

Who in the
HELL
Do you
THINK
You Are?

**Perception is
Everything
(Creating your
Heaven in the
presence of hell)**

**DENIKA
CAROTHERS**



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Perception is EVERYTHING.
Create your heaven in the presence of hell.

DENIKA CAROTHERS

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Acknowledgements

Even before I made a choice on which profession to venture into, I have literally spent my life wanting to help people to do and be their best selves. I believe that we are all created with a purpose, and our destiny is dependent on how we choose to live our lives. The irony for me is that my greatest lessons came through my own life's *challenges*, of which there have been many. Because of those challenges, and the subsequent lessons learned, I have been able to understand, help and motivate others to not only live their best lives, but to live their lives with purpose and *on* purpose. It's my life's passion, my purpose.

I can honestly say that I understand how each one of those challenges has designed, refined and created the individual that I am today, for which I am grateful – I absolutely love who I turned out to be!

Many people have been a part, and played a part in the journey of my life. The first beautiful and amazing example of love in my life was my mother, Anne Penn, who departed this earth in

September 2011. She, by her example, taught me what unconditional love looks like. I know how to love because she was an amazing and positive teacher and force in my life.

My father, Frank Penn, who departed November 2009, was a living example to me of how hard work, persistence and following your calling and life purpose, equates to a rewarding and peaceful experience. “Even when people don’t understand you, it’s important that you understand yourself”, was one of the greatest lessons my father showed me through his example.

My children, Antuan, Destin e and Annelea are, and have pretty much always been, a major blessing in my life. Not only am I their mother, but can say proudly that I have become one of their closest friends (by their confession at one time or another). They are the reason I have always done what I have because I want them to see, through my example, what it means to live a life of love, joy and authenticity.

These ladies have just recently come into my life but it feels like they’ve been there a long time. To my Master Mind sisters, Tanya, Felicia and Genyne, I want you to know that I appreciate your sisterhood, your friendship and your master minds.

Thank you for your encouragement through your belief in me, and your support in various ways of this completed work. You have inspired me to be greater as I watch the greatness in each one of you. Real sisterhood is something that every woman should have the opportunity to experience.

And last but not least, my husband Linyea. You have helped me to understand and see even more clearly, what love *looks* like, and practice at a whole ‘notha’ level what it means to relate in relationships. Thank you for allowing me to play this out with you in this lifetime, and thank you for always, at the end of the day, being one of my biggest supporters and best friends.

Introduction

I cannot and I WILL not be defined. My greatness is not dependent on it being understood by others. My greatness lies in the acceptance of none other than myself.

My greatness does not depend on you, and your greatness does not depend on me, but I can assure you that together we allow for, and bring forth, the greatness that is in each other.

My calling has come at a great price. I have experienced much pain, loss, heartache and disappointment in my life. However, through these experiences I realized a long time ago that to whom much is given much is required.

I have always been that person that everyone called upon for help, for strength, for guidance and for encouragement. It was always something that I willingly and lovingly stepped into being and doing.

The challenge experienced when you are a strong person, is that when you have your weak moments, there seems to be nowhere to turn because everyone is looking to you to strengthen them in one way or another.

When my only sister passed away in 1999 due to a car accident, I thought my heart was going to break. I never knew pain could feel that way. Although she was not the first person close to me that had passed, at the time of her passing, she was the closest person to me that had died. I don't have the words to explain what I was feeling when I was going through that experience. All I can say is that the pain was one that I could never have imagined before I felt it.

I quickly realized after her passing, as a matter of fact it was actually the next day, that in spite of what is going on around you, you still have the choice to live your life. You can choose to see the 'good' or you can choose to let the 'bad' pull you under and suffocate you until you yourself feel like you are going to die.

I made a conscious choice in that experience that I would focus more on being grateful that I had her as my sister, rather than focusing on the heartache that was very real for me every morning when I awoke. She was a gift to me; she was my baby sister and we had an amazing relationship and friendship for 29 years.

My acceptance of this "it is what it is, and it will be what it will be" moment, ushered me into an

ability to have compassion such as I had never known before. It ushered me into a realization that there was a “bigger picture” to this experience called life, and it ushered me into a determination that I would fulfill the reason, without hesitation or complaint, for why I was here on this earth. It was through this life changing experience, and circumstances and situations that were connected to it, that were the catalyst in my connecting to myself, and the manifestation of a burning determination to know, and live, my purpose.

May your journey of life be one that you will look back on one day and say, **“The life that I lived was created by me -- I participated in it fully and lovingly, and I enjoyed every minute of it!”**

Here’s to your joy, your peace and your purpose.

