



SEVEN SECRETS

TO THE SPONTANEOUS
FULLFILMENT OF YOUR
HEART'S DESIRES

LAW OF DELIGHT

ISIS JADE



SEVEN SECRETS
TO THE SPONTANEOUS
FULFILLMENT OF
YOUR HEART'S DESIRES



~ ISIS JADE ~

Seven Secrets to the Spontaneous Fulfillment of Your Heart's Desires

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~ ISIS JADE ~

Darling, as an energetic being having a physical experience, it's natural to want the most amazing things for yourself while you live this life to the fullest!

This is why I wrote this miracle-right guide for you.

It's not considered greedy or materialistic when you operate on a basis of what's optimal for all. You deserve to have a wondrous, successful, prosperous life, while living in peace, abundance and joy.

This earth was made for you to play in it, experiment with it, love it, honor it, cherish it and be a steward of its resources.

Experimenting within the principles herein will ensure you are always operating at the highest levels in order to draw to you all that you yearn to experience in life!

Here are a few secrets to getting what you really, really want out of life.

Namaste,

Sis Jade

Release yourself of the need that you must live up to anyone's expectations, including your own."

~ Isis

SECRET #1



THE SECRET BEHIND WHAT YOU THINK YOU REALLY, REALLY WANT

What you think you want probably isn't what really delights you the most about life.

There are millions of people just like you, all who want to figure out a way to:

they wanted or deserved

- ✓ Get into the school they've always thought they needed
- ✓ Attract the person they've had their eye on for some time
- ✓ Achieve an ideal face or body to feel attractive enough
- ✓ Get a new house or go on vacation...

.or any number of things they have talked themselves into believing will “make” them “happy”.

his one thing you have been craving, that you have been striving towards for a long time... whatever it is that you think you really, really want or need is simply just a messenger. It's been assigned a symbol in your mind of what happiness or success looks like to you.

honestly, there is no one and nothing in this world that can “make” you do or feel anything at all. Our beliefs, actions and motions come from the symbols we've associated to things, people and circumstances throughout our life.

hat “one thing” you have made up your mind to really, really want... holds no power to “make” you feel anything at all.

it.

For as long as you've attached your idea of happiness to an object, a thing or some kind of achievement, your happiness will be fleeting. After a short period of time, you'll be right back in the rat race looking for the next thing to "make" you "feel" a certain way.

WHAT YOU THINK YOU WANT OUT OF
LIFE HIDES THE SECRET BEHIND WHAT
YOU REALLY, TRULY DESIRE.

You are looking to get an underlying FEELING, an EXPERIENCE from that thing you desire so much.

Unfortunately, as long as you believe all those "things" exist outside of you, you'll always be running, striving, seeking the next big thing and you'll never really get to deeply FEEL and EXPERIENCE all that what you truly desire to. You'll find momentary thrill, but in a short while, it will disappear and you'll be out seeking again.

Something else... whether it's an exhilarating experience, a sense of achievement, the experience of being alive and filled with purpose... the experience of success and the feeling of accomplishment it lends to you... all of these things are clues to you regarding the hidden driving force that exists behind our physical reality.

The thing that truly motivates you, that truly drives you to reach, to expand yourself, to challenge yourself, that pushes you to achieve what you think you really want out of life.... is in fact.... the underlying driving force of the entire universe. It is the most powerful creative force there is.

And as soon as you discover what it is that really propels you forward in life, you can learn to tap into it to get what you truly desire in your core.

This is the first Law upon which all other Universal Laws are based.

And it is this same, universal experience, this same universal feeling you really think this one thing you've currently got your heart set on is going to give you.

Don't be fooled.

It's not pleasure. It's not happiness. It's not love. It's not to fulfill a need. While all these things can be driving forces for us, it isn't the force that pushes us to achieve the impossible.

Happiness, love, pleasure, feeling good... all these things don't come from a job... a person... a big bank account or nice car.

They are all borne within you.

They all come from within you.

It's all just a big inside job.

Your Invisible Power creates all your desires, your dreams, your hopes, your yearnings, and your wants.

And all these things contain within them a whisper of the Creative Force of the Universe.

We all have wants, needs, desires, and dreams. Yet, most of us haven't quite figured out how to attract all we truly yearn to attract to us.

GETTING WHAT YOU REALLY, REALLY WANT OUT OF LIFE.

Millions of us have tried to use the Law of Attraction, but found things holding us back, creating stumbling blocks in our path.

Most people will tell you that choosing to feel happy is the only way to get there.

If it's really so easy to just feel happy (even for those of us who have PhDs in severe depression), then why aren't more people happy?

The feeling of "happiness" for many people is a very fleeting concept. What if, for example, you honestly cannot remember what it "feels" like to "be happy"?

If that's the case, why not choose something that doesn't "feel" so beyond or outside of you right now.

As I talk about in my book, DELIGHT, happiness is the elephant in the room that most people really just don't want to get too deep with. I talk about the difference between happiness and

simultaneous.

Let's start with remembering one simple, albeit very important key:

YOU ARE A CHILD OF THE INFINITE
UNIVERSE AND AS SUCH, YOU DESERVE
ALL YOUR HEARTS DESIRES.

No matter how old you are, remembering that you are a CHILD brings out a more playful spark inside. A sense of joviality, silliness and humor gives us a healthy balance for discharging the stresses of the day and reignites our own inner playfulness, allowing it to come forth.

Remembering how we played as children brings out the light in our eyes, color to our cheeks and the laughter of DELIGHT to our Spirit.

Perhaps you delighted in blowing bubbles as a child, or building with Legos. Perhaps you delighted in playing dress up or dancing to silly music, or jump roping or bike riding. Perhaps

discoveries.

For me it was swinging on a swing and dancing. Remembering those things always brings a smile to my lips.

And that, my dear, is the first key... the first secret.

The Law of Delight is the Supreme Universal Law – NOT The Law of Attraction. The Law of Delight is your divine promise.

Delight yourself fully in life, and you will receive ALL your heart's dreams and desires.”

It's that simple. You don't need to raise your vibration, practice the Law of Assumption, or try to “match” energetic frequencies, or change your thoughts to change your life. All you need to do is fully embrace this divine promise and all will come to you. All other Universal Laws fall under the Supreme Law and MUST cooperate with it fully.

SECRET #2



DELIGHT YOURSELF IN LIFE &
YOU WILL BE GIVEN THE
DESIRES OF YOUR HEART.

The LAW OF DELIGHT itself is the secret. The secret that was once lost for eons to humanity. The secret that every philosopher and every spiritual teacher who truly understood it, hinted about it to us, without revealing its full impact, in

nderstand it.

What is this secret, you ask? It's so simple, so deceptively simple, that you may walk away from this book never fully understanding the power of what I am about to reveal to you.

THE LAW OF DELIGHT IS THE
CATALYTIC CREATIVE FORCE OF THE
UNIVERSE.

If you've been struggling to implement the Law of Attraction in our life, if you've struggled to really master manifestation or creation of your heart's desires, it's simply because the Law of Delight was not revealed to you.

And yet, it precedes every other Law in the Universe. It is from this Law that all other Universal Laws manifest themselves. The Law of Delight was reserved for the most advanced students of esoteric mystery teachings, those who had advanced beyond the levels of adept and into true mastery.

Yet, this Secret Universal Law has sat in plain sight in countless sacred texts all over the world.

entire Universe would roll over in ecstasy at their feet, revealing all its secrets and giving to them all their heart's desires? Why? I'll reveal this to you very shortly.

It's such a simple Law that even our youngest children understand its power.

Variou aspects of The Law of Delight are hidden in nearly every single sacred text that I have ever studied. In fact, I have found this Law revealed in the Upanishads, in countless Tantric Texts of Buddhists and Hindus alike. And I've found it in the stories of indigenous peoples all over the world.

Here's the secret...DELIGHT is the most powerful, creative force of the Universe. It is the underlying vibrational driver behind why we do anything at all. It is behind every action, every choice, everything that manifests itself.

"Delight yourself fully in Life and the Universe will give you the dreams and desires of your heart."

Your power, your miracles, your magic is contained within this one single Law, the Law of Delight, which in and of itself contains the catalyst for every other Universal Law, all rolled up into one.

ou the desires of your heart.”

uddenly, this little piece of somewhat simple logic contains the
ngle greatest key to unlocking everything you’ve ever wanted
o attract to yourself in your life.

With that in mind, I want to remind you of a simple piece of
logic:

‘YOU DON’T HAVE TO BE HAPPY ALL THE
TIME!

Simply choose to DELIGHT yourself so thoroughly in something
and you’ll instantly be uplifted to that level of intense creative
vibration.

No longer do you need to monitor all the thoughts that enter
our field. All you do is immerse yourself, lose yourself in
whatever it is that delights your heart, tickles your spirit and
lifts you to no end.

No matter where you are currently at emotionally or in your
countless thought spirals, finding one tiny thing, just one thing
to really lose yourself in and thoroughly delight in, and you

attractive to the universe!

And you can choose to delight in anything that affirms life for yourself or others at any time! You don't have to let it hinge on anything else happening to you or for you.

POWERFUL & VALUABLE ENERGY TO
THE UNIVERSE.

Delight surpasses all other vibrational frequencies. It far surpasses love, joy, bliss, gratitude and passion on the vibrational scale.

Go ahead, close your eyes, and listen to the delighted laughter of children. Or remember the silly antics of your favorite pet. See how quickly a smile starts to play upon your lips? Remember the last delightful thing you shared with someone else?

DELIGHT IS INSTANTANEOUS.

In fact, as you choose to feel DELIGHT NOW, you become much more attractive to the Universe, which immediately wants to begin co-creating with you whatever it is your heart desires. Things become magically effortless when you operate out of a spirit of Delight.

Immediately, as you Delight more and more in life, you begin to open yourself up to the Universe as well. You see, when you

delight in, the Universe wants to naturally promote that vibrational scale of Delight, because resonating at that level feeds and fuels the Universe to create more and more on our behalf.

Delight yourself in whatever is around you now, so you can easily and effortlessly access the vibrational resonance of Creation swirling around you.

Having said that, I don't want you to think I'm trying to talk you out of what you want.

In fact, I'm not. Many great sacred works have all said that material possessions can be a sign of two things, either a being completely bereft of spirituality, or a being so in tune with Spirit that all things have been made possible for that being.

I'm all for whatever it is that you dream of. I just know that the material is only a representation of something far more powerful that exists all around you.

Just know that things and people... are not what "makes" you feel, do or experience anything. Only you get to choose what you feel, do or experience. No other can choose that for you.

erson, place, thing or circumstance in your life.

**ONLY YOU CAN MAKE YOU FEEL OR
EXPERIENCE ANYTHING.**

appiness, sadness, joy, fear, anger... DELIGHT. The most
powerful of these feelings, however, is DELIGHT.

SECRET #3



WHAT DELIGHTS YOUR HEART
ULTIMATELY DELIGHTS THE
REST OF THE UNIVERSE.

Here's the next key.

Everything in the Universe automatically tunes its vibration to resonate with the vibration of DELIGHT.

ired to experience DELIGHT. With that in mind, doesn't it
ake sense to...

DELIGHT YOURSELF IN LIFE SO THAT YOU MAY RECEIVE THE DESIRES OF YOUR HEART?

in a nutshell, that introduces you to the Law of DELIGHT. And it
is the only Law in the Universe that instantly triggers every
other Law to conspire, just like a domino effect, on your behalf,
all so you can create anything you desire for yourself.

Not even The Law of Attraction can do that. In fact, without
activating the Law of Delight, you may find yourself struggling
with The Law of Attraction, sometimes for years, before you
figure out how to completely accelerate your ability to
manifest.

Activating the Law of Delight in your field, you no longer have
to concern yourself with your "vibrational" state of your
feelings or thoughts. You are automatically at the co-creative
vibrational level that the Universe loves to play with.

more and more frequently with the vibrational charge of Delight.

However, before we go too deeper, I want you to consider for a second that...

WHAT YOU THINK YOU WANT MAY
NOT BE WHAT YOUR HEART TRULY
DESIRES FOR YOU.

Many of us fall in the trap of wanting what we believe we “ought” to want.

We’re often conditioned to live up to societal, parental and cultural expectations, which may include a variety of things, like ...

- ✓ going to college at the “right” school
- ✓ getting a job with the “right” company
- ✓ getting married to the “right” person
- ✓ buying a house in the “right” neighborhood
- ✓ driving the “right” car
- ✓ living the “right” lifestyle

- ✓ having kids
- ✓ doing what's expected
- ✓ believing in the "right" thing
- ✓ practicing the "right" religion
- ✓ not being too out of the ordinary
- ✓ accepting the status quo

and there may be more, depending on your particular upbringing.

Now, I don't know about you, but I railed against most of the controls that were placed on me early on in my life. I remember my mom and I having fight after fight about her expectations of me. Some of us rebel loudly, while others rebel silently. Many more of us eventually cave and succumb because we really think we want to "make" our parents happy with us. So we "grow up" or "mature" and fall into "towing the line".

We sigh and step into the yoke and begin the long haul up the hill. Over time, we lose our passion for our dreams; we lose sight of what we really wanted out of life, what inspired us, what excited us.

Then, something, somewhere along the line we have something happen to us. Something that wakes us up out of the doldrums

for us, or rather the life we chose to make someone else happy... just might not be the life we really want.

It may be the life we thought we wanted, because we finally gave in to the pressures of an outside world.

