

COMPANION  
EXERCISE GUIDE

MAGNIFY

YOUR

MAGNIFICENCE

*Your Pathway to the Life &  
Relationships You Truly Desire*

Marisa Ferrera

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# Message #1: Are You Ready

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1. Close your eyes.
2. Take a few deep breaths.
3. Repeat the Mantra "*I AM ready....I AM ready....*" over and over again.
4. When you feel complete, open your eyes and go about your day repeating the Mantra from time to time throughout the day.

## Message #2: Looking Within

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1. Close your eyes.
2. Take a few deep breaths.
3. Take a peek at what is in your mind and heart and notice any thoughts that appear.
4. If you wish, record your thoughts as they appear. Remember there are no good or bad thoughts. Do not judge them or try to push them away. Accept them and love them.
5. When you feel complete, thank your thoughts for revealing themselves to you. Thank them for showing you what is within you at this time. They will lead you to your truth.

## Message #3: Transforming Negative Self Talk

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1. Take some time to notice what you are thinking. What are you saying to yourself throughout the day? Write them down if possible. Here is a list to get you started: Choose the ones that you believe to be true about yourself or that you've told yourself or others from time to time and add any that are missing from the list.

- I am stupid.
- I am ugly.
- I can't do anything right?
- I am a failure.
- I am poor.
- I am unlovable.
- I am not good enough.
- I am not smart enough
- I am not \_\_\_\_\_ enough.
- I can't \_\_\_\_\_.

2. Next to each negative thought, write down the opposite.

- I am smart.
- I am beautiful.
- I can make anything work.
- I am successful.
- I am rich.

- I am lovable.
- I am enough.
- I am very smart.
- I am \_\_\_\_\_.
- I can \_\_\_\_\_.

Sometimes negative self talk may sound like this...

- I don't have enough time
- I don't deserve to be wealthy
- I'm overwhelmed
- I'll never figure out how to \_\_\_\_\_

Here are some suggestions for turning these negative thoughts into more powerful thoughts.

- Time is an illusion and is on my side. I have all the time in the world.
  - Abundance is my natural birthright and everything comes to me easily and effortlessly.
  - I am confident in my ability to move through each moment with comfort and ease.
  - I am capable of learning ANYTHING I choose and be successful at it.
3. Choose one positive statement and write it down on a small piece of paper. Read it from time to time throughout the day and pretend it is true. Pretend you are an actor in a movie and you are required to play the part of someone who is very smart, or successful or attractive and you need to practice this role before you can shoot the movie.

Practice feeling the words, the Truth of the words, so that you can play the part very well. Keep practicing this role until you become it. You can play with the other positive statements and incorporate them into your role as well. Keep practicing until it becomes effortless and you become the smart, successful, lovable person that you are.

4. Do your best to change negative thoughts into something positive as soon as you become aware of it.
5. Ask a friend or loved one to help you with this. Give them permission to remind you, or point out to you, any time you say something negative about yourself so that you can shift the thought in the moment.

## Message #4: Who Am I?

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1. Ask yourself, “*Who am I?*”
2. Take some time to reflect on this question and if possible, record your responses to this question.
3. Keep asking the same question, “Who am I?” and notice whatever pops in your mind, no matter what it is. (*If you choose to write down your automatic responses make sure to record EVERY answer that comes to you without editing it in any way.*)
4. Look at each response and ask yourself, “*Is this the truth about who I am or is this what I have come to believe about who I am because of my conditioning and my life experiences.*” The more honest you can be when completing this exercise, the closer you will get to the Truth.
5. Continue to ask yourself this question throughout the day and see if you can notice times when you tell yourself things like, “*I’m so stupid. I can’t believe I did that.*” Or “*I’m never going to figure this out.*”
6. Watch for the times you begin a statement with the words, “*I am*” and if possible record what comes next.
7. When you catch yourself with negative thoughts, replace these negative thoughts with a more positive and empowering thought.

## Message #5: Who Do You Admire?

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1. Think about someone you admire.
2. Write down or think about the qualities this person or these people have that you admire so much. Make the list of qualities as long as possible.
3. Read over this list.
4. Take each quality and say to yourself, out loud if possible, *“I am (and then name the quality).”*
5. Choose one quality and repeat the statement through the day as often as possible. Repeat this statement as an affirmation. Speak it out loud as many times as possible and with expression.
6. Act out the role of believing you possess this quality. Keep acting until you can speak these words and you no longer feel resistance. Speak these words until you not only believe them to be true but KNOW deep within you that they are true.

