

*Joy* 20/20

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

**A Self-Ownership Guide**

**Kathleen Pleasants**



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# TABLE OF CONTENTS

Acknowledgments .....	viii
Introduction.....	viii
Chapter One: The Thin Veil Between Your Now Reality And Your Potential Reality.....	1
Chapter Two: Setting A Good Feeling Goal.....	5
Chapter Three: Love .....	7
Chapter Four: Wellness.....	11
Chapter Five: How To Get Quiet .....	17
Chapter Six: Our Reconnection To JOY And Clarity.....	21
Chapter Seven: How's My Driving?.....	27
Chapter Eight: The Power Of Intension.....	31
Conclusion .....	33
About The Author .....	35



~ I CHOOSE JOY ~

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# 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.*



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

# 1 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; orchestrating a beautiful life full of richness and harmony. The type

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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, and you will experience a truly blessed life.



# CHAPTER 3

## 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.

## JOY 20/20

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 lifetime), by doing so.*

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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

## JOY 20/20

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.

# 4 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 on 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
- The body feels good and moves well

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- 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 who 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.



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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 other things get in the way that are out of our control. We go into default and just don't want to be held responsible for everything. But everything that

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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 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.

**See the book COMFY PANTS CHANTS  
on Amazon for a meditation guide.**

# 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

# 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 new habit of thinking, you will see changes. It's not unusual to see a

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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, not-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.



# 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

JOY 20/20

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

You can learn more about Kathleen by visiting:

[ClearlyUniquewellness.com](http://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.

## A SELF-OWNERSHIP GUIDE

Other books by Kathleen:

- The Blame Game
- EMOTIONS
- Our Daily Play
- Comfy Pants Chants
- Star Light Stories (for Children)
- Awareness Activity Book
- Morning Journal Notebook
- Evening Journal Notebook
- Clearly Unique Journal Notebook
- Daily PLAY-by-PLAY Notebooks

You can find these books on Amazon.