In love and light.....Denika

Foreward

A bright light!

After speaking with Denika on the phone, I immediately knew she was a force to be reckoned with. Then after meeting her for the first time in person, I knew my life wouldn't be the same. Denika's gift was glaringly apparent from the moment I encountered her. Insightfulness, intuitiveness, honesty, bravery, trustworthiness and faith-filled, all wrapped in love, is what she brought to me each time I was in her presence. Even over the phone, every bit of that came through before I even laid eyes on her.

She has unapologetically called me out on my own contribution to what I'm seeing in my life. She lovingly does not let me off the hook when I want to have a pity party, or dwell on the past, or not take responsibility for what I'm creating with the thoughts I allow and the words I choose to speak.

This notion of taking responsibility completely for what a person sees in their own life is very challenging. Denika has demonstrated many times over that she is fully present and able to help you see what you need to know, that you don't

already know. In other words, she is able to help you see your blind spots and facilitates awareness of how you affect what is showing up in your life. The work that she does is important and amazingly transformative. I am very appreciative that our paths have crossed.

This book should be in every person's hand that wants to recreate their life. She gives practical and sound guidance on how to experience the life that supports your Highest Self. This body of work is really a step by step instructional guide that will lead you down a path of balance, joy and peace, and will show you how to successfully create and achieve your greatest life.

Denika is a bright powerful light that showed up in my life for sure!

Genyne Vinson

ONE

You ARE What You Think

Scripture states, “As a man thinks in his heart, he is.” You are what you think, and what you think, you are.

So who do you think you are? Most people identify who they are as the roles that they play; for example, a mother, a father, a banker, a lawyer, etc. Often finding out who we are begins with discovering who we are not. So let’s cover that first. You are not:

- Your gender
- Your nationality or ethnicity
- Your ego
- Your persona
- Your family situation
- Your profession
- Your emotions

- Your history

You are not your role or your labels. It is important to understand that we are all Spiritual beings having a human experience.

“We can only be who we are and at some point that has to be good enough.” - Panache Desai

Who we identify ourselves as being is another area where we allow the world and others to Define us. So many people as children, are criticized and physically, emotionally and mentally abused, with very little good being said about them. Because of this they identify who they are with more negative, than they do positive.

We can become products of our environment, but at some point when you no longer feel good about who you ‘think’ you are, it’s time to make the decision to make some changes.

The hardest part of taking any first step is to make the decision to do so. Once we decide within ourselves to DO something, we usually put the

action behind the decision. I come across people all the time in my practice whose major complaint is, *“I just don’t know HOW to do it.”*

My reply to this is always, *“You do it by making a decision to do so. Will you make the commitment to make the decision?”*

Changing your thoughts takes no more effort than changing your diet, changing your job or changing your relationships. The first step to doing any of these is to make the decision to do so. But the truth is that people tend to be lazy, indecisive and complacent, and so they *choose* to remain in their very uncomfortable “comfort zones.”

Even though we have labeled them “comfort zones”, most people will admit that they don’t feel very comfortable in these spaces. So what motivates people to stay where they don’t want to be? The fear of change, being too lazy to do anything, or choosing to settle for less than they believe they deserve.

Knowing who you are will lead you to an experience of living a life that is harmonized and full of meaning. Discovering who you are allows you to be grounded in your authentic self, or what I

like to call your Beingness, or your essence. When you connect with the essence of *who* you are, you feel supported in making choices and decisions that are in alignment with your “Highest Self.” You can then begin to create your life by design rather than living by default.

Discovering your “true self”, and learning how to respond to life in light of this insight and wisdom, can be a great challenge. The first thing you need to do is discern what your authentic self is, and separate it from all the false identities that yourself and others, have labeled you with.

Our identities often take the form of old habits of mind that have been accrued over our life time in reaction to difficulty, disappointments and uncertainty. Having had to endure a constant stream of criticism as a child, may have caused you to believe that you are not worthy, that you are incapable or you see yourself as a failure. These are examples of thoughts that, when left unmanaged and continuously entertained, result in us *being* the thing that we think about our self.

A skillful way to begin to understand who you are, is to examine those aspects of yourself that you

have mistakenly believed were the real you. Understand that your emotions are reflections of mind states and because they can be released, they don't define who you are.

Your history does not define you. It is simply an accumulation of actions and events that characterize you at a particular moment in your life. It does not define your essence. Though you may not have had a choice concerning your history, you can choose how you *respond* to it. Developing the capacity to do this will lead you to a deeper relationship with your authentic self, and a more genuine experience of life.