But, it doesn't ring our bell. It doesn't delight us. It sure as hell doesn't get us leaping out of bed every morning, excited about what the day is about to bring.

The problem occurs when we don't check in with ourselves from within, to make certain our choices that we are making will help us to create the version of reality that we really, really want to live.

For example:

... In my parent's version of my success, I'm married with kids, in a little suburban house close to home where my family can pop by for unexpected visits. I drive a modest car; I work a modest job, live a modest lifestyle, and don't ask for any help, ever. I keep my head down and make clothes, crochet, sew and cook every night. I don't go making art my business, because everyone knows artists starve and never succeed in life.

selfish. I don't have a business because that's gambling with my children's future. I don't travel out of the country, because that would be too dangerous. I don't go tooting my horn, selling myself, or posting pictures of myself on my websites. I don't go making waves. I make a modest income doing basically what my parents did. What's good enough for them, ought to be good enough for me?

I shouldn't expect much out of life, because, after all, I'm a woman, so I'm not all that disappointed when I don't get what I want. I ought to just keep my head down, stay in the shadows, don't attract too much attention or suspicion, work hard, watch TV and hope for a few good things to come my way.

It turns out my version of success is way different than theirs.

How about that?

AND SUCCESS.

What does YOUR version of a life of delight look like?

What does YOUR version of success look like to you?

Only you can answer that. No one can answer it for you. It is the most important thing that you can do for you.

Get crystal clear on what REALLY delights you in life. Release yourself of the need that you must live up to anyone else's expectations.

The little things that delight us in our day-to-day lives are clues. The things we see others achieve that we are jealous about are clues. The things we really deeply wish in our most quiet moments late at night are all clues. Everything else is a distraction. When we lose ourselves for hours doing something or creating something, this is a clue.

Your Inner Wise Self has all the answers to what you really, really want in life.

very intimidating, scary revelation. Often because it means big changes are in store for us. And change is very scary.

We don't think we deserve what we really, really want, or we're good enough for it. So we reach for something else entirely, voiding what it is that really makes our heart sing.

Some of us are subconsciously reluctant to acknowledge an authentic desire, because to admit and recognize what we really truly want makes our hearts vulnerable to failure and disappointment. This is very scary, especially if we've ever suffered setbacks in our lives. I have had many, many business failures, which led me to feel incredibly vulnerable to admit that I really wanted was financial success so I could give back more to the world around me.

We face certain risk when we set our heart on creating something in our lives, whether it's financial success or a great piece of artwork... or our musical talent, or being seen on stage. Most of us have been conditioned in life to see risks with great fear and pain... so to avoid those risks at all costs.

For, like me, you may have a parental belief system that leads us to believe that if we really want those things, it must mean we're small, selfish, materialistic, and not spiritual, or that we are

parental beliefs come from someone else, they are not yours, so don't adopt them and make them yours.

Daring to want what you want takes courage and boldness in the face of all these things.

Step up... Claim it! Do more than just claim it... You have got to Go Big and DELIGHT in what you want. Really sink yourself deep into it. Revel in it... celebrate what you want! Whatever it is that you do, Do NOT hold back.

Every one of your dreams are within you, no matter how big or crazy they might seem.

They are not mirages, stuck out somewhere across the desert sands, always moving away from you. Dreams are not sitting on clouds, dissipating as soon as you reach for them. They are not something to chase down, to run towards desperately, or to cling to.

YOUR REAL DREAMS LIVE INSIDE OF
YOU. DEEP WITHIN YOU. THEY ARE
ALREADY AS REAL AS YOU ARE. THEY
ARE ALREADY AS TANGIBLE AS YOU ARE.

Get yourself to a mirror... the closest mirror you have.

Now, look at yourself. Really look at yourself. Examine yourself up close. No judgment, just look.

Now, touch your reflection in mirror.

Often we believe our dreams are something reflected out to us, but are as untouchable as that reflection in our mirror. We know the mirror is real... tangible, but we also know the reflection is only an image... a mirage. We cannot touch the person in the mirror.

The mirror becomes the barrier to our dreams.

When we try to run into the mirror or into the mirage of our dreams, we find we cannot, no matter how hard we try, touch them. The mirror is a barrier... it is an illusion. It is not real. It sits outside of us reflecting to us all our flaws, all our beauty, all our hopes and all our disappointments.

This is how most people treat their dreams. They hold them up as if they are a mirage that lives outside of them... that

; the mirage.

till looking in the mirror, touch yourself. Touch your face. Now stick out your tongue at your reflection. You are such a kid! Smile deeply at yourself. Really smile as if you are ELIGHTED to meet you.

You see, the mirror can only reflect to us what actions we take, what thoughts we think, and what we feel. If you began frowning at your lines or some tiny imperfection, you are judging yourself. If you began admiring your best traits, you are judging yourself.

The Mirror is the Universe reflected back at you. The universe can only take what we give it and reflect it back to us and the objects all around us. It is up to you to use what you have available to you to make malleable the image reflected all around you.

When you can touch yourself, touch your face, stick out your tongue or smile to yourself... by golly you are touching your dreams, sticking out your tongue to adversity and smiling at how easy it all really is... ☺

out to the Universe to create our Reality.

If you can imagine it, you can have it - especially once you remember that you really can partner with the Universe to create new realities (rather than surrender to it) and truly DELIGHT yourself in your own reflection that's in everything all around you. The Universe is your reflection. It is your Divine Partner in this great experiment you call life. You don't have to surrender to it, or give yourself up to it. In fact, it doesn't want you to do that. It wants a partner to experiment with, not a hapless victim of circumstance!

What I'm saying is ... all things are possible for you, but it requires that you let go of a few sandbags of belief weighing you down so you can claim what you really want for yourself and delight in it... so you can get excited and motivated enough to commit to it in order to manifest it.

That doesn't mean you have to announce your dream of becoming the next ice skating world champion to the world once you realize THIS is what really delights your heart. *Although announcing it to yourself in your own mirror every single morning and night would be a good start to get the Universal wheels turning in your favor.*

faith... Take Inspired Action. Take a few steps each day to your desired outcome. You'll likely have to do something that scares you a little, because in order to show the Universe you are serious at building a partnership, you've got to invest something of yourself so it has something to work with. DELIGHT in it!

Sometimes it feels better to protect our dream from the harsh winds of ridicule or scoffing by the ones we love and trust.

Once you learn the secret language the Universe is using to communicate with you through the language we often misunderstand as ridicule and scoffing, you'll be even more empowered to stick your tongue out like a child and delight yourself in your chosen path!

You'll know when your belief in your desire is strong enough to reveal to others. In the meantime, let it sit within you, delight in it; revel in it. Feed it every day out of the wellspring of your delight and joy...

That's where your vortex of unstoppable momentum begins.

- ✓ ***Don't be distracted about what your mind thinks will "make" you happy.***
- ✓ There is an underlying driving force that propels the entire universe, just as it drives you. It's called DELIGHT.
- ✓ ***Happiness, love, pleasure, feeling good... all these things don't come from a good job... a person... a big bank account or a nice car. They all come from within you.***
- ✓ Your Invisible Power creates all your desires, your dreams, your hopes, your yearnings, and your wants.
- ✓ You are a child of the Infinite Universe! DELIGHT yourself in Life and you will be given the desires of your heart!
- ✓ **YOU make you feel whatever you want. The good news is, you don't have to feel happy all the time to get what you really, really want out of life!**
- ✓ You can choose to delight in something, anything, at any time and instantly transform your emotional state

Creative Force of the Universe.

- ✓ **Don't suspend your delight in life until you get whatever thing you want.**
- ✓ *What delights you ultimately delights the rest of the Universe.*
- ✓ What's best for you is ultimately what's best for all.
- ✓ *Your happiness, your DELIGHT, does not hinge on any one person, place, thing or circumstance in your life.*
- ✓ Get Crystal Clear on exactly what your heart truly desires.
- ✓ *The Universe is a Partner and a Mirror reflecting to you what you reflect to it. Reflect to it what your heart Delights in Most of ALL.*
- ✓ DELIGHT gets you excited to go to the next level.
- ✓ *Claim what you really want out loud to yourself in front of a mirror.*

**DELIGHT yourself FULLY in life
and you WILL receive ALL the
dreams & desires of your heart.**

It is Inevitable.

It is LAW.

consciousness that created them. We must elevate our awareness.” ~ Albert Einstein

SECRET #4:



THE ADDICTION THAT CAN DESTROY YOUR DREAMS

1 my experience on creating impossible dreams out of thin air,
1e primary reason people keep themselves from receiving
7hat they truly want...

**...is that their attention is trapped by a
'negative energy addiction'**

they've become addicted to it. They continue to focus on it, perpetuating it outwards from their field into the world. The universe, being a mirror and a partner in co-creating their version of reality, continues to answer in like kind.

WHAT IS AN ADDICTION?

To be addicted is to become mentally or physically dependent upon something or even someone. Addiction is denoting a person's inclination or proclivity toward something, someone or some activity. What about the addiction to negative energy, negative emotion, negative thinking and negative speech patterns? Can someone really become addicted to negative energy?

NEGATIVE ENERGY ADDICTION

There are people who are not willing to redirect their focus to something positive, something that the heart truly desires. I myself struggled with this for a few years. I was trapped by my perceptions of victimhood.

In fact, much of humanity is trapped by this life-negating addiction, unaware that it even exists. They believe the

so real, too overwhelming to redirect their focus and uplift themselves out of an emotional addiction to negative energy and into a positive, upwards spiral of co-creating new realities.

cynicism, sarcasm, critique, defensive mechanisms, retaliatory remarks... these are all signs that one may have an inclination towards being addicted to negative energy. If they mostly look for things to criticize, complain about or can mostly only say negative things about most people and situations their mind is definitely have a Negative Energy Addiction, (NEA). NEA is a powerful addiction and can be extremely difficult to overcome. It's programmed deep into the individual's neural network patterns from an early age, usually due to a parental figure that also suffered with NEA.

NEA is a mental and emotional virus that creates within individual a separation from something within himself that he is not ready to explore or come to a point of healing and emergence.

At the heart of Negative Energy Addiction is a malfunctioning mental connection between how we get our needs met and how we express those needs to others or even to ourselves. Many people are addicted to the negative inner dialogue of self-embalming information, generally because they have not been

themselves. Our inner dialogue is a combination of voices we've heard growing up throughout our lives, our parents, teachers, authority figures, and even older family members.

DO YOU HAVE A NEGATIVE ENERGY VORTEX SURROUNDING YOUR LIFE?

NEA creates a vortex of negative energy around the person, drawing to them life-depleting energies, people, emotions and situations. Such a vortex drains the life force of the person, leaving the individual feeling despair at not being able to meet his or her own desires in a healthy, functional way.

Clearly, there are many things hidden at the core of Negative Energy Addiction. NEA as we previously stated, creates a vortex of negative energy. Eventually, drama, illness, crises are all manifesting in the person's life. Part of the addiction here is to trigger a feeling of aliveness, rather than the numbness that Negative Energy Addiction typically leaves the person feeling. Triggering adrenal glands through emotional discord and heightened stress gives the person a rush of feeling alive. People who are trapped deep in the addiction of negative energy feel numb to life on so many levels. The adrenal rush

consequences.

Our society continues to validate and perpetuate for us that this is the way we are supposed to live life

Throughout our life we are given a variety of messages that our brains may choose to implant into our belief systems, triggering an addiction that becomes a self-fulfilling prophecy:

- ✓ Watch out, or something really bad might happen to you,
- ✓ Stay constantly aware or something might get you.
- ✓ There's a lot to fear in the world.
- ✓ Someone's always out to get us or take advantage of us.
- ✓ People are greedy, angry, selfish and careless.
- ✓ You are a victim of circumstances and cannot change your life.
- ✓ You have to learn to cope with your problems.
- ✓ You have to work hard.
- ✓ Don't be vulnerable, or you'll get hurt.
- ✓ There's evil in the world and it will get you.
- ✓ You cannot have everything you want.
- ✓ Don't be selfish.
- ✓ If you don't get there first someone will get it before you.
- ✓ There isn't enough to go around.
- ✓ Money doesn't grow on trees.

- ✓ Life is hard and full of suffering.
- ✓ You have to work harder if you want to prove your worth.
- ✓ You aren't worthy, so why bother?

We live in a constant state of stress, anxiety and readiness for what might happen to us, what we “might” lose if something does happen, and it's this chronic fear of risk that keeps us from taking action on focusing on our negative energy addiction, changing our focus to hit the target that will give us what we really want in life. I talk much more in depth about this in my book, DELIGHT.

We cannot get what we want out of life, if we are so focused on the addiction to life-negating fear, anger, stress and worry.

THE OLD WAY OF PERCEIVING “REALITY”

The “little me” is extremely attached to negative energy, to the extent that it will defend its right to be negative. It's not uncommon to encounter an energy within you that is attracted to conflict or fear. How many times have you reacted negatively

ften than not?

Let's face it, that's just how reality is! There's just so much "WRONG in the world!" is the typical defensive reaction the "little me" has whenever a person addicted to negative energy and negative beliefs feels their right to be negative (or be addicted to negativity) is being threatened.

Our "little me's" addiction has its foundation in a life-negating, fear-based belief. In many cases the root belief goes something like - "There is something inherently wrong with me" which can easily translate to "There is something inherently wrong with life" which can then easily grow to "There is something inherently wrong in this world".

