of being and setting goals, and another way to attract new like-minded friends and support systems in a very positive direction.

This book that you are reading is one of four chapter books in the C.U.WELL series. We have seen through *The Blame Game*, that it is a lose-lose situation where no one wins, and how *The Change Game* can

OUR DAILY PLAY

shift your life to the other side where all the fun is.

We have visited our *Emotions* through the book with the same title, on what they are really telling us and how to truly understand them. We explored new ways to listen and communicate that help to move us forward and closer to more harmony with ourselves and others.

The latest edition, *Joy 20/20*, ties all of the chapter books together, leading us into **True Vision** for today and our future.

We have written in our *Unique Morning and Evening Journal-Notebooks* to lift our optimism and Joyfully daydream as we write our new stories to begin and end our days.

The *Awareness Activity Book* distracted our minds to more positive thoughts, fun and relaxation.

In *Comfy Pants Chants*, we explore daily affirmations and meditation practices as we take a deeper look at words and the effect they have on us individually.

And in this book, we saw how to use our imagination extensively in our daily lives; how to nourish our bodies to support better health and vitality; and how to use movement to create a world that brings us more Joy. Please read it again and again to get even more out of it.

I hope you will enjoy all of these books as it has been my absolute Joy and pleasure in bringing this timeless and ancient information out into the world in yet another way.

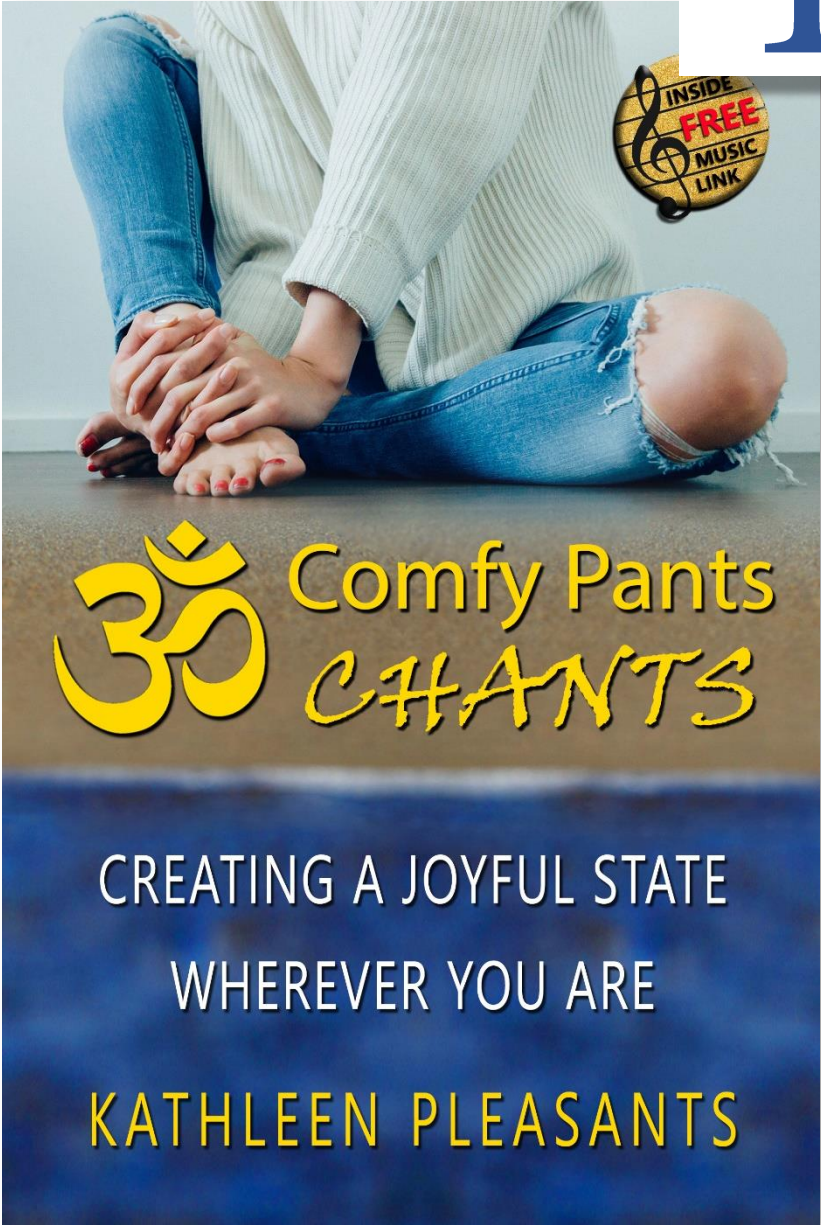
FINDING JOY IN EVERYDAY

May all of your days have laughter and fond memories no matter what is in front of you. May you flourish and continue to make the most of every opportunistic moment that enters into your life. And may Joy be the feeling that greets you around every corner



OUR DAILY PLAY

book 4



COMFY PANTS CHANTS



“Rolling with the flow on In-Line States”

Comfy Pants Chants is a guide book focused on entraining yourself to find peace and serenity in almost any environment.

The practices in this book are meant to be done in the comfort of your own home, in your PJs or any comfy pants, and eventually to support you in your daily life wherever you are.

Take some time for yourself and explore the calmer and quieter side within where your inner guidance system wants to connect with you every day.

Feel lighter and brighter in a Joyful state of mind.

INTRODUCTION

This book offers an opportunity to do some light Chanting to help relieve stress and create a better mental, physical and emotional state wherever you are.

You can sit anywhere, in a chair, on a mat or on a cushy floor, in any posture. Just wear your pajamas or comfy pants of any kind and make this your time.