Your identity is not the sum of your habits, duties and/or responsibilities. You may as a child, have had to take on major responsibilities which you did not like, but now feel that who you are is created around being 'responsible'. Therefore you find it hard *not* to "take on" responsibilities.

When you mistake your habits and responsibilities for your essence, you close yourself off from feelings of authenticity. This is one of the main reasons why mothers struggle with their sense of self when their children leave home. They have

identified themselves by their roles and so do not know who they are without the “responsibility” of taking care of their children.

Your persona is that aspect of yourself that you present to the public. How many people in a public setting become totally different than they are in private? Many do. Personality traits are like software that you interface with your life. Even though a public face may be deemed necessary in social settings, because it has the capacity to change it does not define your “true self.”

When you can begin to put distance between your inner and your outer identity, your sense of authenticity increases because you are not controlled by the fear of your persona being exposed or diminished.

Now for many the aspect of themselves that they identify with most is their egoic nature. I like to describe the ego as a committee composed of characters with different agendas and points of view. Recognizing this committee in your mind can be dismaying and liberating; dismaying because you lose the false security of having a fixed mind, and

liberating because you now know that you don't have to believe your thoughts.

Each person's thinking and core identity is determined by, and is a reflection of, conditions of heart. "As a man thinketh in his heart", so will he become.

My personal "I AM" revelation completely and profoundly altered my thinking process. Several years ago while having a meeting with a gentleman who had come in from the island of Jamaica, I was asked by said gentleman this question:

"Who are you?"

I was stumped by this question and I didn't know how to answer it at first. So I immediately sought the answer from within through prayer, by asking silently: *"Who am I?"*

The answer that I received took me aback, and initially I didn't quite know how to interpret it. I heard these words. *"You are the incarnated being of God, you are God incarnate."*

Well immediately I knew that this wasn't me speaking to me because I didn't talk like this. *"The incarnated being of God"* I thought, *"What was that?"*

My first thought was that it sounded kind of blasphemous. So I spoke that thought silently within myself and immediately, the same words were repeated back to me but stronger.

I had come to understand by this time when Spirit was communicating with me, and so I repeated the words that had been spoken to me to the gentleman. His response to me was, *“And don’t you ever forget it!”*

This was a life-changing experience for me. I realized in that moment that I was so much greater than what I thought of myself. You see for many years I wrestled with self-esteem and self-worth issues. The funny and ironic thing though, is people always saw the gift in me, but I could not see it in myself. My vision of my true nature had been obscured by the opinions, confessions, beliefs and criticisms of others about, and towards me. Those words had been stored in my subconscious, and even though I knew for a long time that I had been called to be greater and achieve more, I couldn’t achieve greater because my thoughts were more in alignment with fear of failure, lack of confidence, and the fear of being judged and rejected.

But these words spoken to my spirit by Spirit, took me to another place... a place of strength, a place of purpose, and a place of greatness. I thought, *“If I am the incarnated being of God, and God incarnate, then that means, like God, I have the power to be, do and have whatever I can think.”* Since that day, I set an intention to align my thoughts with my higher calling and purpose; that come what may, I will achieve the greatness to which I have been called.

Are you ready to achieve the greatness to which you have been called? Then keep reading...

“If every morning

you can find a reason to say,

*“Yes, it’s going to be a beautiful
day.”*

And every day, you find a reason to say,

“Yes, it is a beautiful day.”

And every night you find a reason to say,

“Yes, it was a beautiful day.”

Then one day,

you’ll look back and easily say,

“Yes... it was a beautiful life.”

Unknown

TWO

Get Out of Your Head

When you are born you start with an empty slate... you come in to the world Fine! There is no predefined identity, no character and no personality. NOTHING! Then life begins and it brings along with it experiences, thoughts, understandings, and conditionings. The world begins to De-Fine us. You begin to develop beliefs that are a result of your thoughts. Then you begin to develop truths which are a result of your beliefs.

Our beliefs, which then turn into our truths, come from three places... experiences, cultures and conditioning. Every thought that you have about the world and yourself, up until the time that you can think for yourself, come from *your* world and the people around you.

Have you ever asked yourself any of these questions...

“Why do I think what I think?”
“Why do I believe what I believe?”
“Is what I think the way it really is?”
“Is what I believe the truth?”

When you make a decision that it's time to get out of your own head, I recommend that you start with these questions.

The scriptures tell us “as a man thinks *in his heart* so he is.” Does this mean that every thought that we think in our head about our self is not who we really are? Hmmm, something to ponder on, but one thing that I have proven is that the thoughts that we think in our head, when internalized and believed in our heart, create our experiences, our realities and our truths.