You may be able to relate to this pattern of living. In fact, I do this sometimes myself. There is a facet within us which attempts to defend this negative pattern out of a desire to ensure our physical survival. Certainly there is very real danger in the world, but fear and negativity? Those are choices.

When we become more aware of a new desire - something that deeply delights us, it can awaken something deeper within us and we find ourselves excited, enlivened, impassioned at the possibility of achieving it.

resolution. Maybe we set an intention for it, or pin it on a vision board. Maybe we even begin making plans for it...

But then... slowly but surely... we become overwhelmed by negative thinking, second thoughts, fears, worries, and our newfound dream becomes colluded with the weeds of a garden we have allowed to become overrun.

Even when we begin on the road towards our dream, along the way, we find ourselves sabotaging our own progress. Slowly the goal begins to slip aside as more urgent life-matters start to drown it out. We become overwhelmed having to react to all kinds of drama and crises that have cropped up all around us. We are shocked, wondering how on earth we could have possibly created these circumstances, unaware that we never cleared our garden before laying the fertilizer down for our new seeds to grow.

We then spend so much of our waking hours berating ourselves for what is. We compare ourselves to what could be or should be for us, and get increasingly angry with ourselves and those around us for not achieving what is so obviously a simple thing.

What becomes real for us? Our failure? Our sabotage? Or our real wants? Where we invest our most energy, our most focus,

state of negativity.

Nothing ever works out, so why bother trying?"

What is for us is usually the absence or seemingly overwhelming mountain of impossibilities to achieve that thing we dreamed about. So we slide back down the hill to our warm, comfortable muck of "This is how it is."

We even blame others for our hopes getting raised only to be dashed: our teachers, the universe, God, our employer, our landlord, our spouse, and our parents. Self-help teachers and coaches often bear much of that brunt. Especially those who preach Law of Attraction. "This stuff doesn't work for me! It's BS. This positive-thinking garbage is a load of hogwash. I tried it once and it didn't work!"

Dear one, the only way something new can bloom in the garden of your world is if you clear out the muck, the debris, the spiders, the pests, and the weeds that cloud your mind and fill you with fear and loathing. Only then can the springtime of abundance bloom in your world. You reap what you sow, dear one. You must create space in your garden and tend it with tender, loving, positive care.

happening does NOT allow you to clear your garden and tend to it.

Suspend your limited beliefs - even if just temporarily, and entertain the possibility of a new, wondrous and as of yet, undiscovered miracle blossoming in your world.

Step 1: Tap into your Creative Power to imagine and fantasize about the amazing things, the delightful things, the joyous things, and the positive things you desire for your life.

Step 2: You must use the power of choice, to CHOOSE to bring that image to life for you. How? Begin by delving deeply into the feeling of wonder and most importantly the feeling of DELIGHT you will experience when you manifest all these good, delightful and joyous things into your life. Focus on that feeling. Feeling delighted, excited to be alive, amazed by your ability to create anything at all you desire.

Lose yourself to this moment of DELIGHT, now. It's the most important feeling you can create, because it is the one energetic vibration the Universe cannot resist.

While you are doing this, you are creating a new vortex to replace the vortex of negativity that may have surrounded you up until now. It takes time for the old vortex of negative energy to slowly dissipate; so negative things may still be affecting you. Do not focus on them as tragic, trauma or crisis points. Turn those problems that arise into gifts of opportunity. Focus on what can be shifted, not on what is.

heart's desires while you are focusing on imagining it and visualizing it unfolding into your life. The more powerful imagination you have (which is just like any muscle, it needs to be exercised regularly), the more powerful of a vortex of energy will be created.

Generally, we don't often give as much airplay to our deepest heartfelt desires as we do to our fears of being disappointed or we aren't worthy of them. Often we are just so addicted to observing reality around us with a negative film over our eyes. We cannot see clearly what's right in front of us.

It is this kind of mental clutter that creates the reflection the universe uses to manifest on your behalf. It can only bring to you what you ask of it. If you are asking a million clumsily constructed thoughts they have very little power. But a single, focused request, based on your most potent heart's desires, punched through a vortex of delight, has a far more penetrating and powerful effect.

REALITY & BECOME DELUSIONALLY
FOCUSED ON DELIGHTING YOURSELF
NOW.

You want good things, right? Amazing things? It doesn't matter what you create, really, as long as you create from a space of what truly delights you. You do, however, need to be aware of what you are ingesting and receiving.

Are you tuning into darkness, negativity, fear, horror, harm, and unreality? Then this is what will be perpetuated back to you, in a myriad of ways. It could manifest itself as undue stress, adrenaline rushes and crashes, reactivity, anxiety, panic attacks, and quickened reactions, anger.

Your subconscious and your conscious mind works together to construct realities based on what they are fed and what they have come to believe will ensure your physical survival. They can only do this, based on the environment and information you choose to nourish them with.

ome level into your psyche and your energy field and eventually becomes a part of you.

is crucial, therefore to be equally mindful regarding what you ingest energetically, physically and emotionally, as it is to align yourself vibrationally with your intended desires.

bove all, if you are focused on perpetuating negativity in any form, darkness in any form, cynicism or sarcasm in any form, be prepared that this is what will be reflected back to you.

GARBAGE IN, GARBAGE OUT.

if you want to harness the power of the most powerful creative force in the Universe, you must operate yourself and align yourself through integrity with its vibration. This is what allows this creative force to manifest itself through us to create the momentum we need to achieve all we desire.

Make yourself a beautiful, Delightful reflection of reality, and it will be beautiful, no matter the darkness that may be swirling around outside of you. This may seem a bit too positive, and I'm honestly not a particularly optimistic person. But I do know this. Beyond a shadow of a doubt, as a pragmatist, I do know

experience most will make you more attractive to it co-creating optimal life desires on your behalf than anything else.

WHAT IS IT THE UNIVERSE YEARNS TO EXPERIENCE MOST?

The Universe years most to experience Expansion and Delight in its acts of creation. You are the entire Universe captured in a single essence. So, simply expand yourself and Delight yourself in all that has been brought to you, and you will be given all your heart's dreams and desires. When all we do is observe, even if it's to try to understand "the darkness, the shadows, the evils" of the world, we become obsessed with that, all our energy is consumed by it and we cannot redirect our energy to create something that truly delights our hearts. All that's become important for us is the obsession of the darkness. Nothing else exists. And so nothing else can.

Imagination is more important than knowledge...

~ Albert Einstein

cannot manifest optimal health and unlimited energy when I am focusing all the symptoms of what's "wrong" with me. I cannot manifest unlimited creativity and passion for my life when all I am focused on is "solving what's wrong". I cannot manifest a house if all I'm worried about is how much it will cost.

How can we manifest solutions to end poverty, eliminate slavery, and end war, when we are focused on the hardships, horrors or atrocities of such.

We can, however, co-create solutions that create a wellspring of abundance, well-being, freedom, peace, love and acceptance for all. What we focus on, we get more of. That's the Law of Attraction in Action. When we focus on DELIGHTING others, and ourselves this activates all other Laws to operate fully on our behalf.

If we yearn to create a major shift in the world because it truly delights our hearts to do so, the Universe will conspire with us to make this shift a reality, giving us opportunities to experience synchronicity after synchronicity.

This is why you need to get off the "reality" channels on the TV of life. They aren't serving you. They aren't giving you anything

soul or empower you to step into partnership with the Universe to create all that you desire for yourself and others.

How do you do this?

Become a master of sculpting your perception as if you were an artist. This way, you can interpret reality in a way that honors your dream and manifests them into your reality rapidly.

ASK YOURSELF BETTER QUESTIONS, AND
LISTEN FOR BETTER ANSWERS.

If you truly want to create change, then expand your dream and your desires to be large enough to encompass the world. This will usher in even more support and energy to focus on you and what you yearn to manifest in the world around you.

If you want financial freedom, then this is what you need to give through DELIGHT to others. How? By expanding your dream to empower others to achieve their dream of financial freedom in some way. Kiva is one such organization that empowers you to

ractice of giving because it truly DELIGHTS your heart and soul to do so. Feel how amazing and empowering and delightful it is to be able to give someone the gift that you are seeking. You have that power. You can give from that position of power, without the fear of lack.

Do not focus on the fear of debt, the worry of debt, or the pain of debt. Instead, focus on how money is a tool through which dynamic relationships and partnerships can occur. Focus on how money is a powerful force that EMPOWERS you to create and share more DELIGHT with others. It is a tool that can be wielded with artistry and mastery to manifest any outcome you desire. That's all it is. A neutral tool. All bills created are already being paid. Keep that focus on your abundance to become a generator of abundance.

Like a tree that bores fruit year after year, the first five or six years of its life it needs TLC, nurturing, and nourishment. It's the same with anything. If you haven't been tending your garden of abundance, it's not going to give you a damned thing.

Energy flows where attention goes. If your attention is focused on all that DELIGHTS you in your life, you automatically create a wellspring of energy that continues to draw to you more

more and more things to see what you might delight in next!

Once you lose your grip on your version of reality, watch out! Life will begin to remold itself to your new perceptions. You become a wide-open vessel for a powerful new way of living and being. The Universe will start filling you up with things that delight you because you've set the tone from within that this is what truly moves you from this point forward!

1. Get off the reality bandwagon.

You get to determine what flows in your reality. The Universe is a hologram; it can only project to you what you reflect to it. Take your attention off the flaws, the imperfections, the fears, the negatives, the lack and the can't's in life.

2. Focus on the wonders and amazing things that surround you.

Then, begin fantasizing and visualizing what it is your heart truly wants in your life, Focus on the DELIGHT factor, the feeling of DELIGHT and then turn that DELIGHT onto everything in the world that sparks you and lights you up. Before you know it, your reality is remaking itself right before our very eyes, and life becomes radiant, magical, and beautiful.

PSST... THE UNIVERSE CANNOT RESIST
DELIGHT.



*“You are Everything That Was, That Is, That Will Be.
Your Thoughts, Your Life, Your Dreams Are Coming True.
You are Everything You Choose to Be.
You are as Unlimited as the Cosmos.” ~ Isis*

SECRET #5



THE SECRET TO LETTING ALL GOOD THINGS COME TO YOU

***You Are Not Your Hard Work.
You Are Not Your Fear.
You Are Not Your Suffering.***

LET GO OF THE STRUGGLE

ENJOY THE FLOW

When I coach clients or give them akashic Soul Codes readings and healings, I focus on using a vibrational realignment tool. It's an energetic attunement called Divine Light Awakening. A Divine Light Awakening empowers the person to repattern their vibrational alignment, release the Vortex of Negative Energy that may be surrounding them, while increasing their capacity to open up to delight their soul and receive all that is available to them in the Universe.

Sometimes, however, a person encounters a great deal of resistance in their field to letting go and allowing themselves to delight themselves. They resist it because they are still being sucked into an old Vortex of swirling negative energy patterns that still needs to be released.

All right, what's all this talk about resistance? If you haven't heard the term "resistance" in regards to being a deliberate co-creator of your life and your reality, then we'll start it right here with this.

- ✓ Resistance is discord.
- ✓ Resistance is life stalling out on you.
- ✓ Resistance is a rut.
- ✓ Resistance is sarcasm, cynicism, scoffing.
- ✓ Resistance is going against the flow.
- ✓ Resistance feels like anxiety, stress, fear or doubt.
- ✓ Resistance is working hard, fixing yourself or the world, because something is “wrong”
- ✓ Resistance is you fighting the “good” fight
- ✓ Resistance feels like pushing two-ton boulders up two-hundred mile long hillsides
- ✓ Resistance feels like you trying to push back
- ✓ Resistance is disharmonious, feeling “out of tune” or “out of sorts”
- ✓ Resistance feels like suffering, trying, struggling.

RESISTANCE IS THE OPPOSITE OF
DELIGHTING AND RECEIVING.

elighting and receiving are where you'll begin masterfully co-creating in partnership with the Universe.

you remember what it's like to truly delight in something you created or experienced, you find yourself merging with it to experience it more fully. You are blown wide open to allow all good things to flow to you. That is the creative force of Delight. When you are delighted, you accept and embrace... and you allow others to be as they are.

When we experience a desire (whether we're conscious to it or not), the Universe immediately grants that desire. Immediately. There is no latency. The latency happens when we are not in alignment with the delight of receiving that desire.

We're here in the physical plane on planet earth "experimenting with contrast" so we can evolve and expand as we grow in awareness. Each time we experiment with a contrast, we birth a new desire.

Universe hears and grants all your desires, instantly.

Isn't that remarkable?

The issue occurs when we do not operate out of a Spirit of Delight (that all powerful, creative force that is very attractive to the Universe).

ist by having that new desire, and that delightful thing is
appening whether we happen to be there or not.

**Our goal is to delight in our very own
Acts of CREATIVE CELEBRATION.**

**“The party’s goin’ on right here. Celebration
is happen’ everywhere!”**

‘THE WAY OUT IS THE WAY THROUGH.’

We Are Invited to Our Own Delightfully AMAZING
ELEBRATION we just created... By focusing solely on what
elights us most in life.

lose your eyes. Feel what it feels like to be a babbling brook,
r a bouncy little breeze. Delightfully playing over stones and
rushes, accepting all that is in your path, caressing all,
ouching everything delicately and lightly, allowing your path
o become the path of least resistance, weaving this way and
rat.

that feel amazing to you? Stretching you, tickling you?
Delighting you?

