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Dedication

To our daughters, Sophie and Sadie, who awakened within us the desire to evolve and move towards mastery.

To all of us who were once a young child – loving unconditionally the life around us.

To our unseen friends, the angels. We thank you for all the life-sustaining energy you send all of us here on Earth.

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Acknowledgments

From Steven

I wish to thank my own Heart Intelligence, and the Infinite Creative Source for giving me another turn at bat.

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To all the authors and their insights we have quoted—we are forever changed and grateful for your wisdom. To

our loyal friend, Lark Galli, for giving us Respond. To my family, friends and clients for allowing us into their hearts and granting us permission to share their stories.

From Cynthia

I knew for a long time that Steven and I had an important message to share with a bigger audience, and that this book needed to be written. Just like many other amazing manifestations in our life together, this book is yet another example of how our collaborative desire, clear intent, purposeful action and Life's abundant support comes together to bring another vision into form.

I echo Steven in his gratitude afore mentioned. In addition I would also like to acknowledge the following individuals who have been an integral part of what you now hold in your hands.

My heart is filled with gratitude for the founders of Virtues Project International, Linda Kavelin Popov, Dr. Dan Popov, and John Kavelin. Without their sincere commitment to “change the world in a generation or two,” and their discerning creation of the Five Strategies of the Virtues Project™, this book would not have been

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Finally and most importantly, I want to express my deepest gratitude to my life partner and husband, Steven, for listening to me one more time and sitting down and



bringing what was in our hearts to the page. I acknowledge your extraordinary patience with me and yourself, your steadfastness with this project and your undying commitment and dedication to truly make a difference in this world. You trusted your heart desire and persevered and I know the world is altered because of that.

I love you Steven with all my heart and I thank you for sharing this journey with me and our daughters, walking this path, dancing this dance, and committing to, “Wheresoever you go...going with all your Heart!”



Preface

Living the HeartLife. You may be asking yourself, what is it and what's in it for me? Will the information in this book solve all your financial problems and make you a millionaire? Will this information heal your chronic condition of failed relationships or going from job to job and hating everyone of them? If you read this book will you finally lose those 25 lbs. that have haunted you for years or will it help you quit a lifelong addiction?

Well, knowledge is king, but only when applied. The stories and insights contained within these pages will make a profound difference in anyone's life, whatever the challenge, when it is brought into your heart and acted upon from that place. Reading this or any other inspirational book and then going about your life, "business as usual," however, will bring little or no positive results. But acting upon one golden nugget of truth or wisdom, with the correct intention, is the ongoing process of transition and transformation.

Living the HeartLife is not a goal to be achieved so much as an unfolding of your Divine Self. Living a life of stress and strain has been perfected by all of us. It's now

time to dive into a new paradigm and allow the Heart to guide each one of us individually toward a life of ease and grace, amazing creativity and fulfillment, compassion and understanding... and, of course, abundant prosperity!

You will learn, however, that before you can let go of the hard life, and begin to create this wonderful new life, you must begin to see yourself, and those around you, from a fresh, new perspective. A perspective that sees your challenges as byproducts of your inner world. A perspective that will renew your innate desire to become greater than you are right now by having the courage to live your dreams. And lastly, a perspective that will reconnect you with all of life, and how your HeartLife is so desperately needed in this global family, if we are to grow this new paradigm!

Please realize that living the HeartLife is not a quick fix to what ails you. It's a commitment to redesign yourself with the intent to create an extraordinary life and empower those around you to do the same.

This book is very much a collaborative effort between me and my wife, Cynthia. However, she graciously allowed me to take the helm and do the

writing. Many of the stories come from our twelve years of experience as Master Facilitators with the global, grass roots organization, Virtues Project International, founded by Linda Kavelin-Popov, her husband Dan Popov, and Linda's brother, John Kavelin.

As we shared the incredible information contained within The Virtues Project™ with educators, parents, children, teens in treatment centers, and others, the power of virtue began to transform our lives as parents and partners. Blending the Popov's model for spiritual and character development with our own metaphysical studies has given rise to this book. Personal development has been Cynthia's and my passion for many years and helping others to overcome challenges and grow spiritually is the impetus behind what you are about to read.