## Message #6: What's Stopping You?

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1. If possible, find a place in nature where you can be alone and undisturbed for at least 30 minutes and bring a journal or some other method for recording your thoughts.
2. Take some time to reflect on your life, both your past and where you are right now.
3. Make a list of all your disappointments, hurts, resentments, fears, what you think is holding you back.
4. Write down why you believe your life isn't working or why you believe your life isn't where you want it to be. The more honest you can be about why you think you are where you are right now, the more freedom you will experience.
5. Write down all the thoughts that come up for you as you record your hurts, disappointments, etc. for this too will be very revealing and will help you uncover the truth.
6. When emotions come up for you state the following: *"I let go of this feeling of \_\_\_\_\_, and I give thanks that I am creating room for my real Self to emerge."* Remind yourself that these feelings are leaving you and making room for creating what you truly desire, making room for you to experience your True self.
7. Bask in the truth of these statements and then move on to your next thought or feeling until you feel complete.

*(If you find yourself getting lost in your emotions or feeling overwhelmed by them, you may want to consider working with a personal coach or mentor who can support you through this process. The key here is to recognize the feelings and thoughts that are holding you back, release them and fill yourself with the excitement of redesigning your life from a place of freedom and truth.)*

## Message #7: Awareness, Will & Intention

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1. Reflect on times in the past when you felt ALIVE, happy, excited, filled with joy, confidence...any time that you felt great. If you have difficulty remembering a time like this, ask yourself, *“What experience would bring these feelings forward for me? What would have to happen in my life in order for me to feel abundant, joyful, excited.”*
2. As you remember more and more pleasant memories from your past, you can continue to add to this list. If your past was so filled with pain that you can’t remember even a single moment when you experienced joy or confidence or anything pleasant, do not fret about this. Simply continue to focus on what you believe would bring these feelings to you.
3. Go back and read each item on your list, one at a time, and allow yourself to **feel** the energy of what you are reading. Imagine that this event or situation is happening right now. Allow yourself to **be** fully immersed in this experience.
4. If you do not have any joyful memories and if you are having difficulty believing in the experiences you wish to draw to you, remember the *“acting”* you have been doing with other exercises and act as if you are living it now, role play. What is important here is for you to raise your vibration and your energy to the level of happiness, joy, love.
5. If you are having trouble role playing, ask your spirit guides to help you. Even if you don’t believe they are really there, take the step and ask anyway and see what happens. It is through your Will and your intention that your life will change, that you will be led to your truth.

## Message #8: The Power of Gratitude

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1. Make a list of everything you can think of for which you can be grateful. Things like the fact that you are breathing. If you can walk, be grateful for this for there are many who can't. If you can see, be grateful for this for there are many who can't. If you can hear, be grateful for this for there are many who can't.
2. Simply start with "*I am grateful for...*" or "*I am thankful for...*" whichever resonates more with you. Make the list as long as possible. It does not have to include only big things, for there is no difference between what you may consider big and small.

Are you grateful that the sun comes out each day, even if it is hidden by clouds? Do you have a roof over your head, food to eat or clean water to drink? As you begin to make your list, more and more will become present to you.

3. Take time throughout each day to give thanks. Look for opportunities that present themselves. Give thanks if someone smiles at you at the grocery store. Give thanks if you get a green light when driving. Give thanks for the beauty of the trees, flowers, birds. There is so much to be thankful for.
4. Set a timer on your phone or watch so that it goes off a few times a day and when it does, take a moment to give thanks for something...anything.
5. Allow yourself to not only say the words, but to FEEL the Truth behind them. If you can't feel thankful for being able to walk, imagine what it would be like if all of a sudden you couldn't. Sometimes when you imagine the opposite of something, you will find it easier to be thankful that it isn't so.
6. Practice this every day.

**The vibration of your entire being will shift as you focus on gratitude.**

# Message #9: Releasing Past Wounds

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Keep in mind that this exercise is not intended to bring up emotions so that you can get stuck in them. In fact, do your best to step outside of yourself and look back as an observer, as if you are interviewing someone else and asking them these questions. It is not necessary for you to re-live these memories in order to heal from them or to let them go. What is important is to see what is there, to shed Light on what is there so that these memories no longer hold you back or limit you from being who you are, your true authentic self.