It all feels like natural ease, flowing with the Delightful good vibes that keeps us wanting to create more and more to delight ourselves in.

***The challenge is that most of us don't spend
much time in a wellspring of DELIGHT.***

We've been conditioned that "delighting ourselves" is for children, not adults.

We've all heard someone start a sentence out with, "I don't want to burst your bubble, but..." meaning, you really need to come back down to earth and "get real".

Well dear one, I've lived in the "real" world for a bit, and it practically, very nearly killed me. I think I'll prefer to live in a wellspring of endless delight. Where the Good Vibes Flow and the Celebrations are always happening!

We've been raised that we have to "fight the good fight" to live in a perpetual state of tension, shallow breathing, resistance, and struggle. Honestly, learning the art of flowing with the

re-activating old ways of living and being (meaning the Ancient
Sages or the Delight Makers – those gifted with immeasurable
manifesting powers, long, long before you came into the
physical world).

I'm going to teach you how to spread your wings and fly. My
grandpa and father were all about bringing good things to life
so I'm going to teach you what they taught me.

Resistance is good if you want to build big muscles. Yoga is
better when you want to build core strength, flexibility and
learn to flow. Tai Chi is wonderful when you want to learn to
dance with the flow of life.

Let's create the state of allowing delightful flow when we release
resistance. Release resistance, and things hurt less. Release
resistance, and accept things as they are, while **focusing one
that you really want to create and experience out of
delight.**

Releasing all resistance is key to effortless manifesting,
delightful success, effortless relationships, and Delightful
living. You can learn more about DELIGHT in my book,
DELIGHT, An Enlightened Path to Transforming Your Life,
spontaneously.

vibrational alignment with DELIGHT, which is the creative force of the Universe. Then through that, our heart's desires can become immediately manifested on our behalf.

In other words, YOU can CHOOSE to let go of whatever's keeping you *out* of a state of DELIGHT and ease.

One of the best ways to release resistance isn't to fight it or try to "force" you to relax or allow. Honestly, what was taught to me is what I'm looking to teach you. And that is simply to receive Divine Light Awakenings and allow Divine Light & Divine Love to open you up naturally. Each Divine Light Awakening deepens your relationship with the Universe (You can replace Universe with any other name you happen to walk in alignment with. I personally operate best with that word as it feels encompassing rather than limiting to Me.).

The programs I teach are all based on The Law of Delight and are all about co-creating in partnership and harmony with all while learning to let go so you can live in a perpetual state of awe, wonder and delight.

don't tend to focus too long on life-stall-outs like resistance, but it does empower us to become aware of what resistance is and when we are Be-ing resistant.

We are cruisin' along, to our inner heart song, be-bopping along when all of a sudden something veers us off our flowing and flowing road. We might put on the brakes so to speak.

We may feel one of our beliefs is being threatened, or we may feel something is "wrong" with life, a relationship, at work, or with ourselves. As soon as you feel that, you have just vibe-shifted down way low into "resistance" and suddenly, your vehicle isn't driving smoothly.

Resistance is Lack. It Drains You.

Delight is FULL of Creative Flow and Life.

As soon as you spot it, then you can learn a variety of techniques to vibe-shift back upwards into the state of Delightful Flow.

The beauty of stepping out of resistance is that as you do so, you're stepping *into* A Life of DELIGHT. **And that's when things really start happening for you!**

HOW DO YOU SPOT A LIFE-STALLING RESISTANCE?

The answer is surprisingly simple... Anything that doesn't feel "right" or "good" to you. Anything that feels like anything on this list:

- ✓ effort
- ✓ struggle
- ✓ pushing
- ✓ suffering
- ✓ lack
- ✓ trying
- ✓ hard
- ✓ stress
- ✓ anxiety
- ✓ work
- ✓ depression
- ✓ doubt
- ✓ should
- ✓ coulds
- ✓ ought-tos
- ✓ nots, can'ts, won'ts
- ✓ paddling upstream
- ✓ forcing
- ✓ fear
- ✓ frustration
- ✓ judgments
- ✓ jealousy
- ✓ angst
- ✓ drama
- ✓ anger
- ✓ hate
- ✓ tension
- ✓ push-back
- ✓ or anything else that doesn't feel "life-affirming" to YOU.

Take a good long look at the list above. Consider how much time you spend each day in the energy space of anything that feels like the above words.

much of your daily life is spent in a life-stalling resistance, once you become conscious to it.

Now, a lot of people might look at this list and suddenly get really stuck in the mud. "Wait a minute!" They'll say. "I've got to get into my head and figure out why I'm doing this! I need to understand all this clutter and stuff that's got me resisting to life!" And with that, they immediately want to dive headlong into therapy, coaching, motivational sessions, retreats, and past-life regressions, to deal with what's WRONG. So, they get so focused on what's wrong with them, they get caught up in an even bigger negative vortex that then reflects to them all throughout their life all the things that are "WRONG".

Don't do this. You need to catch this tendency now. Be aware of it and don't let it happen to you. I did this for years. I spent eight years in therapy digging into every little part of my past. Never did a thing for me. When I was given the gift of teaching The Law of Delight, however, changed my life in the blink of an eye, and I never looked back! You don't have to look back in order to keep going onwards and upwards. Just glance at your map, get clear on where you want to go, and spread those beautiful angel wings of yours and start flying.

about, and anything to fret about. Life's GOOD. Real good! Are you breathing? GOOD! Breathe deeper!

**Are your eyes open? GOOD!
Open them wider.**

**Can you smile a little bit? GOOD! Smile
BIGGER.**

Tell yourself “I love you!”

Don't be afraid of feeling down, depressed, or angry. We all have those days. You can still find something to Delight in, and you can still be OK with you. No one is up 100% of the time, and if they tell you that, they are either on some serious drugs, or they are really not in tune with the energies of life.

What you can do, during those life-stalling moments, is reach for something that DELIGHTS you, no matter what it is. Delight lifts you right back up and into your creative vortex. It's not something you are craving, but something that your mind, body and spirit needs to feel in alignment and whole again. For me, that's a big, tall glass of dark leafy greens and orange juice. It's dancing to crazy loud music while I talk out loud and verbalize

ELIGHTS you!

o

**EVERYTHING IS OKAY WITH ME
EVERYTHING IS OKAY WITH EVERYONE AROUND
ME.**

**RESISTANCE IS JUST A LITTLE HICCUP.
I'M LEARNING HOW TO CHA-CHA WITH THE DIVINE.**

**EVERYTHING IS OKAY WITH MY RELATIONSHIPS,
MY LIFE, AND MY WORLD.**

I Can Pause, and Take a Breath.

IT'S ALL OKAY.

Begin with delighting in your heart.

“The definition of an optimist is someone who believes taking one step backwards after taking one step forward isn’t a crisis, it’s the cha-cha!” ~ Unknown.

Wherever you’re at now is just fine.

The art of releasing resistance is making your peace with whatever is, as it is.

our INVISIBLE POWER lies in being in a safe space and KAY with what’s going on, maybe even *appreciate, accept and learn to DELIGHT* in what’s happening. Your Invisible Power becomes more powerful as you **get really good at feeling, saying, thinking and doing what feels really wonderful, life-affirming and delightful... to you.**

WELL-THOUGHT-OUT ENVIRONMENT FOR YOU

Author Michael Neill said the most difficult thing to adopt is that choosing to do what feels good. I believe given what we all see in the world, that is likely a very accurate description.

I wanted to learn to play piano at the age of five when I heard a pianist play at a church I attended. But, by the time I was eleven, I hated every minute of it. In fact, I hated anything having to do with “music” at all. I was terrible at it. I had no ability to count, no rhythm, no vibe. Nothing I practiced sounded anything at all like the magical lyrical music I heard when I was tiny.

For six years I had been told I had to practice the piano for as long as 2-3 hours every day, to ensure my parents were getting their money’s worth out of my piano and my lessons. I began hating the words “practice” and “discipline”. To me, it meant long, agonizing hours spent on the bench, my fingers aching, my thumbs hurting, having my hands and wrists rapped on by my teacher, never playing full pieces of music, just for fun... focusing only on repetitive exercises in tune to a metronome, every day... day in day out. Sometimes I fell asleep at the piano I was so exhausted from “practicing discipline” to be “a great classicist pianist”.

orture to me.

It wasn't until I was fifteen and I met a girl who invited me to join in her band, "just because, it's fun!". She discovered I knew how to "play" piano... but I shook my head. "I only know how to practice' drills. I don't know a thing about "playing" music. It's never been about play to me. Just a lot of hard work and discipline."

My friend could not believe that I had never played a single piece of music all the way through. I secretly longed to be carefree and play and sing music with effortless grace. But I had been drilled into me to believe I would never be good.

One day, my friend dragged me to a music store where a bunch of heavy metal musicians were jamming together. The music was raw, cacophonous, loud and FUN!

He stopped their jam, hugged a couple of them then introduced me. She told them I had forgotten what "playing" music was all about.

One guy smiled at us and threw a guitar at me. I caught it and stared down at it as if it was an alien from outer space. I didn't even know how to hold the thing. He laughed and sat down

a little fun riffing and making a bunch of weird sounds.” He handed me a pick and with a deep sigh (and because he was cute) I decided to give it a try.

In about a half an hour, he had taught me a few chords, some basic progressions. Then, before I knew it I was “jammin’” with his band! I never had so much fun making “weird sounds” that made music with other “weird sounds” in my entire life. I knew my classical piano teacher would have had a fit! I was ruining my ears, ruining my hands and it was fun, fun, fun... because it wasn’t about all the discipline and hard work. It was easy and effortless.

“Hey, she’s pretty good!” One of the guys yelled over the noise we were creating. “Yeah, we are!” I smiled.

After that, my girlfriend gave me a stage name and we played in a band together for a while. I went on and played with another band for a bit after ours went our separate ways.

Over time, I learned bass, some basic drum beats, and even sang a bit. Not once did we ever “practice” and not once were we ever “disciplined”. We just got together to “jam”. We were carefree about making sounds that felt like fun to us. It didn’t matter if we sucked, it didn’t matter if we never played in front of

ut loud. I wrote the lyrics, someone else put the chords
together and we just ran with it.

BE Delightfully Creative Every, Single Day.

It is heavy, like one of those ball-and-chain things you have to lug around behind you. So, I'm going to give you permission to play, rather than demand you develop the "discipline" to "practice" something that isn't in alignment with your spirit. Discipline can create resistance if we are not careful.

It's surprisingly challenging for us to let go of what doesn't feel good and to move in the direction of what feels effortless, freeing and playful. Undoubtedly it's because our parental and social conditioning rewarded us for "working hard", being "disciplined", and listening to others over our own internal guidance, for struggling, persevering, paying our dues, trying... etc.

However, if you trust that sometimes our course must veer off in another direction entirely so we can experiment with what it means to have fun again, to be carefree and flow with life, you may find something out about yourself.

Had we been taught to follow our "feel good voice" (which we were naturally gifted to follow as children), we wouldn't even be discussing this now.

oing what felt best and most natural for us.

am sure most of us have lots of room to be more DeLightFULL
nd CareFREE. We just have to release all that time we spend
1 resistance to free ourselves up to Play DeLightFULLY with
ife.

o back to that list of “life-stallers”. What does it feel like in your
ody when you experience one of these life-stalling
esistances? It feels “tight”, doesn’t it? Hard? Like you are
ense? Maybe your jaw is tense or your are subconsciously
ensing up your shoulders, tightening your arms, or holding
our stomach in? Maybe you lean back a bit and find your
ngers are bit tighter?

s you become more aware of what your body does in
esistance to something, you can immediately reverse it to get
ack into the Flow of A Creative Life of Delight!

se that awareness to reverse the resistance. Take a deep belly
reath and relax your shoulders, soften your eyes, open your
mouth and chew a few times. Smile big. Do some funky
movements and loosen yourself up.

cannot see much, you are stuck in the muck, and you've been using your oars to give you something to fight with. Well, it's time. Turn your boat right side up, drop it in the water and get in! Stop carrying it against the current. Get your oars out of the water, reel in that anchor.

**It's all going to be OK.
There's nothing to struggle or to fight.**

If you've ever gone rafting on a big river, you know you cannot fight the current, you can guide your boat, but it's not about fighting the current upstream. Let go for a bit. Relax. See where life takes you. You might just really start to enjoy the ride.

Allow yourself be divinely guided by this question: "What would I like to Delight in right now?" and dare to do whatever it is.

Sounds magical?

I guarantee you, it is.

Just go.

Open up.

**You never know what you might be
missing.**

us. There are many things we get so focused on, that we forget to pull back for a minute.

That's why it's important to create some kind of a trigger that you can use to bring you back and remind you to release your resistance to whatever you may be struggling with or fighting against.

For example, say you are in the middle of a work project that is getting more and more chaotic, and you sense you can't make the deadline. Or maybe you are stuck in an argument with your life partner. Maybe you feel like you are fighting your own body because it doesn't seem like it wants to heal itself. You feel trapped, stuck in a cycle of struggling, working hard... this is the life-stall of resistance.

It's one thing for me to tell you "oh, just let it go", but it's quite another thing when you are right in the middle of a looming huge issue and you are stressing out, frustrated, freaking out, and lashing out.

Yet, that's exactly how you begin triggering yourself. Create an interrupter. A Pause in the moment of your frustration.

mazed at how quickly you can turn things around. When you are doing all you can at work, and you feel like you are pushing against everything that's happening all around you, take a step back, take a deep breath and ask yourself this:

What will really truly feel better to me than this? What would really DELIGHT me right now?"