This book and its very profound message, is delivered to you in rather short order. It can easily be read in less than two hours, but its import will last you the rest of your life. We recommend you set all distractions aside, read it once through and let the information sink in. Allow it to enter your Heart and percolate. Then go back and read it again at your convenience, but this time in a more deliberate fashion, looking for specific aspects that resonate with you and your life.

Though there are no “exercises” at the end of each chapter like some books, there are many important questions for you to answer along the way. At the end of each chapter in Part II, there is a list of the essence of each aspect of the Heart for you to actively bring into your daily life. Our intentions for this book is to establish a foundation of understanding and awareness, in a relaxed, nurturing way. We purposely chose to create a separate book, *Living the HeartLife Daily Practices Journal* to assist you in really actualizing the concepts set forth herein. The journal is designed to assist you in implementing what is discussed here, for several weeks. The aspects of the Heart, brought into all the areas of your life, will begin to clear away all that no longer serves you, while at the same time, you begin to take action towards what you’ve been longing to do and who you have come here to be.

Living the HeartLife is what we aspire to each day. Cynthia and I do our human best to model these principals to our daughters and as a result our life as a family is filled with great treasures. Do we still have challenges? Of course. Every day, as parents, partners, and friends, Cynthia and I deal with old patterns of thinking, emotional wounds and challenges with raising our children. But every day we feel



our Heart's Intelligence expanding within us, guiding us, transforming us, and we are grateful.

Cynthia and I have been on this soul journey since we met way back in the dark ages - 1979. We have poked and prodded ourselves and have talked until two or three in the morning about growing and becoming all that we were meant to become. We've spent thousands of dollars in personal/spiritual development work and have passionately sought out the best education possible on how to raise our children so they can live a powerfully creative, joy-filled and abundant life. Every tear, every emotional pain and every dollar spent on our growth has helped shape us to be here now, for you.

We thank you for your precious life and the desire within you guiding you to forever evolve and answer the clarion call of your Heart, the call to take great action. Like the final tumbler of a lock falling into place, we hope these concepts act as keys that allow you access to the secret vault of your own Higher Intelligence. May *Living the HeartLife* serve as an inspiration to all that you will create in your life from this day forward. May you design the life of your Heart-dreams and uplift the world around you!

“The more you talk, and think about your hard times, the more you will be inclined to seek some mental narcotic to dull the keen edge of your suffering; and the longer you will suffer.”

—Wallace Wattles

The Hard Life

hard: solid/firm;
 difficult to do, deal with, understand etc.;
 violent or severe;
 bad or unbearable

For the vast majority of us here on Earth, at some point in our individual lives, we have become intimately connected with qualities or labels such as difficult, violent, severe or unbearable. Whether we live in democratic societies or nations with little freedom and rampant poverty, struggle, stress and strain, at whatever level we individually experience, is still a powerfully destructive force.

Watching any local or world newscast suggests that we as humans have indeed perfected this less than desirable way of being which includes the all-too-common symptoms, side effects and consequences of:

- war and its fallout
- poverty/homelessness
- disease
- addiction
- crime
- political and business corruption
- global warming/pollution

On a more personal level, your life may include one or more of the following:

- depression
- chronic health challenges
- divorce
- bankruptcy
- failed relationships
- unfulfilling career

The effects of stress are seen on all levels of life. According to the American Institute of Stress, up to 90% of all health problems are related to stress. Too much stress can contribute to and agitate many health problems including



heart disease, high blood pressure, stroke, depression and sleep disorders. Additional studies confirm the debilitating effects of stress on our health:

- Three 10-year studies concluded that emotional stress was more predictive of death from cancer and cardiovascular disease than smoking. People who were ineffectively managing stress had a 40% higher death rate than non-stressed individuals.

- According to a Mayo Clinic study of individuals with heart disease, psychological stress was the strongest predictor of future cardiac events, such as cardiac death, cardiac arrest and heart attacks.