You can do this for as long as you are comfortable and without falling asleep.

There are also some exercises in the beginning section to help shift your perspective within your normal thought processes and present space.

CHANT:

A Chant is a word or a sentence repeated over and over again, out loud, silently or as a song; in its simplistic definition. Repeating words helps to keep your mind clear from other thoughts.

Also, using simple Affirmations and Mantras that you repeat out loud or silently will help get you through many challenging moments, and in the early morning hours, helps to set up smooth flowing days.

COMFY PANTS CHANTS

Choose and repeat the words on the *Affirmation and Mantras* pages that sound and feel right to you. Repeat any or all of them until you feel in harmony with them.

Repeating and feeling the words fully can ease the mind and make space for new ideas to flow and for better feelings to arise.

Open to any page to feel inspired.

Make up your own personal affirmations that make you feel good. Add pictures to this book that make you feel happy. Only keep them by you as long as they do so.

If you can't stop your mind completely from roaming thoughts, direct them back to the sentence, word or a consistent sound in your environment, (like a fan, nature or outside traffic). You can also shift to visualizations of seeing things going the way you want them to without skimping on any good feelings that belong to your awesome visions. (In the positive.)

Assist in the creation of your day and learn to recognize the power you have to create your best life ever.

It doesn't matter how you get there, as long as you can distract yourself from the hustle and bustle of the world for a while.

As you grow and expand into bigger ideas for your life, so does your world grow and expand to make room.

If you can imagine it, you can have it.



EXERCISE ONE

A BEAUTIFUL VIEW

Take that much needed vacation here and now.

1. Sit down and take a look around where you are. Notice everything within your view along with the feelings and thoughts attached to what's around you.
2. Then close your eyes and imagine being in a place that makes you feel very good. Look around and notice the feelings you have while taking it all in. Stay there for a minute or so and absorb the beauty of this oasis.
3. Open your eyes and take in your surroundings again. Feel for how it feels to be here now.

Repeat the steps above two more times, using the same or different places that make you feel good, and absorb the positive feelings of being there.

Every time you return, open your eyes while maintaining these

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pleasant feelings within you. Take a look around again. See if you notice some new perspectives, feelings and insights into your place.

Not only do you get to escape for a bit, but you get to bring in some of that new and refreshing energy into your present space.

Things can look and feel differently through this exercise that you can do anywhere and at any time.



EXERCISE TWO

WORDS

Think about Tuesday; any Tuesday.

Maybe Tuesday would be a catch-up day after a long weekend, a cleaning day, or just simply predictable and uneventful.

Now think about Tuesday as Valentine's Day or your Birthday. ...Feels different doesn't it?

Let's play a word game.

Think about each of the words on the next page, one at a time, and write down on a separate piece of paper what each one means to you. One or more may have memories of negative emotions attached. Others may have positive and happy memories and others may mean nothing to you at all except for what we all know them to be. You can just write down one or more emotions they represent to you.

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Table

Couch

Table cloth

Pencil

Hat

Marriage

Divorce

Husband

Wife

Garden

Blanket

Bike

Challenge

CREATING A JOYFUL STATE WHEREVER YOU ARE

We are born without a language; without words to articulate. We only arrive with our thoughts and feelings intact and we learn how to communicate with our world very quickly.

As we learn our words, we start to put more meaning onto them other than what they mean alone.

Some think of the word Marriage and smile, their heart lights up. Some hear the same word and cringe!

We put precise focus onto words that trigger us when we see or hear them.

Pay attention to how words affect you. It is our aim to bring you into a more peaceful state with our words.

When you have practiced getting into harmonious spaces more regularly, it would be a good practice to take some of your trigger words and put another meaning onto them.

Even though we share this language with many people, the words will have different meanings and feelings behind them to us all.

In a casual conversation, you may be triggering someone's past thoughts with your words and they may be feeling happy, sad or angry inside. This may happen to you too while you listen to someone speak.

Sometime down the road, take a word that affects you negatively and write another story around it, just the word. Taking the trigger off of words that always get you going in a bad direction are worth

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removing the adversity from. This is not a practice of ignoring your past experiences, you are simply taking this tainted word and befriending it, again, as a word alone.

Make up a happy/fun story and if you do it well with good feelings attached, those good feelings will always come up *first* from that moment forward every time you hear that word.

When we clean up our behind-the-scenes triggers, we are more settled and can engage in more ways with more people in more situations than we may have tended to before.

Take the power off of words and put it back into your fun engine; that's where the power belongs.



3 EXERCISE THREE

THOUGHTS TO PONDER

Admire and appreciate those that do things you would like to do and have the things that you would like to have. Through these feelings, you can attract in what is right for you with divine timing.



The right place to start is where you are and at any time.

Thoughts to ponder:

- If you're off in some other land concerned with other's problems and no one is home at your house, (your body/mind), how do you get back home?
- “If you are depressed, you are living in the past. If you are anxious, you are living in the future. If you are at peace, you are living in the present.” ~Lao-Tze.

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- If you are feeling good, can you be missing anything? For example: If you were home alone, feeling good, and then you wish a certain person was with you, then you are not feeling good anymore. Get back to feeling good and it will all work out.
- Since we all share *One Great Mind*, we all have access to infinite information when needed; don't count on your brain alone; keep an open mind.
- "This is not mine." If something is bothering you, consider the fact that it may be because someone said something or did something that developed an opinion in you that is no longer serving you.
- Wellness - It has been said that the human body is meant to go for over 300 years without a glitch, yet we are able to totally destroy it in less than a third of that time.
- Good posture is possible, like a string at the top of my head pulling me up gently towards the sky.
- If you are going to anticipate something, anticipate the best.