Now, don't let your mind take advantage and go ape-shit nihilistic, sarcastic or cynical on you. I'm sure it might blast you with things like, "Well, I'd REALLY be delighted if this asshole got fired!" No... that's not something that would ultimately truly feel better to you. That's still resistance, that's still fighting.

Maybe, taking a break from the struggle? Going out for coffee or tea? Take a walk outside? Find some birds to feed? Scrapping the current plan? Turning all your photos upside down? Drawing a goofy picture? Going back to the board and begin intuitively drawing out another approach? Calling in a sounding board in the form of an objective third party?

You can come to a higher resonating place that truly delights you; creative solutions begin to readily make themselves apparent to you through all kinds of seemingly disconnected things.

then dare to go do it, no matter how “insane” it sounds. It doesn’t matter if it makes sense or not. Just try it on!

Delightfully Miraculous things can’t happen in your life unless you’re feeling open to receive them. It’s difficult to see clearly when you are in the midst of resistance.

If you aren’t feeling positive, joyful, delighted or good in general, you are probably in a life-stalling resistance of some kind. As soon as you get out of the stall, you’ll be right back on track.

Not all stalls are bad, they give us the opportunity to check in with ourselves about our life’s various experiments to pull back and observe them. To see what’s working and do more of that, as well as to see what’s not working and do less of that.

I have a few techniques and strategies I share with my clients on how to release and get back into the DeLightFULLY creative flow of life.

Other methods for getting back into creative mode includes:

and lightly without attachment to how it unfolds.

- ✓ **Trusting, believing and knowing your desires will always come to you. And the more you struggle or run towards it, the harder it will be.** *(Patience was never my strong suit. I always want everything now!)*

- ✓ **Taking Inspired Massive Action that opens you up to embracing your desire more fully as yours.**

- ✓ **Get yourself open, awakened and elevated enough that you no longer concern yourself with the why things happen the way they did (or will), or the how in how things will transpire on your behalf.** *(That's the 90% of the hard work and heavy lifting you'll allow to happen around you).*

- ✓ Resistance is what happens when we encounter something that stalls our Flow (anything that doesn't feel "good" to us is a life-stall)
- ✓ ***Releasing resistance is the key to getting back into the flow of all good things***
- ✓ The fastest path to releasing is to find something to delight in that elevates your energy and vibration.
- ✓ ***Resistance is Lacking, life-negating and energy-draining.***
- ✓ Give yourself permission to Play More, Be More DeLightFULL and CareFREE. Full, Free Play is your Key to Inverting any Resistance.
- ✓ ***As yourself when you notice you are resisting, "What feels better? What would I really delight in right now?" Touch your heart and close your eyes when you ask to remind yourself to look within.***
- ✓ When you free yourself to accept, allow and flow along, you instantly have more energy, more abundance, and more creativity with which to naturally and effortlessly manifest your heart's desires.

SECRET #6



FALL IN DELIGHT WITH YOU!

DELIGHT is a simple, enlightened, effortless path to the spontaneous fulfillment of all that you desire. It's the only path that consistently works.

Why? Because DELIGHT is the creative force of the Universe AND it's our most natural, relaxed state of happy anticipation.

Our Invisible Power to manifest anything you desire lies in our ability to DELIGHT in yourself, unconditionally. It's not enough to love yourself. I know plenty of people who love

to be less than worthy of all they desire, so they continue to hold themselves separate from that which they most desire. I myself have done this for years. Keeping myself separated because I didn't believe I deserved all that I desired.

Part of it comes from a belief that desire is somehow toxic, evil, or dirty. Or that desire is somehow negative or life depleting.

Where does this belief that desire is bad come from? Well, early on in a number of religious cultures, including Christianity and Buddhism, there were a few mistranslations of ancient, sacred texts into our modern language. Many well-meaning translators may have misunderstood the deeper meaning of the terms used for specific reasons. All words have an energetic charge, a resonating force of life. When we use the wrong word by accident in our speaking or writing, the entire meaning of a sentence or a passage can be changed.

Desire is a life affirming yearning for something. Desire inspires us, drives us forward, and impassions us. Craving, however, is an addictive, desperate, cloying needy energy that drains us.

Craving is the life-depleting force that creates negative consequences in a person's life. ***Desire***, as ancient tantric

things may be realized.

You must have a **desire** to discover if you want to be a researcher, an explorer, or a visionary. You must have a **desire** to achieve an awakening or enlightenment, if you want to embark upon a spiritual quest.

DESIRES FOR WONDROUS EXPERIENCES
ARE A HEALTHY, NATURAL PART OF
BEING HUMAN.

raving is what we feel when we are struggling with an addiction, be it an addiction to coffee, an addiction to sex, even addictions to drama or negative emotions such as depression or anger.

Ravings lead us to feeling depleted. Desires lead us to feeling enlivened.

**love + your desire for wondrous experiences to
a whole new level.**

As children, we never thought twice about experimenting with things that delight us to no end. Delight is such a powerful creative force. It manifests within us an invisible, unlimited power to transform, make or create any circumstance into an opportunity for spontaneous manifestation.

You need to have to have a deep, unconditional love for yourself in order to DESIRE to DELIGHT yourself in life.

In my opinion, however, Love and Delight are inseparable, since the two core ingredients to make Delight for ourselves and share with others are Divine Light and Divine Love. When these two energies are woven together within us, we cannot help but desire with all our being to delight and inspire ourselves and share that delight and inspiration with everyone around us.

Your sole focus right now, and from this point forward, is simply to Delight yourself to no end. In fact, delight yourself so thoroughly that all barriers between your receiving what the Universe spontaneously fulfills on your behalf are dissolved.

react to something, ask yourself, “Does this delight me?” If you are completing a project or delving into something new, ask yourself, “Does this thoroughly delight me?” When you are taking on a new job or considering a career change, ask yourself, “Am I thoroughly delighted by the prospects of this opportunity?” If you are not, then perhaps it can become a catalyst for you to manifest a new opportunity that does delight you to no end!

For me, writing this little book and developing this little mini course for you, has delighted me thoroughly!

You will be amazed at what you can create when you so DELIGHT yourself in life and the Universe. You’ll surprise yourself with what continually flows to you as coincidence, synchronicity and miracles.

According to the Vedanta, there are only two symptoms of enlightenment. Just two indications that a transformation is taking place within you that elevates you towards a higher form of living.

The first symptom is that you stop worrying. Things just don’t seem to bother you any longer. You become more and more light-hearted and full of joy. Things begin to delight you endlessly.

or things “happening to you” starts to dissipate.

“The second symptom is that you encounter more and more meaningful coincidences in your life, more and more cases of strategic synchronicities. And this accelerates to the point, where you begin experiencing magic and miracles in your life, which in turn brings you more delight, which in turn brings you more magic, more miracles, until you and the Universe roll over and over together, merging into an endless dance of ecstasy.”

~ Isis

Falling head over heels in DELIGHT with yourself is such a powerful, driving experience. Once you become more and more delighted with yourself, this experience begins immediately shifting your focus away from things that are going wrong in your world, to focusing on things, people and experiences that truly delight your spirit and tickle your fancy.

Before you know it, your mind starts turning away from things that create stress, worry and fear, to things that create within you a sense of anticipation, excitement and of course, delight. Your mind becomes easily focused and tuned into these things because the positive reinforcement is so empowering and life affirming.

ou. You focus only on delighting yourself, trusting that whatever delights you completely, will be a delight to others.

ou no longer concern yourself with the critique of others, because you realize criticism is the secret language of the universe telling you that you are on the right track and is simply a reminder to just keep asking yourself, "Am I thoroughly delighted with this yet?" If you are not, you'll keep going back to the drawing board until you conceive of something so remarkable, so enlivening, something you are head over heels delighted by, that you'll fill the whole world with your Delight and you will find yourself richly rewarded with the desires of our heart because you followed what truly delights you best of all.

Delight is such a catalyzing, creative force for us, that it expands our lives wide open to being able to express ourselves fully, to receiving all that we desire in our lives and to accepting things, circumstances and people unconditionally without reservation. We start to realize that everyone here is doing the best we can and together we can do amazing, wonderful things to delight and inspire one another as we reach for our potential, together.

HEAD OVER HEELS INTO DELIGHT WITH YOUR SELF?

In the previous secret, we talked about releasing resistance, letting go of the life-stalls in our life and reshaping our perception of reality so that we can co-create a more ideal, desirable reality for ourselves. One of the most common sources of our own resistance we encounter in our daily lives is our own feeling about our Self.

How we build a relationship with ourselves, how we talk to ourselves in our mirror, how we communicate with ourselves in our daily lives, will tell us everything we need to know about why things are or are not manifesting in our favor.

Learning to build a deeply loving, trusting wholesome relationship with yourself is key to building a deeply loving, trusting, and wholesome relationship with the rest of the universe. I often work with clients that have developed an inner dialogue that is so debilitating, abusive and unconscious that it has become their greatest stumbling block.

delightful flow of creating reality through strategic synchronicity, sometimes students speak up saying, "How do I know my intuition is right? I don't trust myself." "My intuition is never right, I don't believe in it." Or they say things like, "I've never been able to connect with myself to create anything positive my life." All these statements are an immediate reflection into the quality of relationship they have developed within themselves.

If you of all people cannot trust yourself, why would you expect anyone in any relationship to trust you? Trust is the first step in building a mutually respectful, loving, and honorable relationship with anyone and that trust begins within YOU first.

Have you listened to how you talk to yourself? How you treat yourself? Do you hear what you say to and about yourself? If any person spoke to you the way you speak to yourself would you engage in any kind of a relationship with them?

We have an average of 60,000 thoughts in any given hour, most of them are unconscious impulses and for some of us as many as 80% of our conscious and subconscious thought impulses are negative cycles, creating a vortex of negative energy around us.

ourselves, but even negative thoughts that are directed externally towards something or someone is merely a reflection of our own internal dialogue towards ourselves. What we say about other people, things and circumstances, how we criticize, judge, condemn or reject is a sure sign of the quality of relationship we have developed within us.

Notice the words you string together after the words “I am”, “you are”, “that is”, “he is”, “I should”, “you should”, “she is” or “this is”. What descriptors are you using? If you use multiple things that feel condescending, critical, judgmental, negative, or somehow demeaning, lowering, insulting or diminishing, this is a sure sign that your own internal relationship needs some serious rebuilding.

to keep a watch out for:

- ✓ “I should have said or done X different.”
- ✓ “I should have known better.” (*shoulding all over the place is basically shitting all over yourself. I have frequently done this unconsciously.*)
- ✓ “You are so stupid!” (*The word stupid is one of those really toxic energy drains. It’s one of the worst words in our language and is banned from use n my home.*)
- ✓ “Why did I do that?”
- ✓ “Why do they hate me?”
- ✓ “What did I do to deserve that?”
- ✓ “I am not smart enough.”
- ✓ “I am not good enough.”
- ✓ “I am to blame.”
- ✓ “I always get it wrong.” (*Always and never are high-drama words.*)
- ✓ “I’ll never get it right.”
- ✓ “I am such an idiot.” (*Internal name-calling is highly toxic*)
- ✓ “I am not worthy.”
- ✓ “Why would he/she/they want me?”
- ✓ “People think I’m crazy.”
- ✓ “Why would they like me?”

affirmations.

They are not serving you except to keep you in a negative vortex of addiction to drama, self-loathing, stress, depression and anxiety. If not checked, these kinds of thoughts can lead a person into a chronically dysfunctional state of existence.

These are the kinds of thoughts that create paralyzing emotional states. They stall your energy-generating engine. Something has to keep feeding the negative energy frenzy that's swirling around in your head and around your energy field...

The negative vortex surrounding you begins draining you and you have no way of restoring your energy levels, because you've separated yourself from your Invisible, Unlimited Power Source of Light and Love.

All the while this life-negating energy that you created swirls around you drawing to you all the drama, the crises, the illnesses, the bad things that continue to affirm for you the kinds of thoughts you are thinking and the emotions you are feeling. This may be called a self-fulfilling prophecy. Such a life-depleting vortex also draws to you energies and feelings from outside of you that trigger fear, panic, anxiety, stress, and

These things at once and you eventually run out of steam.

Eventually, the negative energy vortex collapses in an explosion on top of you. This collapse comes in the form of a major wake-up call: like an accident, a health crisis, or a tragedy. In a community that has a vortex of negative energy swirling around it, this could result in a tragic catastrophe, war, drugs, gangs, or other forms of violence.

This is the law of attraction in action when you allow negative energy to fuel you and drive you.

VORTICES?

At some level, we believe this is our safe space, our bubble that protects us from danger, from risk, from things that might hurt or harm us. However, that's not the case at all. In time, this vortex will eventually consume us because it blocks us from our own life-giving source of love, light and delight.

This kind of mental chatter is *not* in alignment with optimal, life-fueling, expansive things to come your way!

Very little that is truly lasting, uplifting and positive can get through a negative vortex that has been built for years surrounding you. You have to discharge the energy that is fueling it and draining you so you can restore yourself to wholeness and begin to fall head-over-heels in Delight with yourself.

How do you begin? You first begin looking within your field for something that Delights you. Recognize that it is a reflection of something more magnificent and wonderful that lies sleeping within you, waiting for you to awaken it.

begin replacing negative emotional charges and negative feelings with new ones that feel much better to you. You cannot replace every thought you have, so I've come up with a game that I teach my clients. I call it the "Delight Vortex Game".