I have learned the importance of getting out of *my* head. This came about when I began to question EVERYTHING that I *thought* to be true. I decided that if what I thought was really the truth, then I should not be afraid to question it. The truth will stand as truth, even after it is questioned. The truth does not need defending. The challenge for many people is they don't really know why they

believe what they do. They secretly question *what* they believe and yet are afraid that if they question it, they will shake the very foundation of all they know to be 'true'. But isn't that crazy? If what you believe is not really the truth, why on earth would you not want to question it and give yourself the opportunity to discover what's really true?

When you discover that *your* truths, beliefs and thoughts are not in alignment with what is actually true then it is time to make a decision. You can choose to Re-Fine yourself, or you can make the choice to allow the conditioning of the world to continually De-Fine you.

Most people are afraid of change, and yet this fear does not stop change from occurring every minute of every day. The body that you now walk around in has changed over and repeatedly throughout your life; it is not the same body that you came to this earth in. As a matter of fact, it has continually changed since the day of your birth, and will continue to change until the time you depart from this earth. Change is inevitable.

To discover who you truly are, you have to be willing to get out of your head and connect with

your heart. For it is in your heart that the true nature, and essence, of who you are abides. The mouth does not always speak the truth but the heart always contains the truth.

Do you know what the first part of the human body is that takes form? How many of you said the brain? No, it's not the brain. The first organ that forms in the human body is the heart. The heart is the nucleus of the human body yet more people focus on what is going on inside of the head, or in their mind.

“All of our behavior results from the thoughts that preceded it. So the thing to work on is not your behavior but the thing that caused your behavior, your thoughts.” - Dr. Wayne Dyer

Within the ability of our creativity perspectives, we can see our thoughts as the way our mind characterizes, describes, or explains the energy that our body perceives. Our mind's ability to characterize is connected to our past experiences, and how we have focused our attention and

awareness. Whether we experience this as an image, an idea, a vision or an awareness of knowing something, does not matter. The process of thought is simply our mind ‘playing’ with the energy we experience. In this regard, thoughts are simply consciousness at play with the energy that consciousness experiences.

From the perspective of creativity, human beings have been wired with the ability to create. Everything that was created began as a thought, and was subsequently converted into an action. We have the ability through our thought processes, to take formless energy and create form.

This is why learning how to be *intentional* in your thinking is extremely important. I like to call this process Conscious Thinking. We create our realities by way of our thoughts. As we perceive something to be, for us it becomes reality, therefore it is important to understand, that we are 100% participants in the outcomes of our situations, circumstances and experiences, through our perceptions. Whatever we perceive we believe, and whatever we believe, we achieve.

There is an analogy that is often made between the human mind and the computer. The mind is said to be a kind of super-computer, greater, better and more efficient than any computer there is. And like a computer, the mind can be programmed to perform many different behaviors; both the computer and the mind store files and programs in their memory (or subconscious), until they are needed.

In computers, these programs are those that let you write documents such as letters, reports or books like this one. The computer also allows us to surf the internet, play music, videos and much more. By analogy, programs stored in the human mind allow us to know how to ride a bike, play the piano, sing and dance, cook or drive a car. The human subconscious stores programs such as rejection, disappointment, hurt, grief, joy and belief systems.

Once a thought or memory has been programmed, it is stored in our subconscious and can be recalled at any time. This is why we have reactions to things when a 'trigger' is pressed,

bringing to the surface an emotion or response that causes us discomfort.

We may have been criticized as a child, and the moment someone does something that subconsciously reminds us of the pain, or discomfort of that memory, we react. Or we were mistreated by a past lover, and even though we are now in a loving and wonderful relationship, one incident, word or action can be the trigger that sends us right back to the memory, and causes us to react from that past discomfort or pain. This is why many people find themselves experiencing cyclical patterns over and over again, even though the past relationship has been long gone.

This is when it becomes necessary to confront those thoughts in your head and ask the question, *“Is this thought or way of thinking, continuing to serve me or is it time to let this go?”* The reason why this is so important is, if you don’t do something different, you will experience the same things over and over again. If you don’t change your perceptions, your reality won’t change. Remember, “As a man thinks in his heart so he is.” What you focus on you draw to yourself, and what you think, you are! This is

when you have to make the decision to get out of your head, especially, if your head is the place that you need to get away from.

You may realize that this is something you need to do, but your question is, “how do I get out of my head?” The answer... by making a decision to do so! It really is that simple and that’s the first step.