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

EXERCISE FOUR

GET OUT!

Relax and think about what you're grateful for.
Any opposing thought - kick it out with something
funny or silly and then be grateful that you kicked it out.



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Your Free Uplifting Music Download Link:

<https://www.clearlyuniquewellness.com/comfy-pants-chants-music.html>



CREATING A JOYFUL STATE WHEREVER YOU ARE



The Universal Sound/Chant– OM



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- I open a space for natural playfulness
- Time is on my side; it expands for me
- My world is unlimited, I am open to receive
- Whatever I want I can have; I Focus on it and I Feel it
- My feelings can be trusted; I use them to guide me
- I asked to be here; life is a gift
- I surround myself with positive people
- I blossom where I am

CREATING A JOYFUL STATE WHEREVER YOU ARE

- I make good choices for myself by what feels right and uplifting
- I own all the good that happens; I attract in the best for me
- There is always time for my dreams to come true
- Life gets richer and richer for me in all ways, Always
- I am safe, supported and guided by my inner wisdom
- I can only succeed
- I am free to choose my own path

COMFY PANTS CHANTS

- Miracles happen daily
- My body knows how to heal
- I feel good now and can always feel good
- I create fantastic visions in my imagination; and they show up in my life
- I feel a smile inside
- With a PAUSE and a BREATH, I shift to solution oriented
- Rest and refreshment take me home

CREATING A JOYFUL STATE WHEREVER YOU ARE

- Inspired action rejuvenates me
- The love we create is forever
- I always do my best, until I know better, and then I do my best
- Wherever I feel love I am home; this feeling is mine no matter where I am or who is with me
- Love is the only emotion that matches all of my potential
- I choose how I feel moment by moment; all my Joy is here and now ♥

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- Life is a beautiful place with beautiful views
- I thrive
- All my potential is here and now
- Virtual high five to the universe
- The best foods are served here, the best tastes, the best feelings
- Life is satisfying
- Feel the Resonance of JOY

You are a Receiver

The Universe has always listened to you and has put all that you have asked for aside; in detail. You don't have to make any more lists of what you want, just let go and become the receiver.

Clear your mind, clear your path, go into acceptance of where you are and appreciate what is around you... most of all, expect that when you are in the receiving mode, you will receive all that you have requested in bits and pieces -which will come in faster and more often as you become more of a receiver than a blocker.

You have done the part of requesting more in your life and you will always have opportunities to ask for more and more. It's time to receive and build upon your dreams every day.

It's a never-ending process of asking and receiving. Make sure you are doing both.

You will know that you have opened up to receiving when your desires start magically arriving and you feel more Joy more often.



Trust, Believe and you will Receive

COMFY PANTS CHANTS

book 5

Joy 20/20

**J
OY
KIND
LAUGH
ADORE**

**F R I E N D
R E C E I V E**

A Self-Ownership Guide

Kathleen Pleasants

Joy 20/20

A Self-Ownership Guide

In this Self-Ownership Guide, you will explore ways to take full control over your life. You get to envision a life for yourself that others will admire and turn that into your own reality. You get to test out **True Vision** into yourself and out into the world by building a strong relationship with your inner guidance system.

You can benefit from having this awareness in a very short period of time. Learn how to bring more JOY into your life the 20/20 way.

INTRODUCTION

JOY 20/20 – TRUE VISION

It's a lovely place where we live, in which you have the choice to seek **True Vision** into yourself and out into the world. You have come into this life with an inner guidance system and it remains with you for all of your days here. It's only when you have wandered away from your internal guidance that you falter or feel *less than* in some way.

No one is dumped into this world alone, nor to be disconnected from the true essence of life itself. The Divine creator is always with you and ready to help you to align with JOY, your core essence, at any moment you choose. You have felt this feeling many times in your life, but may have associated it with a fleeting experience, luck, or other temporary and unpredictable moments.

In this guidebook, the goal is to help you to understand and align with the fact that these moments are in your control and you are designed to have JOY filled moments at any time you choose. You will learn that it is not a random thing.

You have the gift of Will. You have been given choice and you have asked for a world of diversity with constant change and plenty of room for growth. You get to live in denial or acceptance of your greatest self; your full potential.

You are asked to give 100% ownership to what and whom you have around you as we go through this book; you are asked to at least

consider that you are capable of doing so, at some point, not too far from now.

You are asked to get ready to live to your fullest potential and to get the most out of this life. You are able to do so by using your inner guidance system which communicates with you in subtle ways like intuition, inspiration and a sense of knowing and surety. It can see way more than you can from your stand point and will always be able to do so for you.

Ultimately you are asked to commit to yourself by hooking up to your inner guidance as your highest priority relationship. This will attract others to you that want the same for themselves. You will be building your dream world, and it will become your reality.

You are asked to take 100% responsibility for all that is around you and everything that you have right now. One day, as you gain deeper insight (True Vision) more regularly, you will be proud of your life, your accomplishments and what surrounds you, no matter what.

If you are anything less than 100% satisfied with your life and what you feel is coming your way, you simply have to acknowledge that you can get yourself there and start moving in that direction. The amount of time it will take you to get there is decided by you alone, by how you feel. Trust that your better life is waiting for you to let it in, just as soon as you are ready to own it; and know that it will be delivered quite nicely for you to receive with ease.

No one can make you do this, and it's impossible for someone to do it for you.