The whole point of this game is to trigger yourself out of a life-negating state of emotion and being up-leveling your vibration and emotional state into a life-affirming, positive state of joy and love.

You start out by saying to yourself something that is simple, easy to feel delighted about. I begin with people in our lives who have made a difference to us.

If you cannot think of anyone, start with what you have inside you or on you right now.

"I feel delighted about... I have two eyes that I can use to see the world around me." "A necklace I gave myself." "My walk in the woods last week."

"I'm delighted by the butterfly I just saw outside."

something wonderful.”

“I’m starting to feel better because I see a blue patch of sky.”

“I’m starting to feel better because this necklace I gave myself was the symbol of my divorce and sense of freedom.”

If it helps you, find a powerful symbol for you and keep it on you at all times to remind you of how far you’ve come.

“My walk in the woods helped me feel reconnected to life.”

“My eyes help me see the beauty that’s inside me.”

Next I will come up with some describing words that help us feel better about ourselves. We begin with “I am” or “I can”

“I am divine.”

“I am strong.” You have to be strong to survive all that has come your way, so far!

“I am good.” Yes, you are!

“I am special.” Oh yes you are!

I can walk (or crawl, or roll) with what life has given me.”

I can do anything.”

Next...our game up levels again. We begin by saying, “I feel good because...”

And then we list one thing we did or learned out of our day. Even if it's tiny. It doesn't matter how small it is. There is no such thing as a small accomplishment.

I am good/strong/powerful because I did that!”

Woo-hoo! I did that!”

If I can do that, I can do anything!”

I know I can trust myself to be there for me.”

I am happy because I did that!”

I am happy because I had the talent/ability/skill to do that.”

I am feeling good because I believe in myself.”

Finally, we end our game by choosing something new to delight ourselves with.

“Something I can DELIGHT in right now would be... “... now pick something that you really truly enjoy, it doesn’t matter how silly it is. In fact, the sillier it is, the more your inner child will love it.

“Rolling down a grassy hill, swing on a swing, slide down a slide, blowing bubbles, dancing to music.” If you cannot get out and actually do it, imagination is just as good. It’s what I used to do when I was locked away. Imagination is so important.

Imagine yourself as a child doing something you so delighted in and did well at and smile.

“I delight in me!”

“Everything is going to be GREAT, because I am GREAT.”

Take a deep breath in and a deep breath out.

Now you are much more in alignment with what you are looking to create in your life. From this uplifted space, you can create your desires and manifest them into your life. You are

nd up-leveling your vibrational energy. It takes commitment
o do this, and until it becomes subconscious, you'll have to play
with this every day for a while.

remember, you got really good at creating a negative vortex to
re point its now unconscious.

he really good news is this: you can learn to master creating a
ELIGHTFULL Vortex to draw to you all good things!

UNCONDITIONALLY
BY DELIGHTING YOURSELF

For many people loving themselves is a real challenge. So this is why we focus on DELIGHTING in yourself. It really takes the pressure and the focus off the word love, which can be a loaded word for many people.

Love comes in a variety of flavors and unless you were taught with very healthy parental guidance as to what unconditional love really looks like; you might not have a clear understanding.

A lot of parents grew up believing that love is tough. Love is hard, Love is pushing and forcing. Love is controlling, demanding, pushy, invasive.

This is why I choose to teach people to fall head over heels in delight with themselves, first. Along the way of learning how to delight yourself, you learn about self-acceptance, self-love, and self-worth. Those things unfold for you naturally as you learn how to truly delight yourself in life.

delight in how your body moves. Delight fully in every part of our body. Delight in your eyes, in your mouth, in your nose, our ability to feel, taste, touch, hear or see. Delight yourself in ourself. Delight yourself in your strengths and your weaknesses.

This delight in yourself will be reflected in a unique otherworldly glow that you will develop about you, a unique radiance in the energy that you are cultivating around yourself.

Delighting in yourself unconditionally is one of the most powerful secrets you'll ever learn about. No one else teaches this. And it is utterly life-changing.

YOURSELF UNCONDITIONALLY?

Simple. Find something, anything at all that really tickles you to no end. And do it. The trick here is to do it fully on without the inner critic laughing at you. This is the key, it becomes more about you losing yourself completely in the moment of sheer delight and no longer worrying about appearances, facades, critique or judgment.

Challenge yourself to find a way to delight in life every single day. Even if all you do is jump rope, ride a carousel, or wear funny hats. Do something really goofy and laugh out loud. Even if you are by yourself.

Don't worry about making a spectacle of yourself. No one's judging you but you. All the other people out there... guess what. They are more worried about your judging them than they are about how they judge you. They secretly want to have as much fun in life as you are having... but they are trapped in their own negative vortex of inner criticism and judgment... and that my dear is what judges others... the negative energy vortex... so don't get caught up in it.

Good things will come your way, over and over again.

You don't have to live up to anyone's expectations about what you should be or should do. Give up thinking there's anything wrong with you. Give up the shoulds, the have tos, the got tos.

Everything is RIGHT with you! Everything is RIGHT with the world! Nothing needs your fixing! Nothing needs YOUR saving! You can be more powerful of an advocate for change when you create a whirlwind of passion, love and delight that inspires others than you can by focusing always on what's wrong with you or what's wrong in the world. The more positive our focus, the more empowered, wonderful solutions we can create.

Live an empowered life above the fold. Stop suspending belief about yourself. Get good and deep inside of you and start giving yourself the gift of your unconditional approval. Don't look for that approval anywhere else. Love yourself; accept yourself and all that you are.

There is no such thing as weakness, faults or problems. All those things are merely perceptions, imperfections in the glasses you use to view your life and yourself. You are just as you are. What you are and who you are is just wonderful, just as you already are.

& THE UNIVERSE.

There is no need to be a victim. You no longer need to fight to be a survivor. Elevate yourself above the survivor mentality and strive for total acceptance of yourself and all you are creating within yourself. There is nothing to overcome, nothing to achieve, nothing to do and nothing to be but to release, achieve joy, make and do things that delight you, and be your own kind of special wonderful.

here is no race, there are no shortcomings, there is nothing holding you back because there is no endpoint. You are immortal, infinite, beautiful, and wonderful. Everything you need is already inside of you.

The best place to be is RIGHT HERE. The best time of your life, RIGHT NOW.

Give up the judgments, the fault-finding, the criticism, the separateness, the disbelief, the lack, the fears... and with giving all that up... you will receive an infinite wellspring of abundance, joy, peace, bliss, love, acceptance and delight, right now.

As soon as you give up all that, you immediately connect with our Invisible Source of Power and Abundance.

YOU CAN FIND THINGS TO DELIGHT IN
YOURSELF RIGHT NOW.

Little things you may find are the things that delight you the most.

you are, you flow such a unique vibration of pure creative life force to the Universe, that in order to reward you for fueling it's creativity, it begins to create for you far more than you ever dreamed of creating for yourself. It flows back to you in waves upon waves of ecstasy. Delight is the Universe's source of ecstasy and creativity. By giving it to yourself, you are reflecting it back to the Universe." ~ Isis

One of the things you'll discover about falling into a state of DELIGHT with yourself, is it becomes effortless to appreciate and feel deep, profound gratitude for everything around you. Which in turn, begins unfolding more miracles and good things for you in a myriad of ways. DELIGHT then becomes your invisible, unlimited source for loving kindness, gratitude and a desire to share all that delights you with others.

This in turn, teaches you about how effortless LOVE really is.

On top of all this, - it feels really good to delight yourself in yourself!

As a bonus.... you are rewarded in unlimited ways by the Universe simply for cultivating more of this high vibrational driving force that the Universe uses to expand and create! All just for being DELIGHTED in yourself!

When triggers you to want to make and create delight for others, which in turn, becomes a wellspring of good vibes and abundance for you. The universe rewards those who fuel it and power it with a wellspring of DELIGHT.

Suddenly, before you know it, you've fallen head-over-heels in eLightFULL Love with yourself and the rest of the Universe. This feels so amazing! It's inexplicable.

That reason alone is worth playing with what truly delights you... AND it is an absolute crucial step to the spontaneous fulfillment of your heart's desires.

If you really believe there's something really blocking you from delighting in, loving or accepting yourself fully, you may want to read my book, DELIGHT: An Enlightened Path to the Spontaneous Fulfillment of Your Desires, or my Law of Delight Book, Planner & Journal, schedule a coaching session with me, or go to <https://lawofdelight.com> and learn more about how to master the Law of Delight. If you need support in healing from trauma - I'm a certified trauma therapy guide. If you want self-healing tools you can visit <https://alchemystco.com> to find my line of certified organic, bioenergized aromatherapy products.

your heart, ask yourself this:

Would you hold this against someone else that you loved dearly and unconditionally? Is it really that big of a deal breaker if you have less than six months to live?

Would you really hold it against them on your deathbed?

My guess is that there really isn't anything that huge that you can't eventually forgive and let go. Cut yourself that same slack dear one. You deserve it. Give yourself the gift of forgiveness, acceptance, and release.

You are complete. You are whole and perfect, just as you are.

**Spontaneous Fulfillment of Your Desires
Is All About DELIGHTING Your Heart
& Spirit, First.**

One of my favorite things to do when I notice something about myself that I might not normally embrace is to wrap my arms around myself and say

— —

specially if it's something that makes me unique, stand out, or something that most people might think is "off", "quirky", or "weird".

I spend about 80% of my life in the ethereal realms of light and operate my life with a clear vision of what I want to co-create in the world around me.

I am co-creating a world of delight, a world of unlimited abundance, acceptance, love, peace, bliss, intentional, liberate partners that want to operate on a plane of unlimited possibilities to create from within.

Things that don't align with that model of my reality, I choose not to respond to. This makes me "weird", "quirky", or even appear to be "lacking compassion" because of my focus. The reality is, however, I am deeply compassionate and understanding, but I choose not to invest myself in another person's victimhood or their drama. My job is to snap people out of their comas and back into the radiant Delight of Life itself.

For example, I don't often "respond" to the world on a timeline model that others operate within. It bothers some people that I don't immediately respond to their immediate, urgent emails,

“emergency” because those energies are based in a life-negating, downward life-negating spiral of “drama, chaos and crisis”.

I don’t believe in affirming negative addictions to victimhood, tragedy, crisis, drama or chaos. Even when asked to pray on another’s behalf, I do so with the intent to empower them, lift them up and out of the crisis and into a place of liberation that they may choose to release themselves.

I also don’t view death as “the end”. I see the ethereal fields so clearly; that I know for a fact death isn’t “death” nor is it “the end”, but simply another doorway to another form of existence. A rites of passage. We can choose to come back as often as we want to. It is all our own choice.

THE BENEFIT OF DELIGHTING IN YOURSELF

When my clients and students first enter my field, they have suffered and struggled with trauma, pain, stress, fear or anxiety often for a long time, sometimes for years.

Immediately begin to release on their behalf. I've given them the gift of a Divine Light Awakening, and I've surrounded them with my own vortex of delight, love and light, which begins dissolving the negative vortex field swirling around them.

After a few minutes I might ask them in the middle of our conversation, "How are you feeling, now?" I ask them out of the blue, bringing their focus back on themselves. They look at me dumbfounded, certain I "did" something to them. They feel alive, alert, at peace and rejuvenated.

Suddenly, there is no more pain, no more fear, they feel whole, happy, at peace. Tension releases and dissolves.

It feels really empowering and amazing to be around a liberate co-creator that delights in surrounding you with all good things! As a result, I've been called a living angel, a master healer, a bodhisattva.

I am none of those things... and I am all of those things. I AM these things only because YOU ARE those things, as well. All that I can create and do and be you can, too... and even greater...than that.

focusing on “what’s good and delightful” pain disappears, anxiety leaves your body, good health and abundance begins filling your field. Pretty soon, your energy becomes uplifted and you begin blooming into a more enlightened life. This is what it means to tap into your Invisible Power.

Delight is your most incredible power source. It is the Universe’s most needed power source to make and create. When you tap into it, you create more of it. When you create more of it, you are rewarded with unlimited power, passion, purpose, love, energy and vitality!

“There isn’t anything to worry about here and now, not in this space with me. Nothing to stress about. You are all that’s good and wonderful about this world. We’ve got you, all of us. Where we are at together, nothing can touch you, nothing can hurt you. Here you are free to be in your wellspring of Delight.” ~ Isis

You are a living angel. You are a Delight Maker. You are the Bodhisattva. You are all this, and so much more. Your true, Infinite Self KNOWS this! It knows the truth. It is nothing, and it is all things, all wrapped into One.

whole and perfect, just as you are.

Like I said, this feels good. Just as it feels good to be called a living Angel. ☺ Dear me. I am so endlessly blessed by all the wondrous, miraculous ones in my life!

And if you insist that there's something about yourself you can't love, then go ahead, and mold it. Change it. Release it. It's fine to remake yourself. You are the divine sculptor of your life and our being.

There is nothing in the Universe that has a noose around your neck. Nothing "compels" you or "forces" you... but you.

If you can't love something about yourself, then give it up. Let it go. When you begin to realize that you control all your needs, you control all your addictions, and you control it all from within your center of being and what you create, you can let it go just as easily as you pick it up.

Addiction is simply a lack of being in direct control of your power of Choice. You gave your power away. Begin to choose a different focus on your life, and regain your power to choose.

permission. You have permission. You have permission.