- A Harvard Medical School study of 1,623 heart attack survivors found that when subjects got angry during emotional conflicts, their risk of subsequent heart attacks was more than double that of those who remained calm.

- A 20-year study of over 1,700 older men conducted by the Harvard School of Public Health found that worry about social conditions, health and

personal finances all significantly increased the risk of coronary disease.

- Over one-half of heart disease cases are not explained by the standard risk factors, such as high cholesterol, smoking or sedentary lifestyle.

Stress is a very personal thing. Just as witnesses of an event will each have their own accounts of what they saw happen, outside stimuli will affect each one of us differently. Some have a very high threshold for stressful conditions and actually perform better when under “pressure.” Others have a very low tolerance of it and curl up into a ball when the slightest indication of pressure exists.

For me, stress easily affected my well being. I was born with a high degree of sensitivity and as a child I absorbed the energy of those around me. Several years ago I realized that when someone told me about a pain or an illness they were experiencing I would immediately feel their symptoms within my body. I’ve had to be very diligent about shielding myself, energetically, from the pain of others.



As an adult my biggest stress came from unfulfilling careers. What were the byproducts of this seemingly insignificant struggle? Financial scarcity, chronic pain in my body, and times of great despair and hopelessness. The inadequacies felt for not having the “successful”, six-figure income, was debilitating. Even worse, in my suffering, joy was absent and the light of hope was flickering. I was adding to the collective gray “yuk” of human suffering!

In 1990, while living in Bellevue, Washington, I started experiencing chest pains. My family’s history of early, fatal heart attacks was knocking on my mind. “Oh my God, it’s my turn!” I feared. But thankfully I had just enough awareness to seek help, not medical but emotional.

I was referred to a wonderful psychotherapist and as I sat across from him during my first visit, palms sweating, my pulse racing, afraid that he was going to expose all my insecurities, he gently asked me why I was there. I told him I’d been experiencing chest pains for several weeks. He looked calmly into my eyes, paused to download his response and then said, “Not to worry. Your heart chakra is simply opening.”

Years of suppressed emotion, and chronic self-defeating beliefs had kept my heart in “lock down.” It was tired of being denied and had resolved to get my attention one way or another and pain always seems to be the thing humans finally respond to. Now, seventeen years later, my heart is strong and I have lived ten years beyond my father and fifteen years beyond his father. I firmly believe it is because of my overwhelming desire to heal and evolve and move forever forward.

As we each reach a point in our life, where the hard life has gained such a momentum that disease is in the body, or financial ruin is imminent or drug overdose seems probable, there is hopefully that time when we come to that place of surrender or humility where we say, “Help me out of this... I’ll do anything. I can’t do this anymore!” It’s in that moment when there is a tiny crack in the armor of the altered ego and your heart, your God, your Higher Self, grabs a hold of you and holds you in Its loving embrace and responds,

“I’ve been waiting for you... are you ready to come home?”



“I’ll do anything,” you pleadingly repeat. “Then,” says your Heart, “let Me show you how you’ve come to this place you now experience and by that same power of creation, I will guide you to create your own path back to Me.”

To leave the struggle however, you must first accept the responsibility of how you express your sacred life force out into the world. With the immense success of the DVD and book, *The Secret*, one of the governing universal principals of life has finally come center stage to main stream awareness – the Law of Attraction. This universal truth explains that we attract to us events and circumstances that are in alignment with the quality of our beliefs, thoughts, feelings and actions. We are each magnetic beings that draw to us a life picture that mirrors back to us how we feel about ourselves and the world we live in. In his hit song, *It’s About Time*, Kenny Loggins says it perfectly, “I finally realized the gates of hell are locked from the inside.” Millions are awakening to the fact that a great power has been given to us, but the majority of us have been using this power not from a place of empowerment, but from a place of fear and limitation.