*“All of our
Knowledge
has its origins
in our
Perceptions.”*

Leonardo De Vinci

THREE

Faith and Fear Start Here

This truth is about to free you in your mind, heart and soul... **Faith and fear begin in the same place...IN YOUR THOUGHTS!** And if fear and faith begin in your thoughts, and you have control over what you decide to entertain in your thoughts, what this means is that you have power over both fear and faith! And you create both.

Congratulations... you have been set FREE! I want you to digest this for a few seconds. Fear begins in your thought process. Faith begins in your thought process. So what does this *really* mean? What it really means is that you and you alone, have the power to decide which of these you are going to allow to control your life.

“For God has not given us a spirit of fear, but of power and love and of a sound mind.” 2 Tim 1:7

This knowledge is so powerful because it can help us to identify where fear really comes from, and also helps us make the decision as to what we want to do with it when it shows up. What this tells me personally is that if fear is not of God, which it is not, then I don't have to entertain it; I don't have to live by it and I have a say in whether or not it enters into my experience.

I once had a client who was undoubtedly and willingly allowing fear to control every area of her life. She was afraid of demons, afraid of Satan, afraid of evil spirits, afraid of people who had evil spirits, afraid of church people who walked in darkness... the list goes on and on. The first time I met with her, the minute she stepped out of her vehicle, the tears started streaming down her face... she lived in a place of terror. The fear that she felt was so powerful, that I could feel the energy emitting from her. My first response was to hug her with the intention to emanate the love of God as I told her that everything was going to be okay.

We had a 2 hour session, after which I asked her how she was feeling. Her response was *"I feel so much better! When can we talk again?"* I knew that she

was feeling more peaceful because I could feel it, and the energy of fear that I had felt earlier had decreased tremendously. However, between the time she left me and the next morning, when she sent me a text message, she had allowed that same fear to totally consume her once again. Living in a place of fear is a choice we can accept, or refuse.

Fear is energy, or as the scriptures tell us, it's a "spirit". Energy flows where attention goes. If your thought process is one of always being concerned, worried or fearful about what is about to happen, could happen or always happens, then that same thing that you worry or think about, you will experience. This is because what we expect, we experience, what we think about we bring about and "as a man thinketh in his heart, so is he."

Now this might sound contradictory, but I do believe that fear has a purpose... just as I believe that darkness has a purpose, and light has a purpose. Without the one, you would not know, appreciate or understand the other. Fear is fear, but can take many different forms. We all have experienced fear in one way or another and many

people, such as the client I spoke of, *allow* fear to control their lives.

You can allow fear to control you, or by allowing yourself to understand why fear is showing up, you can be saved by it. For many people, fear is the underlying force that they allow to keep them “stuck” or “safe” as they choose to perceive it. However, the feeling of fear can sometimes save us from entering into a situation or territory where we should not enter, or it can prevent us from pursuing something that could have been a life altering and amazing opportunity. Fear can stop us from falling in love, relocating to take an amazing job, flying to an exotic destination and/or fulfilling our life’s purpose.

We feel fear in our emotional body and the more power we give it, the more we feel it, and the more it demands of us. The voice of fear is usually one of catastrophe, worry, anxiety or desperation about one thing or another, and the more we listen to it, the more it speaks to us.

So what is this fear thing that has the potential to control every fiber of our being, and can infiltrate many areas of our lives, robbing us of our peace

and joy? Who or what is it that speaks to us, sometimes so loudly that it is deafening and paralyzing at the same time? Are *we* the voice of fear that we hear in our minds or is there another force that is responsible for this? If we create our experiences based on our thoughts, then I think it is safe to say that even if we are not the *voice* of fear, we give fear a voice.

To free ourselves from this grip and its negative effects, it is important to understand the true nature of fear and its purpose. In the beginning, we were given instincts to help us survive. In the beginning we had such a heightened awareness of our environment through our senses, so we could take care of ourselves. Through technology, and a dependency on things external to our very inner nature, our instincts diminished and we became more dependent on our mental processes, rather than our intuitive abilities. We became more and more identified with our minds, emotions and our thoughts as our source of supply and safety, that we allowed these to carry more weight than our intuition. We allowed fear to shift

its focus from our instinctive nature to our emotional nature.

The imbalance of our emotions creates toxic fear levels and the more attention we give to fear, the stronger it gets. Remember, we strengthen or draw into our experience that which we focus on. So the key to overcoming fear and the debilitating effect it has on us is to bring our emotional, instinctual and spiritual natures into balance and harmony.