Your habit of always showing up late drives you even crazier than the people around you?

Then inverse the habit. Make a concerted effort to be five minutes early. Set all your clocks 7-10 minutes ahead!

That's all it takes to change a habit, simply choose to inverse it's polar hold on you.

We talk about how to do that at The Sacred Living Center.

KEY POINTS:

- ✓ **Delighting in yourself is a simple, enlightened, effortless path to the spontaneous fulfillment of all that you desire.** It's the only path that consistently works on all levels, because it channels the creative forces of the Universe to flow on your behalf.
- ✓ **Delighting in you releases the heavy burden of trying to love you.** It's a mental hack that creates a shortcut to unconditional loving acceptance of all that you are.
- ✓ **A Negative Vortex is life-and-energy depleting, and can lead to a collapse, crisis or emergency in your life.**
- ✓ **Delighting in yourself fills you back up, instantaneously with a wellspring of abundant energy, passion, vitality and creativity.**
- ✓ **You can come to delighting in and loving those unique things about yourself.** A perceived

perfect for YOUR life experiment. You are already whole, complete and perfect, just as you are. There is nothing to change about you. You can remake your reality to flow around you.

- ✓ **As soon as you release your focus on “what’s wrong” and begin focusing on “what’s good and delightful” pain disappears, anxiety leaves your body, good health and abundance begins filling your field.**

“Why don’t I have more peace and joy?”

“Why isn’t my career or business working?”

“Why can’t I be healthier?”

“Why are my relationships not working?”

“What am I missing here?”

You might just be missing the most important piece to the deliberate co-creative process.

This whole spontaneous fulfillment of our desires collapses without this one key thing in place. This key, critical piece really is the foundation for manifesting all our heart desires.

SECRET #7:



THE HIDDEN TRUTH ABOUT THE LAW OF ATTRACTION

Many Law of Attraction teachers dearly want you to be successful at creating with Law of Attraction. They WANT you to believe in it as deeply as they do. They are all amazing, well-meaning and incredible folks, many of them have taught me much over the years.

That they don't understand this crucial aspect of energy flow between the Quantum Field and You. Because I can see energy flow as crystal clear as I can see you in the physical form, I can see these flaws.

Much of what I teach is founded in tangible, real world results. I know how to create things – massive things – impossible things – into tangible reality.

These are the things that no Law of Attraction trainer, teacher, coach or guru will ever teach you about manifesting your desires.

They just don't know what they don't know. This is why I've become a teacher of teachers, a coach of coaches, a healer to healers.

Most Law of Attraction Teachers will tell you to “keep it simple!” Think about what you want, get invested in it, instead of thinking about what you don't want.

How simple is that? Sign me right up!

As you start to think positive and at first you begin to see a few really minor things shifting in your life, so you get excited. Then,

The things you really need changed. They still seem to keep tripping you up.

Your LOA teacher keeps telling you “focus on your affirmations”, “don’t focus on the negative”, “Don’t go towards fear”, “stay away from negative everything.”

It all sounds really simple... until cold-hard reality hits you. When you are shaking from a deep-seated fear that grips you, or you find yourself so stressed out, you don’t know what to do. Or, like I’ve had happen to me, you find yourself gripped by a total panic attack that takes you’re your mind, body and spirit and you shut down.

Then, you begin realize how many thoughts your brain processes every hour, most of them appearing to be negative...how many symbols and cues your mind uses unconsciously to create your reality... it all seems too much to try to get a handle on.

How on earth can you combat all that? It all feels so overwhelming.

You begin to doubt and worry. Then you shake your head and say to yourself, “this is all just a load of baloney, it’s impossible.”

reatest delight crushing life-stallers of all.

's not always as simple on the outset as the extroverted, passionate, positive LOA (Law of Attraction) and success coaches make it out to be... and yet... life is often deceptively simpler than our minds perceive it.

he reality is, Law of Attraction CREATES NOTHING. All it can do is bring you what already exists in 3D. It's the LAST step in true reality creation. Law of Attraction operates on the weakest bonds in material reality and thus it is truly a very weak law.

Humans love to make things complicated. We love to make things hard on ourselves. We get rewarded for "trying", for "struggling", for "working hard" and "putting up a good fight".

So much so, we don't even realize how hard we are making it on ourselves. I know I have done this.

WHAT OFTEN TRIPS PEOPLE UP:

While we really like the idea of visualizing safely from the comfort of our bed late at night, or fantasizing while reading a book about this dream life we really want for ourselves...taking the inspired action to deliberately make a quantum leap - to

dreams to manifest on our behalf, is really, really scary.

In fact, it's often the scariest thing we've ever had to do. To tap into our unlimited power to create anything we desire for ourselves right out of thin air.

When it comes to taking inspired action, we run headlong into our deepest fears and blocks – because that's exactly what soul acceleration requires of us at the deepest levels.

We have to learn to let go of what's not working in our lives, even when we have constructed so much of our identity of what our life is supposed to be and feel so dependent upon it. Often what we secretly believe is working for us is causing our biggest blockages.

- ✓ We have to claim responsibility and be accountable for cleaning up what we bring into the world around us.

- ✓ *We have to open ourselves to be fully self-expressed, fully embodied, fully grounded and be seen, heard and become more vulnerable, and take more risks.*

deeply criticized.

- ✓ *We don't want to rock the boat, for fear it might tip over and upset our delicately balanced life.*
- ✓ We don't want to stretch because it feels scary to do so, and yet, we want to stretch more than anything to show ourselves what we can do.
- ✓ *We fear failure, but we fear success and the fear of being judged and coming up short, far more.*
- ✓ We just want all the goodies without all that we believe we have to change in order to get it.
- ✓ *We end up clamming up, shutting down, and closing ourselves off to the abundant flow of life because it feels too risky, too overwhelming, and too fearful.*

o, here's the thing... YOU ARE NOT ALONE! You can Co-REATE in DELIBERATE PARTNERSHIP. You don't have to do this alone. And it has nothing to do with the Law of Attraction. Please dump that petty junk that's been filling your head with reschool tactics.

A BRAVE NEW WORLD OF DELIGHTFUL DELIBERATE CO-CREATORS

Practicing deliberate creation through using THE LAW OF DELIGHT to spontaneously create and manifest your desires WILL require you to take very bold, very brave steps.

However, trying to go it alone makes this process a lot harder than it has to be.

Giving up the things that have felt like security to you may indeed be what's holding you back from the life you really, truly want for yourself. This may include the way you talk, addictive patterns, addictive, or abusive co-dependent relationships, the job that's draining you of your joy, friends or family members that are sucking you dry.

These things may all be adding to your life-negating spiraling vortex that feels out of control. You cannot expect everything to be different if you continue to make the same choices day in and day out. If you want something different, you must first reflect some key differences to the Universe. That begins by learning

nother Invisible Power of yours that you can exercise consciously at any time.

It's far easier to exercise these new approaches to life in partnership with others who are walking with you. People who have your back. People who can tell you objectively when you aren't upleveling but you are going into a downwards spiral, when someone can build in partnership with you something you need and be for you a reassuring presence and a continual unlimited well-spring of love, light and joy that you can step into and refresh yourself with until you have learned to stabilize and uplevel your own field into a vortex of unstoppable momentum.

Yes, certainly along with feeling new vibrational feelings, thinking positively and being aware of things that delight you, you will have to learn to take action to reflect to the Universe that you are ready to partner with it, to co-create from a positive, conscious, deliberate space of empowerment, rather than surrender to it as if you were its slave.

Yes, the Universe will ask as your partner, that you take some scary, risky actions. You may have to be willing to learn how to say "no" to things that no longer serve you, even if it hurts someone else in the process.

ultimately be most optimal for all those around you.

BARE YOURSELF

The Universe needs proof that you are delighting in yourself, your acts of creation and the reality you desire to create. You have to do something you've never done before. And you may very well "suck" at it. You may very well have to apologize to a family member. You may have to stand up for yourself or on behalf of those who have no voice or capacity to do so. You may have to go deep into your soul and pull out what really drives you at the deepest levels – and discover your soul's mission impossible for your life. You will need to resonate and role model the change you want to see in your family, in your business, in your life, and in your world.

You will have to speak up – clear your voice, and speak out loud no matter how much it shakes. You will have to be seen to be heard by those who can become your co-creative partners that the Universe has set up for you.

Remember, you only ever have to do 10% of the heavy lifting. The Universe is always handling the other 90% of the reality creation and quantum leaping process on your behalf, if you will but step up, partner with it and allow it to do what it does best.

and keep you from the life of your dreams. Don't allow the illusion of fear to crush you. Fear is an illusion. Get to the heart of it, the center of it, and you'll discover that fear is nothing more than a mirage that is hiding your greatest treasures and your greatest assets.

Yes, it's mind-numbingly scary to give your first public talk. I know.

Yes, it's frightening to tell your life-partner goodbye for good.

I know it's no fun to show up at the gym because you feel so humiliated because of how you believe look in front of everyone else.

Here's the thing you might not yet realize – when you do this in partnership with the Divine, suddenly you feel more empowered, more inspired, more in control of your life than ever before.

AROUND ON THIS BIG ROCK ALL BY YOURSELF!

his is the part that makes it all worthwhile.

vercoming these internal challenges with a partner gives you something so much more than all that you might have to let go of in order to gain something deeper, more vibrant, more abundant!

We have to first give something to the Universe in order to receive! Stepping up to the plate and realizing all those critics around you are nothing more than the reflection of the inner critic inside you... until you learn to recognize the hidden language of the Universe inside those critics (including the one inside). Once you learn to celebrate and honor the inner critic, you'll be applauded, lauded and celebrated! Now, imagine having someone already practicing a life of effortlessness for you, on your behalf, would that empower you to embrace those inner (and outer) critics far more easily?

do... Dear one... that's the great experiment
of life that makes this so much fun and
exciting!

Don't shortchange yourself on all that you can do for yourself
and others.

If you want to jump into the game of life and begin creating the
life of your dreams, you have to stretch yourself, you've got to
get yourself a coach and some partners in order to manifest it
and co-create new realities. A community really can make all
the difference in the world!

Do something different! Play bigger. Be unique. Change it up a
notch at a time until you find what really, truly resonates with
you, tickles your soul and delights your heart to no end.

**what makes your heart sing, keep on doing
it... because THAT'S what will tickle the
Universe into laughing and singing right
alongside you.**

now that there will be risks and you will face fears. Fears are not something to fight, but something to embrace. Fears are our little children that need our love, nurturing and kindness, not our angry face, but our face of unconditional loving acceptance. It's not about conquering fear, but embracing it and merging fear into the heart of love.

you will learn to move forward while you embrace all these aspects of yourself.

**Remember: We didn't sign up for the "safe"
ride when we chose to play on planet earth for
this roller coaster!**

We signed up for the adventure of a lifetime!

Ie knew what it would be like.

Experiments. Laughter. Tears.

You wanted the WHOLE ENCHILADA, DEAR. ☺ Well, you got it.

What are you going to do with it now?

You have everything you need to create life on your terms.

Time to gear up and Delight in life, big time, my Enlightened, DeLightFULL friend! There's no getting around it.

Things don't shift while you're practicing wishful thinking at home on the couch.

KNOW ABOUT ALL THIS:

ou've learned a lot in this little book about Your Invisible
owers and the Law of DELIGHT. I've already given you a ton of
ood material to begin your own co-creative experiments with.

ut there's one more thing I need to tell you.

o teacher will warn you of this, because they believe by
ringing it into your field, they are creating your reality and
etting your expectations. They are so afraid of bringing
nything "negative" up, that they don't understand the ultimate
on-duality of it all.

here's duality, then there's a higher vibrational enlightened
xperience of non-duality. There are two sides to every coin. As
ou discharge your negative vortex, there will be flux. That's
atural. It's the way the field, how the matrix of the Universe
andles imbalances and restores the matrix to a point of
ptimal flow.

s you begin discharging your negative vortex, and begin up-
veling into your soul's more powerful, reality creation vortex
round you, there will be risk.

things will appear to slow down to a screeching halt, everything seems to be crumbling apart and may even get worse for you, before they get better. In all my years, I've never heard a single LOA coach mention this. And yet, every single person I've ever encountered who is learning to apply all this in their lives – every single one, experiences this.

Whenever you grow, expand, shape-shift, elevate or change, you shed a skin. You shed some layers to become a more deliberate co-creator in partnership. Just like a snake. Just like we shed hair, trees shed needles or leaves, and animals shed fur.

We must shed ALL that which no longer serves us, and in the process of shedding, there will be energetic hiccups along the way.

This is to be expected. Energetic hiccups are a part of the purging, clearing and spontaneous transformation process. The more you resist the hiccups, the longer the hiccups will take for you. There is, however a way to make even the hiccups more effortless on your behalf.

It's called Soul Codes Activations. This is where your soul opens its Divine Blueprint so you can activate specific mathematically

source itself so you can support and honor yourself through the process. As you go through the process of playing with the universe while you downcycle the negative vortex and learn how to stabilize and magnify your own positive vortex, Soul Codes Activations will be most powerful.

Soul Codes Activations give you all that you need while you go through this energetic reassembly process to begin bringing more and more into your field. This is often referred to as elevation, opening, receiving, or enlightenment.

In fact, the less you do to yourself during that time, the more you begin practicing the art of allowing and co-creating with the Universe through a Delight Maker, the easier and less disruptive it will be for you.