As millions learned of a “secret” genie (from *The Secret*) that is within each of us, suddenly they saw their life as something they now had control of! Along with this exciting new discovery however is the disappointing realization that it takes time, determination, and for some of us a total revamping of our inner world before we’ll see our genie granting us a new red Ferrari parked in our driveway, completely paid for. It takes time to reverse the beliefs and their corresponding thoughts and feelings that contributed to the disease that now may be in your body and it takes time to feel ourselves worthy of having that perfect soul mate in our life. It is a long journey filled with many trials and victories, but it is a journey that each soul must experience – somewhere, sometime.

More than ever before though, the number of individuals wanting to gain their freedom from suffering are increasing exponentially. One soul at a time is coming to the realization that at some point in their life they get to stop blaming and whining. They can stop being stuck and they can begin to take charge of their life and create a new, brighter future. The consequence of not having this realization? More of the same.



GROUND HOG DAY

One of the most profound films that I have seen, although the deep significance hadn't revealed itself until many years after seeing it, is *Ground Hog Day* starring Bill Murray. In the film, Murray plays the role of Phil Connors, a weatherman with narcissistic baggage and a sour attitude towards life. He's assigned to cover the story of the ground hog coming out to see or not see his shadow, in the small town of Punxsutawney, Pennsylvania. Phil begrudgingly takes his producer and cameraman to Punxsutawney, to cover one more time, this trivial and insignificant event.

At the end of the day, after Phil and his crew wrap up a cursory reporting of the groundhog's findings, they charge out of the town only to be turned back due to an extreme blizzard closing the main freeway out of town.

The rest of the story consists of Phil waking up the next morning at 6:00 a.m. over and over and over. Trapped in a cosmic time warp, Phil has to relive the same day, with the same ground hog story, same coffee shop, same old high school nerd he would have nothing to do with back then, come up to him and try to sell him insurance. After realizing that this Twilight Zone wasn't going away, Phil

starts to manipulate time to his egocentric self-interests, only to find that it perpetuates the prison he is in.

Finally, after numerous attempts to take his own life, thinking it was the only way out of the nightmare, he comes to that place of surrender – the crack in the armoring occurs and love begins to permeate his being. He lets go of trying to escape his miserable little town and begins to embrace its people. More importantly the kindness he shows towards them is returned and he finally accesses his real love for the woman of his dreams – Rita, his producer at the news station – and the spell is broken.

He awakens the next morning like he had so many times before, the alarm clock reading 6:00 a.m., but this time laying next to him is Rita, his true love. He jumps out of bed and races to the window to make sure the day was truly different and indeed the street is covered with snow, indicating that tomorrow finally came.

ADDICTED TO STRUGGLE

The hard life was never meant to become the norm. Challenges that would present themselves to us were supposed to merely reflect a miscreation somewhere in the past, we recognize that, correct our course and tomorrow



the alarm sounds and we have a beautifully productive, creative day! But that's not the reality for the majority of humans. In fact, in a strange way many of us have literally become addicted to the struggle.

In the book, *What the Bleep Do We Know!*, Joe Dispenza D.C., describes scientific research involving animals' brains being wired at certain spots where the release of neuropeptides, strong chemicals released by the hypothalamus can be elicited by the animal pressing a certain lever. *"It (the animal) would choose the neuropeptide release more than hunger, more than sex, more than thirst, more than sleep. As a matter of fact, it went to the point of physical exhaustion and collapsed, before it would take care of itself physically. And that's what stress really does to our body. We become so addicted to the stress in our lives that we can't quit our job, even though it doesn't serve us."*

Our low-energy thoughts and feelings become home to us. It's what we've become comfortable with. The chemical release keeps us strapped onto the treadmill of living small. Outside stimuli; drugs, alcohol, and sex become our bed partners and we move further away from why we have come to be in this world.

The scientific evidence showing the correlation between emotional well being and physical well being is vast. In Deepak Chopra's book, *Ageless Body, Timeless Mind* he describes a test in which a group of elderly men participated. These men, in their late 60's and early 70's were placed in a large apartment that duplicated a time in their collective past when they would have been in their late teens or early twenties. The furniture, music, magazines, clothing and the like were all from that period when they were carefree youths. Before entering this holodeck of sorts, all their vital signs were taken and recorded. This was repeated periodically during the two week stay, and one final time prior to their departure. The measurements of blood pressure, EKGs and others showed dramatic improvement from the time they entered the apartment to the time they left. Being in an environment that took them back to good, happy times triggered positive feelings which in turn produced chemicals in their bodies that actually improved their physical health!