Whenever you can, take a few moments at a time to open up to a

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direct connection to your inner guidance system, that has much to show you, and move forward from there.

This guide book is meant to help you find a way to do so.

JOY 20/20

~ I CHOOSE JOY ~

CHAPTER ONE

The Thin Veil Between Your Now Reality and Your Potential Reality

It's a fine-line we walk every day in that we have an opportunity to see and feel things differently, if we choose to do so, with a single shift in perspective.

Imagine standing in your **now reality**, looking around and wanting things to be different. Then allow for the possibility of a veil, a sheer - very thin veil that you can see through, to appear next to you. You can use your peripheral vision or close your eyes, (you don't even have to move your body in any way to see this), and you can look right through the veil to what you would prefer to have; the new home, the money, the better relationship - you can see it appearing through the veil as you are asking for it; it's all right there next to you. If you can imagine it, it will appear over there. It's like magic and you are creating it instantly with each thought. There is no limit to what you can create in this alternative space.

If you are wishing for more than what is in front of you, wanting a

different reality than what you can actually touch, then look through the veil to the reality you are asking for.

How do you get from your now reality to the reality you prefer? Well, you simply must believe that you are the creator of your own reality and allow the veil to start to lift between where you are now and where you want to be. Welcome those visions into your physical space. Give them the power to enter into your now reality, the one you can touch in this moment, by believing that they are yours and can come in at exactly the right time and in precisely the right way.

There is some preparation work to do; some magnetism to have in place.

Let yourself peek through the veil. Take a look behind the scenes of what you have been creating all of your life. Somethings have slipped through very easily and you received them with Joy, like the present you asked for and so on. You accepted these realities because they came in a way that was acceptable to you, i.e.: a birthday gift given through a friend that had the means to get it for you. Giving yourself permission to receive what you want, naturally and timely whether it's a special day or not, is what the PRESENT is all about.

It's easy to forget that you were created from the source that creates all things and that being a child of this source gives you the same power to create whatever life you want with all the blessings of your creator; not only the blessing to do so, but the ability to create what you want entirely through your thoughts and feelings.

You have enough power in your pointer finger to direct your life like you are conducting a masterpiece of envisioning and delivery;

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orchestrating a beautiful life full of richness and harmony. The type of life to be admired; the type of life you have been dreaming of; the life you have put behind the veil.

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CHAPTER TWO

Setting A Good Feeling Goal

In most cases when you set a goal, you get a good feeling and a sense of satisfaction at the completion of it. The goal is usually made so that you can have more peace, contentment and Joy in your life; whether that is through a career, relationship or any other aspect. If that's the goal, why not try to allow that feeling to happen, for no reason; just because you want to feel good.

Imagine having the feeling of happiness and satisfaction with that being your only goal.

Think about things you have accomplished in the past that made you feel elated and wanting to celebrate. Think about things that make you smile just by thinking about them. Imagine what you want coming to you and the feeling you would get in the receiving of it.

Do this more often and let these feelings well up in you. It's a good feeling that makes you feel light, happy and energized. Use this as fuel and fill up. This is how you allow more Joyful things to come your way.

This is how you create a magnet for more and more of that uplifted feeling. It is how to perpetuate material desires and special moments coming in on a consistent basis.

The whole Like-attracts-Like thing applies here. That's your goal, to create more of this feeling even before the actual things come your way. An ability to receive more of what you love by allowing the feelings to already be here, just because you want to feel good!

Open the veil enough to see, take a look inside, feel really good about what you have placed in there and be ready to receive. Never mind about the details of how these things are going to happen, just enjoy watching how it shows up as you go along a Joyful path.

Make it your goal to be happy for no reason and to remind yourself to do so daily and in any moment you can for days to weeks, and months to years. Any time you contradict this, get back to the better feeling in any way possible.

Become the master shifter over all of the things and situations in your life that you don't want any more by bringing in that awesome *feeling* of receiving what you really do want.

Know that it's the better feelings that allow the desired manifestations in. Prove to yourself, once and for all, that you are 100% the creator of your life and it's the better feelings that are the magic wand to your success and freedom.

No matter where you are or what you are doing, you have the choice to feel however you want to feel. It is your gift; it is your birthright. Make it your daily goal to achieve the most enjoyable feelings, just because it feels good to do so.

CHAPTER THREE

Love

How it works and how to own it.

If you want to draw in and maintain that ideal relationship, you must first be a person you idealize. You must be your biggest fan. Whether in a relationship or not, you will always need to be there for you, every minute of every day. No one could ever do that for you no matter how much they would want to, and I promise you, you would not want to rely on that.

It is said that absence makes the heart grow fonder, and that's true when you really like someone, but it's also needed regularly to maintain a healthy relationship. You see, when you are apart from someone, you are fond of, you can ponder the good in them and the wonderful experiences you have had together. You can nurture and enhance those aspects, so that when you are together again, you are holding those endearments close to your heart.

We all have our good moments and bad moments as well as the option to not care so deeply about others and their needs when we are

more focused on maintaining our own health and wellness.

To maintain any healthy relationship, you must take care of yourself first. Many times, it's alone time or self-focus, meditation and what not. You want to establish a clear relationship with your inner guidance.

As much as we may want to believe “you complete me” while with another, you must realize that you have to love and cherish yourself first. It is important to have already established a solid relationship with **you** as your best friend.

Do not put aside your Inner Being and guidance for anyone else. When you enter into a relationship with this sense of wholeness, it makes the time you have with one another richer and full of love; an unconditional meeting of your Inner Beings.