So, keep this understanding close to you. There is some facet of you that may be addicted to negative energy. This facet of you will present to you risks, fears, crises, and emergencies. You may or may not choose to conquer them like a warrior.

In fact it's easier if you learn to go straight into the heart of each one to move through them. It's much like diving directly into the wave to avoid the undertow. It seems counterintuitive, until you've learned how to swim in the ocean currents of life.

how your tiny inner self is used to communicating with the world around you.

Instead of resisting the fear, dive straight into it.

On the surface, this whole idea of attracting what you want and using Delight to manifest your desires, spontaneously, may sound silly. It may sound hokey. It may sound utterly ridiculous to you (it did to me at one point in time, I guarantee you!). I once believed the only way to accomplish anything in life was through hard work, blood sweat and tears. I now have proven to myself that is completely counter to my DeLightFULL Nature! If you are willing to give it a little experiment, you may discover this really is the magic button to all your prayers, longings, hopes and dreams.

You don't have to do any of the heavy lifting. You allow the energy of the Infinite Universe to Operate Life on Your Behalf on a Grand Scale.

This is a unique approach to partnering with the Universe in such a way that your life experiment becomes magnified so you can make an even greater impact on the world around you. That's all it is. Nothing more, nothing less.

JAMES HANCOCK & LARRY DOBE

HEADED IN THE WRONG DIRECTION



.. WHAT TO DO WHEN LIFE APPEARS TO
BE HEADED THE WRONG WAY...

Here's what will most likely happen to you (if you haven't yet experienced this...)

You get really excited about some of the secrets I've revealed to you in this book. You've likely already had some experience with Law of Attraction to getting what you want. You'll likely see some other visualization or manifestation technique to make things happen for you...

techniques you've already lined up as your arsenal... and now you are certain you'll be able to look forward to "happy" results!

But... nothing happens!

Or worse, the opposite happens to you...

You don't get what you thought you wanted, and maybe you even lose out on something bigger.

- ✓ You don't get the job
- ✓ You don't get the girl (or guy)
- ✓ You don't lose the weight
- ✓ You don't get the dream house (or dream car)

Dear one... it's ok! That's all just material stuff-n-things... the hiccups.

This is how things go, sometimes. Not all the time, but sometimes. The Universe is sentient. Just like you. As a sentient partner in this wild ride we call life, The Universe may have something better in store for you. Bigger. More powerful. It's not the end of the world if you don't get what you thought you wanted.

nows the desires of your heart, intimately so. As any good life partner would. It knows you, at times even better than you know yourself.

Don't let these minor disappointments or "hiccups" get you down.

You see, there's a magical little gift we've given ourselves. It's called the "buffer of time". LOA enthusiasts understand this offer. Which basically means not all our thoughts manifest instantly, because not every thought is in alignment with our heart's True Desires.

Remember, The Law of Delight states exactly what the Law of Attraction will bring to you. "Delight Yourself in Fully in Life and you will be given ALL the Dreams and Desires of Your HEART."

As we talked about in the very beginning, most of us don't know that it is our hearts truly desire most. This is why we are given the gracious gift of the "time buffer".

So, as you're learning to elevate yourself into a state of DELIGHT, you realize you don't have to focus on every thought or feeling you encounter.

vortex of negative energy you may have been creating for some time dismantles itself, you are still in the timeline of what it was drawing to you on your behalf. These little hiccups may reverberate through your field for years. Just accept them as they come, like little bumps in the roller coaster or life that gives our life little twists and unexpected turns. Until you learn the mechanics of Quantum Time Living, you'll live out those old vibes for a while.

These things that don't manifest on your behalf... also consider that it may have a more optimal outcome waiting for you. Don't fight what doesn't manifest. If at first you don't succeed, do something different and see if you get the same result. If you do, it may be a sign there's something hidden you cannot perceive and it may be the Universe (or a guide/angel on behalf of the Universe) watching out for your interests.

Now, if it's been awhile and you are certain you've been grooving and moving to a DeLightFULL state of life, it may be you are flowing in a mixed vortex of negative and positive flow that's still creating from a mixed bucket.

Once a Vortex of Delight has really taken hold in your life, you'll find that an unstoppable momentum has been unleashed and you're just along for the ride. If you put a kink in the sails

abotaging your own boat ride, dear one. Your heart knows the direction towards which it wants to go. Let go, trust in the optimal outcome and fly.

Over time, as with any experiment in skill, you'll find it becomes more and more effortless to focus on optimal outcomes that reveal your heart's desires and manifest a desirable reality on our behalf.

THERE IS NO SUCH THING AS FAILURE.

Someone once said to me that success is simply what follows a series of accidents. Bob Ross, that happy painter who once had a PBS show said there were no such thing as mistakes or failures, just happy accidents. There are all kinds of ways to look at what's not appearing to go your way.

If it has not worked itself out for the Optimal Outcome of all, well, that just means it's not done yet. And neither, dear one, are you.

Sometimes the roadmap ends up a bit longer than we anticipate. We cannot plan for every detour, every bump in the

They are part of the Matrix of Reality reforming itself for a more optimal, balanced outcome.

There may be something bigger, brighter, and more wondrous down the path less traveled and you've just been invited to forge your own path, instead.

When the Universe co-creates on our behalf, it's out of a loving desire for an optimal outcome for all. Very often what we believe are things "going wrong", or "failure" is in reality, the Universe operating perfectly to deliver what our hearts are asking for in a way that is most DeLightFULL and Optimal for ALL. Hindsight can be 20/20.

I remember being held captive in a tiny, dark room, tied up and believing that was the end of my life. I remember hoping-and-powerfully-praying-against-reality that I would see my beloved children again. Years later, I realize that this time spent in slavery was perhaps the most enlightening time of my life. Yes, the most harrowing, most traumatic, and most evil. But without having experienced that antithesis, I would not be able to understand fully the Power of Delight, Love and Intentional Co-Creation that I've been given.

From a support network of friends to start my life over again, after divorce that my life as I knew it was over. And yet, inevitably I was able to double my income four times in four years, reclaim a part of my brain that was believed permanently damaged, and be a better mother for my children.

When I look back and realized the health crisis that led to my being jobless and the eventual financial devastation that took away our house, our cars and much of the life we had built together, I now realize it was in order for me to discover how to make room for my real life purpose and prepare me to learn how to manifest life on my own terms, of freedom, liberation and being here for my loved ones.

Remember when you were fired from a job you hated, or a loved one left you? Can you see how blessed you became as the universe guided you to a more optimal way of life later down the road?

When things or people no longer serve us or the purpose for the reason they entered our lives no longer exists, these things dissipate in order for us to make room for our heart's desires. As we become more and more clear on our desires, our life must shift and change in order to make room for them.

wellspring of ability, if we allow it to partner with us and operate throughout our lives to produce optimal outcomes.

We cannot always see the larger view from our current level of awareness. However, as we ascend and elevate, we can begin to see a new view and realize how things unfold from a different perspective.

Don't go running away, cursing those that told you or try to teach you. Don't operate from a fear-based paradigm that says people are out to scam you. It may only be that the larger view is still taking shape for you. If you want to see another perspective of the landscape around you, what do you need to do?

- ✓ Keep walking
- ✓ Keep climbing to a higher place
- ✓ Keep checking in and feel within if this is making sense.
- ✓ Head the direction that you desire to go

Everything I've taught you in this little book is based in the energetic, quantum dynamics of how the Universe Operates. It really does operate in this incredible manner. As a partner, however, you have to allow your partner to do what it does best, while you do what you do best. Keep in touch with your

re not, all you have to do is step back into flow and allow your partner to flow all around you and through you.

If you've ever danced with a truly brilliant dance partner, you'll know exactly how that feels. This means you've got to keep dancing in partnership with your Universal Partner, even in the face of "negative evidence" that you aren't co-creating together. It's not over until it's over, and even when it's over in one perspective, the reality is things are still going on behind the scenes. You CAN have whatever it is your heart desires, most... and you will, if you trust your heart, trust your spirit, and trust the Universe to all cooperatively operate on your behalf.

This is where faith plays a key role in life. Developing DEEP faith in the benevolent nature of the Universe. Trust that a way will always, always be made to allow things to happen. The Universe always chooses the path of least resistance for optimal flow, even when it appears to you to be the path of most resistance for you.

Remember, as long as you focus on what delights you the most, the path of effortless will be made clear for you. Remember that the most effortless acts of deliberate creation are the most eLightFULL for all. Once you learn to effortlessly create, you'll just want to keep going and going and going.

the path that's most optimal for you and attracting your heart's desires. This will make it easier to perceive the challenges as opportunities and any perceived problems as gifts and treasures for you to unwrap.

- ✓ **It's a challenge to remember that The Universe has your best interests at heart and delivers you perfection every single time.** In the face of negative reinforcement we experience in our media, our news, our TV shows and struggles that's a difficult thing to believe. However, even when you are unable to perceive it as a gift of perfection, it is helpful to remember that you have a most powerful, Divine, Perfect Partner always operating on our behalf, if we let it.
- ✓ ***Yes, things will go wrong (at least from one perspective it will appear to be going horribly wrong), until you discover that it is actually turning out for the best.*** Something you don't want is happening, and it's happening in front of you. Slipping into the old vibration of forcing, trying, struggling or beating yourself up about the problems or what's going wrong is easy to do. When you slip into your old vibrational patterns of fear and resistance, don't criticize yourself. Accept it, let go and move on.

wrong or everything appears to be falling apart, it very is in reality... that things are coming together in utter perfection. Sometimes things have to be taken apart to be rebuilt in better ways for more optimal outcomes for all.

- ✓ The Universe is answering many requests all at once. It's always operating along the path of least resistance for the Optimal Outcome of All. ***If it isn't optimal yet, that means it isn't over, yet.***
- ✓ ***Don't give up!*** At these times is most important to dig deeper into your FAITH and BELIEVE while Delighting yourself even more deeply than before.
- ✓ ***Ride out the waves as the matrix of reality restores itself to harmony and balance.*** Don't create more rifts, and don't sabotage your own boat.
- ✓ Trust us, we all believe you to be an excellent partner in co-creation!

CHAPTER 10

When reading this book you discovered something about your liberate creative process that will EMPOWER you move past our obstacles and stumbling blocks.

You learned about the long-lost Law of Delight that explains how all other laws operate in the Universe. You learned that when you create out of a spirit that delights you, the Universe would spontaneously reward you with the Desires of your heart!

You learned that the reason a lot of things don't come to fruition is because they are not in alignment with what we really, really, really want for one another and ourselves.

You learned more about resistance and life-stallors and how to embrace fear rather than conquer it.

You learned several secrets and insights no one else in the world is teaching about getting what you really, really want out of life.

You learned that you really can have and do deserve to receive all that you desire for yourself.

utter perfection for the Optimal Outcome of ALL Inhabitants. This can seem counterintuitive at one level, but as you begin co-creating at another level, you'll begin to see how this works.

Although this book doesn't cover all the ins and outs of manifesting, reality creation and living an enlightened Life of Delight, it does offer insight and solutions to what I've found are the biggest life-stallers.

If you find you'd like more support in manifesting your life in the real world, visit <https://lawofdelight.com> . I offer private coaching and group vip manifesting, courses and books.

If this book intrigued you, you may be interested in reading DELIGHT, An Enlightening Path to Transforming Your Life, Spontaneously or invest in the Law of Delight Bundle: the Law of Delight book, planner and journal. In the meantime, remember to keep your face to the sun and may you be filled with Delight and Joy as you effortlessly create what you most desire for yourself and others!

Life.

I want you to be Delighted, too...

It's so much more effortless to create new realities than we've ever dreamed possible when we flow in harmony with A Life of Delight!

With all my love,

Jade

.S. – if you want to delve deeper into this and really embody these tools, I offer courses, activations, programs and private intensives. <https://lawofdelight.com>

U N I V E R S I T Y

DELIGHT **Discover the Most Powerful Force in the** **Universe.**

Plato called it the only Stairway to Heaven. Aristotle called it the perfect movement of the soul. Sir William Blake cautioned that if we yearn for it, but do not act to gain it, we breed our own demise. Entire philosophies have been created to explain it. Entire religions have been founded out of an effort to understand its wonder. Yet, few people have truly understood its power and significance for personal transformation or its ability to spontaneously enlighten. Until now.

DELIGHT: An Enlightened Path to Transforming Your Life, spontaneously, is a groundbreaking exploration of the world's religions, secret teachings, and the universal divine mystery combined with insightful contemplations on what it really takes to transform our lives, our communities and our world.

Revealing how DELIGHT is humanity's best kept secret as the single most powerful force driving the entirety of the Universe, DELIGHT shows us how to channel this unique energy to experience profound shifts in our own lives.

you to follow a path that truly delights your spirit. Learn how to become permanently connected to the radiant power of DELIGHT and use it to transform every area of your life. Discover how effortless it is to let go and merge into a blissful partnership with the true essence of your being through the power of DELIGHT.

DELIGHT takes us on a journey into the very center of what's possible for humanity if we put aside our seeking and questing for truth to become fully present and aware as to what truly DELIGHTS our heart.

Let DELIGHT take you beyond the very limits of our understanding of science, enlightenment, spirituality and consciousness. DELIGHT will change everything you believe about the ultimate driving force of life and the universe. DELIGHT challenges you to rethink what it means to be human and what it means to be the maker of your reality.

Now available at [Amazon.com](https://www.amazon.com) or <https://lawofdelight.com>