STRESS AND DISEASE

Whether it is diabetes, heart disease, addiction, obesity, or the like, much of the dis-ease that exists in life is not a result of, "well my dad had it, I guess it's my turn." It's



also a result of the quality of energy in which an individual lives in and how that individual reacts to the varying levels of stress that exists therein. Hereditarily there may be a predisposition to a particular breakdown in health but if the stress, and strong beliefs in hereditary predispositions didn't exist, that breakdown in health, most likely, would never materialize.

Bruce H. Lipton, Ph.D., an internationally recognized cellular biologist wrote a wonderful book, *The Biology of Belief*. Lipton masterfully lays a foundation of understanding about how the cells in our body function. He explains that it is the receptor and effector proteins within our cells that literally “read” our environment and respond accordingly based on what they are sensing. He goes on to state that our biology is not controlled by our genes like some scientists have believed, but rather our DNA is solely responsible for the creation of the more than 100,000 proteins – the proteins that signal what physiological responses should occur in our body, based on what is in the environment.

His fascinating research demonstrated that there are basically three types of stimuli that our cells respond to: positive, negative, and innocuous. Now here's the amazing discovery that he observed in his research. Our cellular

receptor proteins, when recognizing a positive, growth promoting stimulus, actually *moves toward* the stimulus and opens up. When the protein senses a negative stimulus, it *moves away* from the stimulus and closes itself down as if to protect itself! So here we are offered a peek into the intelligence of our physiology at the micro level that exactly mirrors how we as humans react or respond to stimuli on the macro level.

If you are stretched out on a hammock, shaded by a swaying palm tree above you and white sand below you, gazing out at the pristine aqua-blue Caribbean water, do you think your cells are closing themselves down or mirroring your feelings of contentment and joy? However, on the contrast, if you can't stand your job, there's constant tension at home, and the bills are mounting, do you think your biology is opening up and expanding and sighing a happy sigh? Like weeds taking over a neglected lawn, if toxic conditions persist too long our thriving community of cells begin to die, our immune system begins to weaken, and life-depleting cells move in, multiply and we begin to experience disease.

In Cynthia's and my family there is a history of diabetes and heart disease and yet neither one of us have



followed in those footsteps, nor has many of our siblings. We believe this is because of the choices we have each made about our health on all levels, and the loving environment we continually try to create for ourselves and our children. But if the stress is too great for an individual, sustained over too long of a period, the body will react and begin to exhibit signs of whatever predisposition to disease may be there. Where does stress occur? – in relationships. Where are we first introduced to relationships? – in family.

Back in our leaner days financially, Cynthia and I participated in a medical research study, just to bring in a few extra dollars. The study was looking at the correlation between heart disease and successful, happy marriages. Or said another way, if there was a hereditary factor of heart disease present, was a successful marriage enough to override that predisposition? They took us through a series of tests seeing how we worked together under pressure, in addition to taking samples of blood, urine etc. The physical tests all came back positive, but we were not privy to how our interaction together contributed to their findings. My own hypothesis however would be that, of course a happy marriage will create healthier partners and children simply because of the quality of the environment in which the family is residing in.

On the contrary however, in a family where there is arguing and criticism and shaming, then the health of the individual family members will be compromised. One such family, close to us, while having many happy times, lived within an underlying environment that was less than nurturing. Tim and his wife did not create a supportive, loving relationship based on mutual respect. Over time, as in so many marriages, where there was once love, there grew resentment, mistrust, anger and a pulling away. Both husband and wife were responsible for the breakdown and the growing stress pushed them each into their respective predispositions of heart disease and addiction.