You will always need to make sure that you take good care of yourself daily so that you can be present for those you choose to be with. You need to own and nurture the unconditional love you hold for yourself and others in this way. You are better people whether alone or as a couple with this intention at the forefront.

There is much JOY to be gained by allowing the love to flow between yourself and another. It is one of the greatest gifts you could ever receive, a real fulfilling companionship.

Two people in alignment with their own inner guidance as they move along together cannot be trumped by any other loving opportunity. It brings out the best in each other through a natural flow and not out of obligation to each other. You can remain free in a relationship and create a stronger bond with someone, (than most could ever reach in a

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lifetime), by doing so.

To attract this kind of relationship, you need to be connected to your inner guidance and open to receive the best quality of anything that comes your way. You need to already be that quality.

Of course, finding a really good mate can happen in a less established relationship with yourself, but it may take much longer to make it balanced, and you may face more challenges as you go along. It's also possible that you may miss the opportunity to get to know yourself as well as you could by being on your own for a while; by having the significant YOU time needed to develop your own self-relationship. Your partner may also not be willing to grow into a self-ownership awareness and the relationship may break apart or be less fulfilling.

If you are already in an established relationship, make sure to take time for yourself and create some much-needed quiet time to develop a better relationship with your own inner guidance. Do not ever hold your partner responsible for how you feel, in any way, and always focus on their best qualities while you are apart.

You may have heard that you can only receive as much love as you can give. It's important to love yourself as unconditionally as possible to be able to forgive yourself when you make a mistake and to love others no matter how they behave. A good statement to say silently or out loud to your partner is, "I will not hold you responsible for how I feel."

You get to choose your company and cherish those who are in harmony with you. With this self-ownership, the less enjoyable relationships will not show up as often.

If you want to build a beautiful relationship with someone, do the work to be as healthy as you can be by learning who you are and taking care to pay attention to your inner guidance system which keeps you on track with your desired outcomes. 100% self-ownership works here and everywhere in your life. There are no exceptions.

CHAPTER FOUR

Wellness

Owning Your Wellness.

Understand that if you *catch something* from someone else, it is yours and yours alone; it's always a choice. Once you stop creating by default, you will realize how and why you created that *something* and be able to use it to shift into a more healing state. It's okay to get sick and to create whatever you want in the way of not feeling well, just don't think about blaming someone else for your manifestations.

The body speaks to you regularly. It lets you know if it is doing well or needs some attention and focus. It will guide you, step by step, into how to get back to wellness. You are not alone on this path. If you pay attention you will be guided in many ways.

So, as time may have it, you get a cold or something worse. Sometimes it's a simple solution as you are not far from receiving wellness again. It may be just some herbs and rest needed or changing your diet up a bit and all will be well. Sometimes it's farther along, you have missed

the early warning signs, and you will need to feel for and meditate on this important guidance for the right path. It is truly the time to reconnect within as the body will usually cause you to stop what you are doing to redirect your focus back onto wellness. At this point you might have the need for a doctor, strong medication or even surgery. Either way, you will need to get quiet and listen for the next step and so on to get back to your true wellness.

Feeling well is your natural state when you are connected to your source, so, when you are not there, you have strayed a bit too far. No worries, you can always get back there.

Getting back to wellness can take some time, but as you allow yourself to open up more to it, you will be guided all the way back.

In the future, you will learn how to see and feel for the early warning signs of when you are going off course before you go off the road completely.

Learning your inner guidance system is your key to natural wellbeing on all levels. Set some quiet time aside to get you there and keep your channels open to good feeling promptings all day long.

When someone sneezes, there will come a time that it won't bother you and you will remain well.

What does true wellness feel like?

True wellness feels like:

- Deep restful sleep
- Feeling energized in the morning
- Good flowing energy all day long

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- The body feels good and moves well
- Good digestion
- Clear thinking
- A happy home
- Good discernment
- A Peaceful heart
- Consistent Appreciation
- Good Friendships
- Feeling JOY daily

Some other things to know about true wellness and connection to your guidance on all levels are these perks:

- Accidents are avoided
- Illness is diverted
- Quick response time is readily available
- Bad relationships are a thing of the past
- You have clear guidance at every moment

You will naturally take pride in recognizing that you have created all that is around you, the good and the not so good, and in knowing that you always have the power to create more Joy and Harmony by just choosing to do so; by staying connected to your inner guidance system.

Avoid the Universal 2x4

By focusing on feeling well and listening to your consistent inner guidance, you can avoid the big falls, mental and physical injuries and illnesses in an extreme sense.

The Universal 2x4 will hit you when you must repair the separation from the communication that is presented to you every day in every moment that keeps you well. It is a forceful way to get you back on track, but not because anything outside of yourself wants to cause you harm or scare you, but because YOU, yourself wants YOU to get back to whom you really are and you have either forgotten how, or thought you could beat the warning signs. You have strayed too far and now need a quicker way back.

Some never come all the way back and can remain ill the rest of their days. Again, we all have free will.

Don't ever assume that others are well because they are lucky or have better genetics. Recognize that they have not strayed as far from their inner guidance system and are able to stay more alert to it because they have chosen to do so and know that it works for them. They simply may have never strayed that far from their resource of knowing how to stay well.

Separation can also be seen in things such as: unwanted weight gain, allergies and small injuries as well as absentmindedness, confusion and indecisiveness.

Your inner guidance continues to hold the space of your best self for you without even the tiniest waver. That's where you feel your best, when you choose to align with that. As I have mentioned before, it always feels uncomfortable when you stray away from what you are really wanting to have and to be.

Avoid the UNIVERSAL 2x4.