## 1. What Actually Happened

- a. Write down a painful memory in as much detail as possible.
- b. How old were you?
- c. Who else was present?
- d. What time of year was it?
- e. Where did it take place?
- f. What actually happened?
- g. What emotions did you experience when it happened...fear, anger, hurt, disappointment?

## 2. What You Made it Mean

- a. What were you thinking when it happened? Include any thoughts you had about yourself or any other people involved. For example, were you thinking you were bad, stupid, ugly? Were you thinking the other person was being mean or they didn't love you? Dig deep and allow all your thoughts about this experience to emerge.
- b. When you talk about this incident and share it with others, what feelings come up for you? Do you find yourself getting angry, sad?

- c. What thoughts do you have about it today? Do you have the same thoughts and feelings as you did in the past or are they different?
- d. Again, include thoughts and feelings about yourself and others. What did you make this experience mean about you and/or others?

### 3. Impact On Your Life

- a. How do you think or feel this experience has impacted your life?
- b. What circumstances in your life do you tend to blame on this past experience? Do you blame your past for your current financial situation? Do you believe this past experience is the reason, or one of the reasons why you struggle with relationships? Where do you find yourself blaming your past for your current circumstances?
- c. Do you ever say things like, “*If my parent’s/teachers/others didn’t \_\_\_\_\_*” or “*If only my parents/teachers/others \_\_\_\_\_, I would be able to \_\_\_\_\_*”?

No one will see this except you, unless you choose to share it. The more honest you can be, the more you can free yourself from what is holding you back.

Before going to the next step, it is important for you to know that your interpretation of this event and what you made it mean about you and about others is only that—an interpretation. It isn’t facts. The facts are the specifics about the event: your age, where it took place, the specific feelings you had about the situation itself (fear, anger, hurt), not the feelings or thoughts you had **about** yourself or others (e.g. *I must be ugly. My father is mean, etc.*). This is the part that you made up.

Even if someone told you to your face that you were stupid or ugly, this does not mean that this is who you are. Whatever labels or judgments you gave others who were involved in this event does not mean this is who they are. No matter what happened in the past, we want you to know that everyone, including you, was

doing the best they could with the tools they had. You do not know what was going on in the life or lives of others involved.

What if you could go back in time and change the impact of this event into something positive and empowering? Well, you can! You have something incredibly powerful called your mind and you can use your mind to recreate your memories and rewrite the “script” from your past so that you can be freed from the negative and limiting impact it’s had in your life and move forward from a place of peace and joy.

## 4. Rewriting the “Script”

- a. Take another look at the experience you are exploring right now.
- b. Ask yourself, *“What did this experience teach me? “Look for a positive trait or outcome that resulted from this experience. For example, did this experience help you develop compassion, patience, determination, persistence? If you can only think of a negative effect, ask yourself, “If I were willing to look at this experience with a different perspective, what could I learn from it?”*
- c. Imagine that the person or people involved were acting from a place of loving you so much that they did whatever they felt they had to do to protect you from getting hurt or from making a mistake that could possibly ruin your life. Or perhaps they were behaving from a place of being stressed and anxious about their own life and projected this onto you.

## 5. Forgiveness

- a. Close your eyes and imagine this person, or all the people involved are sitting across from you right now. Imagine them telling you how sorry they are for what they did. Imagine them telling you how much they love you and didn’t mean to hurt you. Imagine them telling you

whatever it is that you need to hear so you can let go of the pain that you've attached to this memory.

- b. See yourself forgiving them and forgiving yourself for allowing this experience to hold you back and stop you from living from a place of full, authentic expression. Allow yourself to be immersed in this positive experience and FEEL the love all around you. Bathe in this feeling for as long as you wish.