To free yourself from fear you need to **firstly identify the fear**. Ask yourself the question, “*what am I afraid of and why am I afraid of it?*”

“There is nothing to fear but fear itself.” Franklin D. Roosevelt.

Speak your fear out loud, or write it down. By doing so you are exposing it and giving yourself an opportunity to identify whether this is something that you really need to fear. Example: *I am afraid that if I drive on the highway for this road trip, I’m going to get into an accident. Why? “Because my sister died in a car accident on Highway 59 fifteen years ago.”*

By identifying the fear thought, you can take the **second step of disassembling the fear**. Start by entertaining thoughts that are directly opposed to your fear. Instead of allowing yourself to react to the fear, take the position that you will respond to the fear by forming an action that is based on what you desire. Example: *I want to attend this conference and I don't want to spend the money for a plane ticket. I will take all the necessary precautions to drive safely and trust that God is going to protect me. Am I willing to trust that I am safe and will get there safely?*

By making a decision to respond to the fear rather than react, and replace the thought of fear with a thought, or decision to trust, you can elevate your thoughts from negative to positive. You can decide what you want your experience to be, rather than succumb to the idea that you don't have control over you being safe or not.

The truth is that if your destiny dictates that you are going to die in a car accident, there's not much you can do to stop that. However, by entertaining the notion that your sister's destiny will not necessarily be yours, can help you be free in your mind, heart and soul to enjoy your life, and

partake in the things that will bring you joy and happiness. You can give yourself permission to decide what experiences you wish to have based on what you choose to think about.

By taking dominion over your thoughts of fear and making a decision on whether you will react or respond to them, it will allow you to change your attitude about fear, and take the **third step of changing your relationship to fear.**

Remember fear will only have power over you to the degree that you allow it to. You can make the decision to withdraw the permission you give to fear at any time. Choose to allow faith, hope and love to be in charge of your life and your thoughts, not fear. Understand that even though you may feel fear from time to time, you are not fear and fear is not you. As Beings that have been given the power by the Creator to create, we are constantly re-creating ourselves. Because we have this power, if we don't like a particular aspect of our lives, we can change it at any time we choose.

Fear only has as much power over us as we allow it to have. Create what you want rather than what you fear. You do have a choice! When you

change your relationship with fear from being a slave of fear to being a master of fear, your life will begin to change. Taking action is the key. Act on what you desire for your highest good and well-being and let fear teach you rather than rule over you.

The more you take positive action towards what you desire rather than allowing the fear factor to have dominion in your life and deter you from taking action, not only will your life improve but the things that you fear will eventually lessen.

Faith gives you courage to step out with the boldness to believe that everything will work out as it should. Faith empowers you to see through the eyes of God. Faith says that all things are possible if I will be brave enough to believe. Faith tells you that you can step out on what you can't see and yet believe that something is there.

I am reminded here of the story of Jesus telling Paul to come out to him on the water. I believe if Paul had really “thought” about what he was getting ready to do he may not have taken those steps. Sometimes faith requires you to just do and not think, especially if your thoughts do not

support what you want to accomplish when your heart tells you that this is what you are supposed to do.

Faith says “with God ALL things are possible”. Which means that *nothing* is impossible. All things are possible if you only just believe they are. When the fear thoughts show up, tell them to take a back seat and put Faith in the driver’s seat. Replace the fear thought with a faith thought. I promise you, faith will always take you to your purposed destination.

“FAITH is seeing
light with your
heart when all
your eyes see is
darkness.”

Author Unknown

FOUR

What You Focus On, Expands

There are absolutes that I know to be true in life. What you focus on expands, is one of those truths. Another way of saying this is, “where attention goes, energy flows.” - James Redfield

For me personally it has become a focus of intention to align my thoughts only with what I want to be reflected in my experiences. I have learned that what you expect, you experience. In my practice, I often hear these words from clients... “Struggle”, “hard”, “difficult”, “awful”, “stressful”, “I can’t”, and do you know what their lives are? Stressful, a struggle, hard, difficult, awful, and they find that they can’t do what they desire to do. Their life reflects back to them the things that they are focusing on. What we focus on we draw to

ourselves over and over again. Like energy attracts like energy, or as the scriptures put it, “like attracts like.”

“Any habit or pattern whether we call it “good” or “bad”, despite our best intentions, tends to reassert itself over time unless we break that pattern by doing something different.” - Dan Millman

In order for a person to make a shift from this way of thinking, they have to be prepared to recognize the negative thought that results in the negative confession, or spoken words. And once recognized, the need to shift and release the resistance to change becomes necessary.