For many years during the marriage, Tim battled the dreaded high cholesterol with drugs. Periodically he would have his blood checked and his doctor would adjust the medication. But as the tension mounted in the marriage and the toxic emotional energy grew, no amount of drugs was going to help his physical health. Years upon years of chemicals being released into his system as a result of the stress, just like the animals in the scientific study, finally took its toll and forced him to undergo several angioplasties and ultimately open-heart surgery to keep him alive. Tim's hard life was creating plaque on the interior of his arteries, just as it did to my father, who died at the age



of forty-two and his father before him at the tender age of thirty-seven. Tim's biology was reacting to the chronic feelings of tension – his cells were moving away from the stimulus, closing themselves down and ultimately allowing unhealthy cells to grow.

Finally, after all the trips to the hospital, all the negative emotion building and building in the family, Tim's wife asked him to move out. He knew that it would be the best for all of them. He knew that he needed to make some drastic changes in his life if he was going to rise above his family's predisposition to fatal heart attacks.

During the years that followed, therapy and soul searching was sought by the individual family members and each was slowly peeling away the layers of hurt that had been growing. Tim's health began to improve and his wife was enjoying a home without anger and frustration. As each person in the family distanced themselves from the suffering, their respective lives began to take on brighter futures.

Just a few months ago, a new person entered Tim's life; a person with whom he felt a soul connection – something he had never experienced before. This angel disguised as a mortal awakened within him his desire to

live in a new way. He started feeling lighter, less burdened and began living in the world of “possibility.” He started exercising, reading inspirational books, and turning off the television.

During this period of awakening Tim was scheduled to have his cholesterol checked. He went through the usual procedure, one he had done too many times before, and waited for the doctor to tell him the numbers.

“Wow, this is strange,” the doctor said. “There must be something wrong.” Tim’s count was an amazing 172, compared to his normal, previous counts of 275 or higher. Tim looked at the bewildered physician, who asked him what he had been doing differently. Tim was so shocked at the news that he didn’t know what to say. In that moment he didn’t know that:

NEW POSITIVE STIMULUS = NEW HEALTHY
CHEMICALS BEING RELEASED = NEW
THOUGHTS = NEW FEELINGS = NEW OUTLOOK
= GREATER HEALTH = MORE EMPOWERING
DECISIONS/ ACTIONS!

Tim left the bewildered but happy physician, and floated down the polished hospital floors with a new



feeling – an empowered feeling, a feeling that he just might deserve to be happy and healthy!

OUR QUANTUM CONNECTION

I'm sure you have experienced the sensation of feeling another person's energy, and most likely what comes to mind is not something pleasant. I remember a time when I was having our place of business remodeled by a one-man-show contractor. Casey's quality of work was commendable but his vibration was not.

On a few occasions Casey did not show up when he said he would. After one such occurrence I called his home and asked one of his children how I could reach him. As I was checking the progress of his work the next day, Casey stormed into my building and verbally attacked me, threatening me with physical harm if I ever called his home again and "interrogated" his child about his whereabouts! I was stunned. In those few seconds he had ripped open a childhood memory of my father yelling at me for leaving one of his tools outside in the grass. I pulled myself together only enough to return home. Intense fear flooded my being, my body was trembling and it took several hours to recover.

Needless to say, I asked him the following day to finish up as quickly as possible and to forget about getting any referrals from me. His negative emotion caused me to react from my wounds and go into a fearful, defensive posture. What could have been a pleasant working relationship turned into one that created more negative energy spewing out into the world.

Our life we create is not only affecting our own self, but those around us as well. The ancient illusion that we are separate, however, is breaking up. We must come to the realization that what is swimming around in our heads, what is brewing in our emotional bodies and what comes out of our mouths, is not only creating our own future but the future of our children and their children.

My grandfather, who I never met, helped create my father's world, who then helped create me and my beliefs. Financial scarcity and heart disease was part of the blueprint they handed down that I have overcome and now transmute into something greater. At some point along the way, someone has to declare, **THE BUCK STOPS HERE**. We no longer point accusing fingers. We each take responsibility for our life, right here and now, and decide what we want for our future.