# Message #10: Celebrate Your Accomplishments

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1. Today, take some time to record everything you've accomplished in your life; everything you feel good about in your life; everything that makes you feel joyful when you think about it.
2. If, during this process you find yourself thinking about and reliving a painful memory, go back to the last exercise and move through each step to release whatever is still lingering.
3. If you notice negative thoughts popping into your awareness, use the tool for *Transforming Negative Self Talk* presented in Message #3
4. If painful emotions emerge, you may choose to repeat the words presented in Message #6 to help you work through them: Repeat the words. *"I let go of this feeling of \_\_\_\_\_, and I give thanks that I am creating room for my real Self to emerge."*
5. Below is yet another quick, 3 step method that can support you in working through negative thoughts or limiting beliefs that may pop up for you.
  - a. Take a deep breath and release it.
  - b. Take another deep breath and release it. Repeat this a few times until you can feel your body fully relax.
  - c. Declare any or all of the following affirmations ***with belief and conviction*** any time you catch yourself thinking a negative and/or limiting thought.

"I am a powerful and magnificent manifestor."

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"I have the power within me to  
tap into infinite intelligence and infinite possibilities"

\*\*\*\*\*

“I release any and all thoughts and beliefs  
that do not serve me or the highest good of all.  
I let them go with love and ask that these thoughts and limiting beliefs be  
transmuted and transformed  
into love and light and may this new energy  
be added to the universal energy of light and love  
for all to access.”

\*\*\*\*\*

“I ask that all my limiting beliefs and negative patterns be replaced with  
love and light  
and a deep knowing that I am a co-creator with  
all that Is and I that I can have, be and do  
whatever I desire.”

\*\*\*\*\*

6. Remember to go back to recording happy memories and allow yourself to relive these positive and uplifting moments and feel the joy; feel the excitement; feel the love. For this is who you are...Joy, Peace, and Love.

# Message #11: What Are You Afraid Of?

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1. What are your biggest fears? What are your smaller fears? Make a list of everything you are afraid of. Uncover every stone and look deep within.
2. Once you feel complete, go back and read each fear and ask yourself...
  - *How has this fear impacted my life?*
  - *What has this fear stopped me from doing, being or having?*
  - *How could my life be different if I did not have this fear?*
3. If at the end of this, you are ready to let go of your fears and to allow the positive energy of love to take its place, repeat the words:

*“I let go of all my fears that are stopping me from living my true, authentic life. I let go and surrender to the truth. I am open and receptive to allowing the energy of love to replace every fear, bringing me closer and closer to my true essence. Thank you, Thank you, Thank you.”*

## Message #12: A Time To Reflect

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1. Go back and review each exercise and your responses to each and ask yourself if you would answer the same today.
2. As you re-read the past exercises and your responses, journal about whatever comes up for you.
  - What thoughts and feelings are you experiencing as you go back and review?
  - Are you feeling some shame about still holding on to some negative thinking or limiting thoughts?
  - Are you feeling happy to recognize you've let go of some things that were previously holding you back?

There are no right or wrong answers. What is important is that you record the Truth about what you are thinking and feeling. It is through this truthful and authentic reflection that you will free yourself from what is still holding you back. Recording what you think you *should* be thinking or feeling will not serve you. No one is judging you here and we encourage you to not judge yourself about where you were when you first started this process and where you are right now.

Even if you are in the exact same place, that is okay. It is never too late to begin again. Just start wherever you are in this moment and take the next step...whatever that is for you. Your next step might be to start back at the beginning of this book and move through it more slowly, more reflectively. Your next step might be to recognize and celebrate how far you've come since beginning this process. Or, you may choose to do both.

## Message #13: What Do You Choose To Believe?

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1. Think of something that you are experiencing in your life now that you are not happy with. Perhaps you do not have the relationship you want. Maybe you don't have the amount of money you want, or the job you want. Choose one thing that, if you had a magic wand, you would change. If possible, write it down.
2. Here are some possible ways of recording your current thoughts. Choose the one that resonates with you or write it in your own way.
  - “If I had a magic wand, I would \_\_\_\_\_.”
  - “I wish \_\_\_\_\_.”
  - “If only \_\_\_\_\_ then \_\_\_\_\_.”
3. Next, answer the following 3 questions:
  - i) How would my life be different today if I had [*whatever you wrote above*]? Write in as much detail as possible.
  - ii) I believe the reason(s) I don't have [*whatever you wrote above*] is because \_\_\_\_\_. Once again, record EVERY thought and belief you have about why you don't have this in your life right now. Be as honest as possible. Unless you are willing to be truthful about this, you will not be able to change it.
  - iii) I believe that in order for me to have [*whatever you wrote above*], I would have to \_\_\_\_\_. Record EVERYTHING you believe you would have to do or what you believe would have to take place in order for you to have this in your life.