One of my favorite quotes from the late Maya Angelou is **“when you know better, you do better.”** When you *learn* better, but you choose to continue to make choices that are not in alignment with your highest good, and choose to think the same negative thoughts over and over again, you then assume full responsibility, whether knowingly or unknowingly, for your experienced outcomes.

So let me break this down a little further for you as to what this really means:

- When you focus on not having money, you expand being broke.
- When you focus on problems in the relationship, you expand being in a broken relationship.
- When you focus on stress, you expand anxiety.
- When you focus on not being good enough, you expand failure.
- When you focus on hating your job, you expand opposition in the workplace or losing your job.

When you focus on something the Universe replies, “Your wish is my command!” We must ask ourselves often, “*What am I focusing on?*” If you

discover that it's something negative, then you must change it to something that is in alignment with what you want to experience. Let your focus be on something positive. Remember your thoughts create your realities, your situations and your circumstances; the more you focus on a negative situation, the more of it you will create for yourself. But, the good news is this... the more you focus on a positive situation, the more of *it* you create for yourself.

So how can you change a negative focus to a positive one? Well, let's use an example that many people can relate to. Let's say we have been focusing on not having enough money, and on having too many bills, and feeling that we are so far under that we may never catch up. As you will be able to see in your circumstances, the more you think about not having enough, the more you create financial hardship and stress. We can change the outcome, by changing our focus in this way:

1. **Begin to focus** on, “how can I create more money in my life?”

2. **Decide to respect the money** you do have. You can practice this first by taking the time to organize the money in your wallet or purse, instead of just throwing it around. Organize it into denominations, and face all bills in the same direction. Remember what you dishonor and reject, you turn away.
3. **When you see money** on the streets or sidewalks, even if it is a penny, if it is in your reach pick it up and say thank you to the Universe for sending you money. Bless it and see it multiplying 1000 times or more.
4. **If you have a change drawer,** or jar, you can organize those coins and turn them into bills. Many grocery stores have machines that will help you do this.
5. **Use what you have paid for,** sell it, or if you are not using it give it away and bless someone else with it. This will make room for more to come your way. As you release things you open a doorway for more good to come in to your life.

Change your focus, and you will change your circumstances.

“Our minds become magnetized with the dominating thoughts we hold in our minds and these magnets attract to us the forces, the people, the circumstances of life which harmonize with the nature of our dominating thoughts.” - Napoleon Hill

Remember, your thoughts are powerful, powerful things! Your focus puts your subconscious mind to work, and it stays busy finding more and more of what you are focused on. This year, keep this in mind and focus on what you **do** want, what’s right for you, and how you want things to work in your favor. Consistently be aware of your thoughts, and if you find yourself focusing on something that you do not desire to create or experience, simply change the thought quickly. This will help you to become a conscious creator. This works, I promise!

“The more you
Praise and Celebrate
Your Life,
The more
there is in life
To Celebrate.”

Oprah Winfrey

FIVE

The Man in the Mirror – Friend or Foe?

Okay, so in the beginning of your life the power to define you was left up to others, but now at this juncture, who are you allowing to De-Fine you? And if you have taken over the job of defining yourself, when you look at yourself in the mirror, what do you tell yourself about yourself?

It is bad enough when people don't understand who we are, and are not very kind in their definition of us, but when we are the one who is unkind to our own self, how great that unkindness tends to be.

When you look at yourself in the mirror what do you see? Who do you see? Do you criticize yourself or do you compliment yourself? Do you see the things that you wish were *not* there, or are you grateful that the things you can see, are there?

“The image that concerns most people is the reflection they see in other people’s minds.” – Edward De Bono

In a recent Dove ad, an FBI forensic artist sketched a series of women based purely on the way they described themselves, and again sketched the women as others had described them. The artist could only hear the voices of these women; he could not see their faces.

A video about the experiment, which has been viewed on YouTube more than 65 million times and counting, revealed the stark difference between how these women viewed themselves when compared to how others saw them. Across the board, the way the women described *themselves* were the least attractive, suggesting, according to the Dove marketing team, that we are all more beautiful than we *think* we are. **So why can’t we see ourselves as we really are?**

This was a major challenge for me for a very long time. Whenever I would look at myself in the mirror all I did was highlight and focus on what was wrong – what was too fat, what was too big, what

was too dark, what was scarred, the lumps, the bumps and the imperfections.

By and large, the negative view that I had of myself was because of what was transferred on to me as a child, by other children and, to a great degree, by my father. My weight and body image was the primary source of my insecurity. I was called fat by children in school. My father was always talking about my weight and “bribing” me to lose some. He would tell me what he would give me or buy me, if I lost the weight.