Always focus on whatever helps you:
to feel better, to get better and to be better.

JOY 20/20

CHAPTER 5

How to Get Quiet

Without quiet time, you may have a hard time paying attention to your inner guidance system and learning how it likes to communicate with you.

Perhaps you have an easy time getting quiet and listening to your gut regularly. Keep up the good work. It's your vehicle to receiving what you are wanting and where to go next.

If you need advice and practice on how to quiet your mind, here is a way that I like to use:

Listen to a consistent sound that's around you, traffic, birds, white noise, whatever you have around you that you can focus on every time your mind wanders off. Allow yourself to get back to this sound over and over again without getting frustrated. In time, you will get better at listening and eventually connecting in with your inner guide.

I find it easier if I am sitting up, but you need to find a way that works best for you. Sometimes focusing on a word or a sentence and

repeating that over and over again will help to clear the mind. You can also use your breathing as a steady point of focus at any time.

When you reconnect with your inner guide, you will have a good feeling inside and your body might want to move in some way.

Eventually you will have control over how to communicate with your inner guidance. Just make some quiet time daily, especially in the morning, and you will have MUCH better days! *In this way you will learn how to let in what you want and receive more easily what you have put behind the veil.*

The more often you take the opportunity to get quiet, even for a few minutes at a time, the quality of your life will change and it will be very noticeable. It will add up and equal to many inner communications, good feelings and desired outcomes.

Even though you can start off with just a few minutes at a time, and it will be beneficial, you should eventually make it a goal to sit for 15 to 20 minutes each day. It could take you that long just to start to connect in. (As suggested by Abraham-Hicks)

Over time you will find aspects of you that you have forgotten about or never realized you had. You will be more alert and will accomplish more on PURPOSE. You will become the creator of your world in a very aware way.

Perhaps you feel that you have always been creating what you want. That's true if you take credit for 100% of everything that surrounds you day in and day out. It's so great to be aware at that level... Wahoo!

Most of us create here and there consciously, but feel like we get the not so good things in a way that is out of our control. We go into

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default and just don't want to be held responsible for everything. But everything that you let get off your radar with what you are actually manifesting, since it is a constant, you are missing those opportunities to turn those defaults into definite contributions to a more fulfilling life.

You don't have to master this all at once, but you have to know that you are fully responsible for your life, every aspect of it, and can reap the rewards in understanding that with your whole heart. There is nothing more rewarding than understanding this and taking full credit for creating the most wonderful life that you have ever imagined it could be.

This is where and how you create wealth and wellness. It's in the quiet times. It's the pre-set and reset you do on a daily basis as you listen and feel for signals at any moment all day long that will keep you on track.

This is how you build a relationship with YOU. This is how you get to know yourself better and this is how you become the fullest potential of what you were born to be.

Get Quiet and Listen.

There is tremendous value in the quiet space.

Your Quiet Side has guidance.

No one can appreciate this type of
one-on-one communication more than you.

CHAPTER SIX

Our Reconnection to JOY and Clarity

When we are born, do we come in with a manual? Do our parents or guardians have a manual for us? Do we come in ill-equipped without guidance and direction? Are we left to flounder helplessly under others rule and just hope for good luck and external blessings to get us through this life? It can certainly feel that way. You come in fully equipped with all that you need. We have all asked to be here and are always connected to our inner guidance along our way. It feels painful when we create a sense of separation through our lack of focused awareness and connection to it.

There is a part of us that is bigger than what we can see or touch, and it unfolds a beautiful path before us created by our own personal desires. You can be lost to it easily by believing in anyone or anything else other than your amazing self and inner knowing. Your answers and true guidance can be found from within. When in close proximity, usually in sleep, quiet times or when feeling really good, you can easily connect to it.

Our guidance is also gut based, so if something feels right, you are on the correct path. If something doesn't feel right, please check in with yourself and wait for the opportunity; for the moment that something comes along that does feel right to you.

If you act on things that are questionable, you waste valuable energy and time. Again, that's okay, it only delays your own happiness, no one else's. It's worth taking some time to clean up that un-serving habit.

When your wishes are fulfilled at times, but not at other times, you tend to lean towards believing you don't have control over your environment/life. We are born manifesters, but this can be unrecognized by most of us and so we put our lives into the hands of a *higher power* that controls and judges us, and we leave it up to our destiny of how things are to turn out. The actual truth is that we are born with the gift of choice.

With an understanding that we can consciously create every minute of our lives, we have the opportunity of opening up to our inner guidance system which will show us how to be that kind of Being; *one that is in control and not one that is being controlled.*

Unlike what many religions teach us, we are born as little bundles of JOY and we remain pure JOY at our core essence; always connected to our JOY-filled Inner Beings. We please our creator daily – our higher selves – by using our free will and freedom to choose at every instance. If you don't like the outcome, you'd rather not own that creation, but the rewards are in doing just that; owning that you have created what is in front of you and all that is happening around you.

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This reconnects you back to the awareness of your natural self-empowerment and the choice to see things as going differently for you.

When we change our feelings and expectations and start to see good things come to us through an open receiving state, it gets better and better; way better than we usually expect. That's because when we put out our thoughts and desires, we are forgetting much of what we are asking for along the way. Our Inner Being never forgets a detail, a wish or a yearning. By our opening up to receiving what we have asked for, all that was put behind the thin veil of our alternative reality, will start to come through along with many forgotten things; tons of meaningful details that were added to the mix.

You are never asked to believe that you are fully in control; but if you give some of this a try by starting out with a small request and then bringing in the feeling of receiving it, you will learn in no time that this is how it works. You can prove it to yourself over and over again, as you open up to receiving in this way.