Most of what you recorded for (ii) and (iii) above are likely limiting beliefs and thoughts that are stopping you from manifesting what you want in your life. If, in (iii) you included that you would have to change your thoughts and beliefs, this would be true.

So, how do you go about changing limiting thoughts and beliefs? First, by doing what you just did so that you can increase your awareness. If you don't even know what thoughts and/or beliefs are limiting you, then how could you possibly change them?

4. Explore other areas of your life where you are not experiencing what you want and to answer the 3 questions above for each of them. Do your best not to judge yourself or your responses, and acknowledge yourself for your willingness to become more aware. This is a very important and essential step to manifesting whatever you desire.

## Message #14: The Power of Thought

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1. Write down the following statement:  
***“I have the power within me to attract whatever I desire into my life.”***
2. Now, repeat this statement (*which is a thought*) to yourself and write down every other thought that pops into your mind when you say it. You may have thoughts like, *“No I don’t. I have no control over what happens to me.”* Or *“I have no idea how to do this.”* Or *“This sounds like it is going to take a very long time.”* Perhaps you may think, *“Yay! I can hardly wait to learn how to access this power!”*
3. How do you feel when these thoughts pop into your mind? Do these thoughts make you feel discouraged? Fearful? Excited? Keep repeating the above statement and record every thought and feeling that you become conscious of. Remember, the first step is to become aware of your thoughts and feelings, and then you can choose to focus on the thoughts and feelings that will attract to you what you really want.
4. Once you feel complete, write down the above statement on a card or small piece of paper and carry it with you or display it someplace where you will see it from time to time throughout your day.
5. Repeat this statement as often as possible and, even if you are having trouble believing it is true, use your ability to *“act”* and pretend that it is true. Make a conscious decision to play the role that it is true, including acting out the emotions that you would feel if you believed this statement was true.
6. Use your imagination to help you *“feel”* what it would be like if you had the power to attract whatever you want into your life. Feel the excitement and the possibilities. Take only a few seconds at a time to do this. If you take longer, your mind may jump back to your conditioned thoughts of *“It’s not possible.”* or *“I’m only fooling myself.”*

What is important here is that you begin to move in a new direction and be patient with yourself. You didn't get where you are today overnight and it will take time for you to take back control over your thoughts and learn how to harness the power of your mind. You CAN do this.

# Message #15: You Are Never Alone

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1. Today, take stock of who is around you and who will support you on this path that you have chosen and who is also on a path of self-enlightenment. If you do not have anyone in physical form who understands this path you are on, do not fret.
2. Take time to explore what is available in your community for those on a conscious, spiritual path. Look for a spiritual community that you can participate in. If you can't find a group, start one.
3. If you have access to Internet, search for online groups or forums that have members seeking the Truth.

Even if you find only one other person, this is enough, for the two of you can help one another and you will see that, as your energy expands, you will attract others like you and you will connect with more and more people who are on a similar journey. Stay true to your path and to your Self and you will continue to attract others of like mind toward you. If you have no one right now, continue to connect to us daily and speak to us and share your hopes dreams and sorrows with us, for we are here for you and always will be.

# Message #16: Going Deeper

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1. Choose another area of your life that displeases you and that you wish to change. Perhaps you want more money, a better job, a loving relationship.
2. Once you choose what you wish to focus on, complete this statement:

*“I want \_\_\_\_\_ because if I had \_\_\_\_\_  
I would \_\_\_\_\_.”*

3. Describe in detail how you feel your life would be different than it is today if you had this one thing that you really want.
4. Complete the following statement and take time to dig as deep as you can so you can uncover your limiting beliefs and thoughts that may be hidden:

*“The reasons I don’t already have \_\_\_\_\_ is because:*

- Reason #1
- Reason #2

List every reason or belief you have about why you don’t have the relationship you want or the money you want or the job you want or whatever it is you want.”

If you wish, you may repeat this exercise focusing on other things that displease you and that you wish to manifest.

In order for you to manifest what you want, it is essential that you be willing to take 100% responsibility for your life. If you are not willing to do this and you choose instead to blame others or circumstances for your current life situation, then you are giving your power away and will continue to be a victim of circumstances and there is nothing we can do to help you. Once you take 100% responsibility for your life and ALL your creations, you open the door to unlimited possibilities! You have been given free will, so the choice is yours.