Just a few months ago, I stepped into my scarcity pattern and became angry about a ridiculous fee the library was going to charge us for a book my younger daughter had checked out but never returned. Shortly after my infecting the family with my negative emotion, I could hear my daughter Sadie in her bedroom attempting to stifle her crying. Cynthia reached her first and Sadie began to sob while her mother held her. "I'm sorry for losing the book," she said amongst the gasping and tears. I covered my face with my hands, subconsciously trying to hide, took a deep breath and joined Sadie and Cynthia. I held Sadie and apologized to her for my outburst. I explained that other things were troubling me and the lost book really wasn't the problem. I asked her if she could forgive me and of course she nodded her head. I owned my responsibility and cleared the energy of our home so that we could all have a good tomorrow.

Our power as human beings is so far reaching. Not only do we affect those close to us, but we have the capability, when we come together in community, to alter world events and beyond! Science is now studying the effects of mass attention upon a single event through the use of REGs (Random Energy Generators). These computers collect the energetic data of how we as

community can alter the supposed randomness of the universe. Data collected after world prayer events suggests that a correlation exists between massive prayer and its affect on the sun's solar flares!

My pain contributes to your pain. My joy contributes to your joy, even if you live 3,000 miles away! The concept of entanglement in quantum physics suggests that there is no distance between things but everything *touches* all the time. Although I can't see what my neighbors do in their house, their way of living contributes to the neighborhood as a whole. To the degree the employees of a corporation are content with management and the CEO is content with business profits, the business will either thrive or struggle to the point of failure. Micro to macro and back to micro. Whether you accept it or not, **everything you think, feel, speak and do**, is affecting not only your life but life on this planet!

WHAT IF?

Let's imagine for a few moments a possible scenario:

You wake up, feeling exhausted. You go through your habitual weekday routine of getting ready for work, feed your kids some cold cereal and send them off to school.



Your thoughts are on the piles of unpaid bills sitting on your desk, the pressures of your job you're not happy with, and a strained marriage that you don't know will last or not. You robotically get on the freeway or board the train, and once again, your ground-hog-day has started again.

Arriving at the office, you slink into your cubicle and take a deep breath; another day in never-never land! Gossip, innuendo, and fear of layoffs waft through the building. You endure another lunch with the guy sitting next to you who can't stop talking about his enlarged prostate and your commute home takes an extra 45 minutes because of the daily freeway accident that causes a 15-mile backup! Life just gets harder and harder.

Now imagine a different scenario, a different you, three years later after making a very important decision that day on the freeway:

You wake up, feeling excited and ready to face the day; in fact you've awakened thirty minutes before the alarm sounds. It's 5:30 a.m. You quietly leave the bedroom, sit in your comfy chair in the living room and begin your meditation practice. You silence your mind, focus on your breathing, bringing forth feelings of gratitude for all that

is in your life right now. You foresee the day going very smoothly; you'll achieve all that you want to get done.

You follow your quiet time with thirty minutes of stretching or aerobic exercise.

You eat a great, nutritious breakfast with your family. You tell each of them how much you love them, and off you go to work. During your commute, you fix your thoughts on the board meeting you will lead today. You feel excitement about what you will announce to the others, knowing that all of them are going to benefit from the news.

You arrive at your office with your business name proudly displayed on the building. You made the commitment that day on the congested freeway, and now, only three years later, you've surrounded yourself with people who are grateful to be there working *with* you, not for you. Each associate takes responsibility for their life and supports one another to grow creatively, spiritually and financially. Gossip is not tolerated – only authentic, honest communication underscores your business philosophy and exists in your office. Your business is making a positive difference in your community and the world.



DO YOU KNOW WHAT YOU WANT?

So what caused the shift for this hypothetical you? What caused you to go from a life without joy or purpose to one of excitement, fulfillment and prosperity? Knowing what you wanted and finally believing that it was possible and then taking the necessary steps, one at a time to bring the desire into form. It's a simple recipe, but not always easy to follow.

One of the greatest contributors to the hard life is burying our heart's desires so deep that we can't even access them and then when they try to surface we don't believe achieving them is possible. We push them back down and go back to our old, comfortable ways of merely surviving, living in mediocrity and knowing what we do want becomes a forgotten memory.