The lovely part about all of this is that you can choose to live in a world that is full of pain, challenges and disappointments and there will be no consequences except your own needless suffering. You will never harm or disarrange your Inner Being and core essence; the bigger part of you. It will always hold a space of love and appreciation for all that you do no matter what; and you can reconnect back to it at any time.

In essence, Heaven and Hell do exist right here on Earth. You can experience either; and the choice is always yours. You can focus on harshness, disfunction and exertion if you come across it, or shift to a solution-oriented option seeking and feeling for a positive outcome

by using your free will and choice to do so.

The way to get on track and to align with your most powerful Inner Being is to let your mind go quiet whenever you can, and listen as well as feel, for that more peaceful space. The space where you and your Inner Being are one. The space that holds the answers to any question you may have.

Create a space daily, and with time, you will build an outstanding relationship with your best friend! The one who is always with you, the one that knows every desire you've ever had. The one that is ready to play at the drop of a hat and never at a loss with imaginative and creative forces – just there for you solely, 24/7 by your side... seeing, hearing, witnessing and celebrating with you -for just being you!

It's more fun to know that you are not alone. That you are not being judged for everything that you think and not being pressured into making choices. Your Inner Being is patient; all loving and ready to support you like no other could possibly ever be able to do for you.

The JOY and Clarity that is achieved in this way, wants to be a part of your everyday life.

You will experience many ups and downs as this life unfolds over the hills and through the valleys of discovery. When the road gets rough it's a check point to see where you are and an opportunity to choose another way.

Remember that you have many habits and conditions set in place that have been preventing much of your receiving up until now. They

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don't just go away; they need to be cleaned up and let go. They are no longer serving you and when they arise, seemingly out of nowhere, thank them just as much as you would be thankful for the good things flowing in. They all work together to help you continue to grow and ask for more.

If you can take 100% responsibility for all the good and all of the other stuff, ALL OF IT, which is in front of you, then you are ready to take the reins of your life and strive for the true freedom and wonderment this world has to offer you. The unlimited manifestations of what you have asked for and wanted over your entire life so far, will be arriving in amounts that you can handle and manage for the rest of your days.

JOY 20/20

7 CHAPTER SEVEN

How's My Driving?

Here's a really good place to take full responsibility for what you create – through DRIVING!

Wow; lots of blaming and aggression on the roads. We witness it every day, or do we?

It all depends on what you are focusing on.

Are you having a good day? Are you in a hurry and haven't pre-set your day this morning, the night or days before?

Things don't happen randomly to us; we are in control even on the road. But if you do not pre-set your mind and feelings before the drive, it can be a challenge depending on where your mental state is and what you are expecting.

Be careful what thoughts you have about other drivers; that's risky! If your focus is on bad irresponsible drivers, you will have them around you as you drive, but - cool thing - if you focus on good drivers, you will have them around instead. That feels really good on the road and

it is your choice in which kind of drivers you will be surrounded by.

Focus on the good drivers and you may find yourself leaving at a slightly different time or taking a different route, and you will have a much better experience on your trip.

Many years ago, I put up a small crystal dog that my son had bought me on my rearview mirror. I put out the intention that it would be my protector as I drive. It would keep me safe and keep any accidents at least 5 miles away from me in any direction. I also stated that any accidents would be cleared before I got there. This was way before I drove cross country three times with my two (non-driving) daughters without any incidents.

I don't have the crystal dog hanging in my car anymore (it is resting comfortably at home), but I always have those same intentions and I believe I will be driving with the best drivers whenever I get into my car and am on the road.

One of my favorite things to do is drive somewhere, near or far. I love to be able to go places at my will and to be surrounded by the best drivers when I do so.

To help make this a habit, you can write in a little notebook that you keep in your car, three to four positive sentences about the drive you are about to have. Just jot down quickly three or so sentences about how good your drive is going to be.

(The DAILY PLAY-by-PLAY Notebook can be found on Amazon)

If you are experiencing crappy drivers and awful traffic situations, please give this time to shift for you as you already have an adverse momentum set in place at this point. As long as you stick with this

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new habit of thinking, you will see changes. It's not unusual to see a difference within the first few days. It will happen faster if you can bring in the good feeling of better traffic experiences before you even hit the road.

I like how it feels to be out there on the highways and small roads with the best drivers. I rarely experience the other types. They usually stay out of my way and I don't even notice them.

It's amazing how many good and conscientious drivers are out there and, if you are not already a relaxed and aware driver, you will become one too.

JOY 20/20

CHAPTER EIGHT

The Power of Intention

Nothing is more powerful than Intention. In its simplest form, it's where we put our attention daily. As long as we have desires and goals, we are using it.

Let's take it to another level. Do you remember a time where you intended something to happen, even if everyone else might have thought it couldn't be done? You just said, "I'm going to make this happen, I know it can happen even if others don't believe so", and it did... moving aside the probable, to achieve the improbable.

I remember having a client come to me with a neck complaint. She was a very large woman and the diameter of her neck made it impossible to reach into the muscles and get close to the vertebrae. I thought to myself, how am I going to work on this neck and get her any relief? I started to massage her and I was feeling disappointed that I couldn't reach into the area of need. Then I remembered that I knew how to focus my intention and that I could use it to get there.

I intended to reach down into the muscles (energetically) and near to the vertebrae. I could actually feel those areas through my fingertips, and it felt like I was getting down into where she really needed the most attention. It felt really good working on her that deeply and when I was finished, she felt much better and said that it was one of the best massages she had experienced in a long time.