We invite you to make your choice right now. There is no wrong or right choice. Each choice will lead to a different result. So, what do you choose? If you choose NOT to take 100% responsibility for your life, then there is no point in continuing to read this book for it cannot help you and we bless you on your path. If you are ready to take 100% responsibility for your life, we invite you to make the following declaration and if possible, speak it aloud. Speak only that which you are ready and willing to own in this moment. If there are parts of the declaration that do not resonate with you at this time, then simply leave them out. Remember, you have free Will and everything is your choice.

**Declaration:**

*“I [full name] willingly accept that I AM 100% responsible for my life and declare that I am the master of my creations. I invite only beings of the Highest Light to assist me in manifesting my desires and I give thanks for all my creations. I ask that all my creations be manifested in a way that is in the highest good of all.”*

We recommend that you speak this declaration aloud every morning before you start your day. Speak it with emotion and authority for this will send a stronger signal to the Universe that will better support you in your manifestations.

## Message #17: The Importance Of Self Love

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1. Take some time today to be with yourself in a nurturing way. Take yourself for a walk, have a relaxing bath, go for a massage. Do whatever feels nurturing for you.
2. Treat yourself with love, kindness and compassion and whenever you notice you are beating yourself up or being unkind toward yourself with your thoughts or actions, remind yourself that you are a magnificent being of Light and you are here to be an example to others of what is possible and help lead them home. If you have difficulty believing this to be true, go back to what we've suggested before and act as if it is true and allow yourself to imagine what it would be like if this was true and immerse yourself in the feelings of what it would be like to know and live and breathe this Truth.
3. Continue to take one step at a time and trust that all is well. You may find it helpful to go back and redo some of the previous exercises. You may be surprised to see that you are not in the same place as when you began this journey.

## Message #18: Whose Voice Are You Listening To?

1. Today, take some time to look back at some of your response to previous exercises. See if you can identify whose voice was expressing itself in your responses and record their names next to each response.
2. You may want to re-write the responses with names next to them.
3. Look to see whose voice has been given the most power in your life. It could be the voice of your father, your mother or your younger self.
4. Thank each of these voices for all they have done to protect you and let them know that you are now ready to take control of your life and they can sit back and enjoy the ride.
5. Then take some time to celebrate YOU, the authentic YOU, the magnificent YOU.

## Message #19: Acknowledge Each Step

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1. Thank yourself for your willingness to continue to walk along this path even when faced with doubt and uncertainty. Thank yourself for being here now.
2. Look for opportunities throughout the day when you can acknowledge yourself.
3. Perhaps you will notice when you are having a thought that does not support you. As soon as you notice this, acknowledge yourself and tell yourself how wonderful it is that you noticed this.
4. Then choose another more empowering thought.
5. If you notice yourself appreciating someone or something, acknowledge yourself for choosing appreciation in that moment.

Nothing is too small for you to take a moment to acknowledge yourself. As you acknowledge yourself more and more, rather than waiting for others to do this for you, you will feel more and more empowered and will see more and more the Truth about who you really are.

## Message #20: Be Authentic

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1. Take some time today to reflect on areas in your life where you are not showing up authentically.
2. With whom do you tend to hold back your Truth? Is it with a spouse, a co-worker, a friend?
3. What stops you from being completely truthful with these people or in these circumstances?

The more honest you are willing to be with yourself, the easier it will be to break free and to live an authentic and fulfilling life.

If you can take the time to journal about this, you will find yourself able to go deeper and deeper into what stops you from speaking authentically in the world. Remember, this is not about judging yourself or beating yourself up. It is about increasing your awareness and raising your level of consciousness so that you can create and live the life you truly desire rather than settle for whatever shows up.

## Message #21: Releasing Limiting Thoughts & Beliefs

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Here is another method you may wish to experiment with whenever you become aware of a limiting thought or belief.

1. Take a deep breath and release it fully. Take another deep breath and release it. Repeat this a few times until you can feel your body relax.
2. Repeat the following statements with feeling and expression (out loud if possible).
3. Take a few more deep breaths and feel the energy of the words within and around you.