The appearance of disease, or financial lack, or addiction gains such a momentum that it becomes so consuming that all we can think about is "I *don't want* this anymore!" Not wanting something is not the way to turn the momentum around. Not wanting this thing just keeps it alive because we keep putting our attention on "it." "It" produces more negative feelings and voila, the beat continues! Being crystal clear to what you *do* want,

is the first step to breaking the negative momentum that you have created.

Let's say you do know what you want. Maybe you want it so desperately, it's all you think about. One must look at the quality of the feeling behind the desire. Is it like an addict that *has* to have this thing to survive, or is it a relaxed, energized feeling that this thing you desire is surely going to happen?

Like the couple trying and trying to get pregnant only to finally give up and adopt a child, and shortly thereafter the wife gets pregnant, knowing what you want but holding it tightly with feelings of frustration or fear pushes away the very thing you so desperately are seeking. Desperate feelings will never bring you positive results, but once we loosen our grip around this thing we are searching for to help us feel fulfilled or happy, we allow that thing to come to us more easily because we no longer *need* it to be happy.

It is this lack of clarity about what it is exactly we want to create and the lack of trust that what we want will happen, which we will discuss in a later chapter. We'll also explore how the feelings of angst or desperation behind the



thing we do want to happen, contributes to our struggles on the physical, emotional, and mental levels.

A LESSON FROM NATURE

We were on a family vacation recently in southern Utah. We were having lunch at Dead Horse Point while observing the incredible landscape. After lunch we took a quick self-guided tour of some of the local flora and fauna. Cynthia was reading a brochure to us about how the bushes had adapted to minimal amounts of moisture. One of the plants that used to have the typical five or six leaves per stem now only has one. It produced, over time, less of its true nature, because of the environment in which it lived.

It struck me how we as humans have done the same thing. The environment that we have all contributed to is stifling our fullest expression of who we are. We have adapted to living a life of separation from Source, and thus we are but a fraction of who we truly are. Our world of struggle, stress and strain is like living in a desert that gets only three inches of rain every year. We need to create a new environment for ourselves; one that looks like a lush, tropical paradise, so that we can begin to flourish

and come back to the greatest expression of our divine, human design.

IS IT YOUR TIME?

Are you through with limitation? Are you fed up with lack of good health, lack of prosperity, lack of loving and meaningful relationships? Are you through feeling separate from the Divine part of who you are? Are you through with contributing to the collective “yuk” of your family, office, or neighborhood? If you are then you’ve come to that critical place of surrender. If you’re not ready to give up the struggle then that’s okay too. Just know that the decision to stay on your present course will give you more of what you are experiencing now.

We have entered a new era, one that is ushering in a force of Good the likes of which we have never experienced before. This renaissance will grow in its influence as each individual being runs to their window and declares, “I am through with pain and heartache. I am through with disease and loneliness. I am through **PLAYING IT SMALL! I KNOW WHAT I WANT AND I’M GOING AFTER IT!**”



As each one of us lays down our sword of struggle and our perception of separateness and practices of persecution, then we say to life, “Count me in. Guide me to the way of my heart. Help me to live the HeartLife and alter the world around me!”

Will your HeartLife happen overnight? Well, unless you’re just one epiphany away from God consciousness, probably not. Will struggle, stress and strain continue to show up in your life? Certainly, but only to the degree that you cling to your old ways. The hard life is an addiction, a habit, perpetuated by our individual and collective focus remaining on the struggle. Direct your attention away from the limitations showing up and instead toward your heart’s desires. Alas, you have the beginning of recovery.

You have been around this earthly block more than once. You’ve been searching for the street sign named “Home.” Your soul has been whispering to you at every turn and your heart is aching to take the driver’s seat and steer you to a life in which love, wisdom and power are expressed through you and thus attracting all that is good and positive into your world. Will you listen to those whispers? Will you dig deep within and summon

the courage and self-discipline to stay true to the course marked “Home?”

We believe that you will. We believe that your heart has brought you here and that means you are ready. Take a deep breath, close your eyes and believe that today is a new day and you’re exactly where you need to be.