By intending your desired outcome of getting more out of this life, and lifting any self-placed limitations, you will truly set yourself free.

Intention works in so many ways, and I believe we have been using its power over and over again to trump the mundane in our lives; perhaps not even realizing that we were doing so. Part of our conscious creating involves using our intention regularly.

It's even more powerful when you take the position of *knowing* that you can create whatever you want, whenever you want to. Holding that intention through your Knowing, Joyfulness, and Clarity is about as freeing and as powerful as it gets.

Try it out on small, non-probable intentions first and work your way up as you gain confidence in your natural ability with this gift.

Remember that nothing in life works fully without the connection to your inner guidance system. With the constant feedback from it that you are on the right track, through your good feelings and naturally occurring inspirations, you will get to watch your life unfold beautifully as you go through it; *fully guided*, step by step.

Intend it to be so! Know that it will guide you correctly and that it is 100% at your fingertips to direct it as you wish.

CONCLUSION

Using our new vision – 20/20

Choose to see any drastic and daunting reality as a beneficial and inevitable thing; creating wishes for the betterment of the world every time.

Please note that none of this is long-lasting in the sense that it cannot be changed, altered, or managed in some way. By focusing on solutions that bring better feelings we can witness more improvement and incredible solutions that make this world a better place; by using our **True Vision**.

It's not putting your head in the sand to know that you can see the world in another way. There will always be tragedy and things we wish would just disappear. The more we focus on them as a problem, the more they will grow and stay around. If we can understand that they help us to look for new ways and we can use them as an opportunity to find solutions and new ways of being that serve us better, we will see more of what is working well in the world and find the resources we need to make great change.

With our inner guidance clarity, we are supported in finding better ways and better feelings along the way.

We have been given the greatest gift of all, to build a beautiful world. We can choose that, and we can have that whether others feel they have that or not. We can hold the space for improvement by

improving our own inner world, our mental state, and our daily affairs.

As we hold a space of more JOY in this world, we will become a beacon, by default, for others to follow, if they choose to do so, of course.

No one wants to live in a world where they feel helpless.

As you learn to shift into solutions and appreciation, you will excel at whatever you put your mind to. You will see more of the good in the world and feel a trust and a security you may have never experienced before.

It's time to take 100% responsibility for your own life. To receive as much JOY as you can handle and to fulfil your wishes at a lovely pace.

In this way, there is no one to decide for you, no one to wait for and no one to get in your way.

Your inner guide is ready to lead you there, as your North Star, your beacon of light and your best friend along the way.



END OF BOOK SEQUENCE



CONCLUSION

It's wonderful to have all of these books from the C.U.WELL Series in one place. You can read them again and again. You can pick your favorite book or any individual pages that you like the best and turn to them any time you feel off balance.

These books are full of reminders and inspirations that you can use to find peace and focused purpose. You may even notice that you get more out of these books each time you read them as they are meant to grow with you.

There is always guidance for you to find along the way in this life time; and like finding bread crumbs that lead you back home, your inner guidance will always be there for you whenever you want to get focused on and committed to your dreams and aspirations. Your abundant life is released, piece by piece, by learning how to maneuver, day by day and moment by moment, through your feelings.

When you fall down, pick yourself back up by distracting yourself in a way that makes you feel better and in control again; in a positive way. You will have ups and downs, but they are there to remind you of what you are wanting, every time.

Turn the other cheek and move in the direction of the solution and a better feeling space when you are faced with challenges. There are lots of way to get yourself back there. It's all part of the process and natural growth towards the more prepared and better you.

LAW OF ATTRACTION FUNDAMENTALS

Setting up your life, in advance and on purpose, is how you should proceed. Take advantage of the tools you have to get you there every day; while finding JOY along the way.

This life is meant to be BIG for you and it is not meant to ever disappoint. When you can see through the *trying times* to the better feeling side you will learn how you do have complete control of what you choose to experience.

I hope these books have shown you not only that this is true, but exactly how to get there; in your own unique and personal way.

It's a glorious day when we are aligned with what feels good and begin to receive our long-awaited gifts in the present time. There is no time like the present to feel good; while feeling safe and absolutely guided throughout this amazing opportunity to live out our fullest potential in this Physical Experience we call Life!

May you always be aware of, and experience personally, your piece of Heaven on Earth that consistently surrounds you

ABOUT THE AUTHOR



Kathleen Pleasants 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. 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 practices Neuromuscular Therapy, Nutrition, Hypnotherapy, Grapho-therapy, Core Exercise and Coaching of Alternative Health Choices and Lifestyles with her clients. She became an Ordained Minister in 2001 through a two-year Interfaith Program in Pennsylvania.

Through the years she has traveled to many places to study with some of the top authorities in body, mind, emotional & physical modalities. She is the creator of the movie *Just My Type*, the Metabolic Typing Diet. She now travels nationally with her Unique Therapies &

LAW OF ATTRACTION FUNDAMENTALS

Workshops and currently has her offices in San Diego, California.

You can learn more about Kathleen by visiting:

ClearlyUniqueWellness.com



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 no longer have to get stuck in thoughts that make us feel guilty and depressed because we just can't live up to them. Go ahead, find freedom in making a new choice.

C.U.WELL BOOK SERIES COMPILATION

You can order each one of these books separately:

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- EMOTIONS
- Our Daily Play
- Comfy Pants Chants
- JOY 20/20

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- Morning Journal Notebook
- Evening Journal Notebook
- Clearly Unique Journal Notebook
- Daily PLAY-by-PLAY Notebooks

You can find these books on Amazon.