*“I am a powerful and magnificent manifestor.*

*I have the power within me to tap into infinite intelligence and infinite possibilities.*

*I release any and all thoughts and beliefs that do not serve me or the highest good of all. I let them go with love and ask that these thoughts and limiting beliefs be transmuted and transformed into love and Light and may this new energy be added to the universal energy of Light and love for all to access.*

*I ask that all my limiting beliefs and negative patterns be replaced with love and Light and a deep knowing that I am a co-creator with all that Is and that I can have, be and do whatever I desire.”*

## Message #22: Put An End To Struggle

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1. If you haven't already done so, take time today to look for empowerment groups within your community or online where you can become a member.
2. If you can't find what you are looking for, start your own group.

There are many like you who are seeking Truth and who need the support of a loving, caring and supportive community. We repeat...You do not need to walk this path alone for this too is a choice. There is no glory in saying, "*I did it myself!*" The true glory is in BEING yourself and you will find it much easier to find and hold on to your Truth if you connect with at least one other person who shares this vision and is willing to support you along the way.

## Message #23: Surrender & Trust

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1. Today, think of one thing that you desire most. Is it a new or better relationship? A better job? More clients for your business? A new house? More money?
2. Take a few moments to imagine what your life will be like when this desire becomes real for you. Put yourself there now in your mind's eye and feel the happiness, the excitement of living in this reality.
3. Give thanks knowing that you will receive whatever it is you are asking for, or better.
4. Ask yourself, "*How can I prepare for what I'm asking for?*" Just like you would make preparations in advance for an upcoming birthday party, you can also make preparations for receiving what you ask for. This is what is meant by what others have said, "*Act as if what you want is already here.*"
5. What would you do if you knew without doubt that whatever you asked for is on its way to you?
6. If you find it helpful, write down the thoughts that come to you. For example, if you are asking for a better and more fulfilling job, perhaps you might begin telling your friends and acquaintances about the type of job you are looking for and ask them to let you know if they hear about anything. You might attend various networking events.

What is important here is that you continue to take steps toward what you desire, knowing that you will have it. Let go of "*when*" it will happen for, if you focus on this, you will find yourself feeling discouraged and frustrated when "*it*" doesn't happen soon enough. You will begin to doubt that it will happen at all and possibly give up.

Do your best to surrender and trust that whatever you desire will come to you and when you find yourself feeling discouraged or doubtful, remind yourself that this is similar to choosing to celebrate a birthday. The only difference is that with the

birthday, you know the exact date when the party will manifest whereas with many of your other desires, the arrival date is unknown. We assure you that the arrival date will come as long as you continue to trust and believe that it will come and continue to walk towards it.

**Below is a simple and yet powerful prayer that you can repeat through the day to support you in staying focused on what you want and believing it is on its way.**

*“Dear God/Universe/Higher Power [whatever name resonates with you]*

*I give thanks for [what you want] that is on its way to me. I am so excited about this [job, relationship, etc.] and can hardly wait for it to arrive. Show me what steps I can take that will bring me closer to this manifestation of my heart’s desire or to something better. I surrender and trust that all will unfold in the right and perfect way at the right and perfect time. And so it is!”*

## Message #24: Your True Life Purpose

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***In Truth, you can DO anything you want  
and you can feel happy and fulfilled DOING anything  
as long as you are doing it from a place of BEING your authentic self.***

1. Today take some time to reflect on how this message “*speaks*” to you.
2. What thoughts and feelings came up for you as you read the words? Do you feel relieved? Disappointed? Angry? Whatever you are feeling is wonderful.
3. We encourage you to go deeper into the feelings to see what is underneath.
4. What thoughts and/or beliefs do you have that are causing you to feel the way you do?

## Message #25: Embracing Your Ego

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1. When your Ego presents you with a limiting and disempowering thought like, *“You can’t do that,”* or *“You better not try that, you will fail,”* or *“You are never going to find your soulmate,”* take a moment to thank your Ego for revealing this block.
2. Remind yourself that ALL limiting beliefs are lies.
3. Call on your Higher Self and ask for the assistance of your non-physical guides to make a decision in that moment to replace the negative thought with the Truth, whatever it may be.
4. Take a few moments to anchor this Truth by not only saying words like, *“I CAN do this,”* or *“I WILL succeed,”* or *“I am happy and grateful now that my soulmate is on his/her way to me,”* but also FEELING the Truth of these statements.
5. Record any Ego thoughts that pop up for you. Remember, it is not about stopping these thoughts from emerging, it is about embracing them and allowing them to express themselves to you so that you can uncover the Truth beneath the words and embody them.
6. Give thanks to your Ego for helping you expand your awareness.

## Message #26: Prison Or Freedom...You Hold The Key

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1. Create a way to “*check in*” with what you are thinking and feeling at various times throughout the day.
2. You may want to set an alarm on your watch, computer or cell phone. We recommend you “*check in*” every hour when you first begin.
3. When your alarm goes off, take a few moments, to notice what you are thinking and feeling.
4. If you can take a moment to quickly jot down and record what you notice on paper or an online journal, that would be great and if not, that’s okay.
5. If you notice your thoughts and feelings are limiting and feeling unpleasant, use this as an opportunity to take out your “*key*” of responsibility and consciously shift your thoughts and freely walk away.
6. If you notice your thoughts and feelings are empowering and positive, record this, if possible, and celebrate and acknowledge yourself for being on your freedom path.
7. As you begin to notice yourself being on your freedom path more and more, begin to “*check in*” every couple of hours and then every few hours until you notice you are spending most of your time on your freedom path.
8. At this point take a few moments at the end of each day to “*check in*” to see if there were any times throughout the day when you gave your power away and what you could do in future, similar situations to hold on to your power.
9. It is equally, if not more important, for you to also celebrate and acknowledge yourself for all the moments when you took 100% responsibility for your actions and results.

The more mindful you become of your thoughts and actions, the more easily you will be able to manifest what you want in life.

## Message #27: Stepping Out From The Crowd

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1. Take a deeper look at one of your relationships that is causing you to suffer. It can be your relationship with your mother, father, sister, brother, spouse, friend. Choose one person to focus on for this exercise and you can repeat the exercise as many times as you like focusing on a different person each time.
2. Once you choose the person, think about and if possible, write down everything you believe this person believes about you. Record things they continually say about who you are, things they complain about when they verbally attack you and when you feel put down by them or hurt by them.
3. What events do they keep bringing up from the past with accusations of things you did and what you should have done differently? Dig deep and record everything.

**Here are some examples of things you may have heard them say:**

- You are so selfish.
- You only think about yourself.
- Why do you always \_\_\_\_\_?
- You never \_\_\_\_\_.
- You shouldn't \_\_\_\_\_.
- If you cared you would \_\_\_\_\_.
- You always \_\_\_\_\_.
- You don't \_\_\_\_\_.
- You are \_\_\_\_\_.

4. Once you feel complete with your list and recordings of past events that this person continues to hold on to, go back and for each item on your list and for each event, put your focus on the person you wrote about. Remember, what others say to you says more about them than about you. Until now, you have been taking their words personally and allowed them to cause you pain and suffering. Now, we invite you to look at everything on your list and all the events you recorded from a new and different perspective.
5. Imagine that the person you have been focusing on has many unresolved wounds that are buried within them. They are not even aware of their own wounds and when they lash out at you with hurtful words and accusations; it is this part of them who is speaking, not their true, authentic, Higher Self.
6. Going back to what you recorded today, re-read each statement and event as you imagine the words coming from a wounded child.
7. Rather than taking the words personally and allowing them to cause you pain, send loving thoughts to the person who said these things to you, recognizing that if they felt happy and fulfilled in their life, they would not be saying these words to you and would not be confronted by the way you are choosing to live your life.

If this person tells you, for example, *“You are so selfish,”* what this could mean is that when they see you doing what you want and taking care of yourself, it brings up feelings of jealousy and anger within them because they haven’t had the courage to do this for themselves and your actions are a reminder of this.

Remember, when you stand in your power by being YOU, those who are afraid to do the same will unconsciously try to pull you back so that they will feel more comfortable. The more you can see the Truth and not take what they say personally, the less you will suffer as you continue along your path. Do your best not to take things personally and instead recognize that those who speak negatively are in pain and you can send them loving and healing energy while doing the same for yourself.

***Everyone is doing the best they can.***

## Message #28: Do You Believe In “Happily Ever After?”

1. Go back to the beginning of the book and complete the process again.
2. Continue to work with the exercises presented in this book until you not only remember who you are on an intellectual level, but KNOW who you are in your heart and soul.

**You will know when you reach this place for you will feel it in every cell of your body and you will KNOW without any doubt that you are a Magnificent Being.**