Over the course of our lives, experts say our sense of self-image develops through a complicated interplay between cultural ideas, life experiences and accumulated comments by others. The result is, inevitably, a distortion of reality.

All of our experiences, the teasing we go through as a child, all the self-consciousness we hold as teenagers, and all the worrying about whether we would be accepted as good enough, or attractive enough, are called forth in how people see and think of themselves. It’s a combination of emotion, meaning and experience that builds up over our lifetime.

A great part of how we define ourselves and others, relates to body image. Among women, the practice of criticizing the size and shape of their bodies, together with their friends, is a widespread phenomenon. This is especially true within certain demographics. In a study, that was conducted by Renee Engeln and her colleague R.H. Salk, it was discovered that when women heard “fat talk”, they were more likely to engage in the conversation because they were dissatisfied with their body image, even though women who did the most fat talk did not weigh the most, and most of the women in the study were of average weight.

We know where it comes from, and even though we feel most uncomfortable when we are the recipients of this kind of negative talk from outside of ourselves, we continue to perpetrate this same communication against ourselves, more often than not, on a daily basis. Most people when they look at themselves in the mirror find something to criticize, rather than something to compliment.

The human body, one of the most amazing of God’s creations, comes in a variety of colors, shapes, sizes and appearances. You did not create

your body and whilst you may have had a hand in some of its attributes, what you see before you when you look in the mirror, is something of God's creation.

Society has duped has tremendously into believing that the appearance of our body is to hold a certain image in order to be acceptable, beautiful, sexy, attractive, desirable, etc. This is true for both men and women. It is a perceived truth, not a REAL truth. Yet, so many buy into these perceptions and their reality, when it comes to their own physical appearance, is that something is wrong with the way they look. There is no such thing as the "perfect" size, the "perfect" color, the "perfect" height or the "perfect" look, but what you are is perfect, it is *your* perfect if you will allow yourself to see it that way.

You are the PERFECT creation of God. What you see standing before you in the mirror is what God projected you to be when you were created. However, if your perception, which creates your reality, is that something is wrong with you, you are imperfect... too big, too skinny, too dark, too light, too tall, too short, hair not straight

enough, hair not curly enough, not enough hair, etc., then that is what you will see yourself as being. However, that perception can quickly change when you make a decision to change your mindset and your thought process concerning it. You can decide that what you see in front of you is God's perfect reflection of Him/Herself in physical form. After all the good book tells us that not only are we created in the likeness of God, we are created in God's image also.

What I find so interesting about the way people see themselves, and others, is that what one might find unattractive, another finds extremely attractive. But it's really no different from food... there are certain food dishes one will love and other food dishes one will not desire. Does that mean that when either one of those dishes is prepared there is something wrong with the food? No! It simply means that it is not the preferred taste for one however it will be consumed, devoured and tremendously enjoyed by another.

The personal turn-around for me when it came to how I saw myself physically, came after I said a prayer of request, asking God/Spirit/Source

to allow me to see myself the way that I was seen by my Creator. After saying this prayer, I set the intention to start appreciating the good aspects of myself rather than what I saw as not so good. I began to have an attitude of gratitude regarding what I did have, like eyes that could see, a stomach that did not have digestive disorders, legs that could walk and breasts that were cancer free, rather than focusing on beady eyes, a not so flat stomach, cellulite and large breasts. And now my reality is this... *I am PERFECT even in my imperfections.*

I will tell you that an attitude of gratitude is the best anecdote for a negative mindset. When you focus on things for which you have to be grateful, you begin to focus less on the things that you don't like, or don't have; the result of an appreciation for what you do have, is ever present.

So my recommendation is to make a decision to see what is good, what is lovely and what is praise-worthy about yourself, because the more you are able to visualize the good, the beautiful, and the blessings, the more of these you will welcome and usher into your life.

“No problem can
be solved,
From the same
Level of
Consciousness
That created it.”

Albert Einstein

SIX

To Thine Own Self Be True

I believe that the reason you were drawn to this book is because on a subconscious level, and maybe even on a conscious level, you have made a decision to get back in touch with the real you, your “true self.”

You know that you are not here on this earth by chance or coincidence. You know that you have a purpose for being here, and you are now ready to step into that purpose. In order for you to know where you are going you have to first know *who's* going there. In order to be identified you have to have an identity, and my intention is to help you to identify your “true self,” the self that the Creator, God, intended you to be when you were created.

Take five minutes in silence before continuing to read. Close your eyes and listen to yourself breathe as you ask yourself this question... “Who am I today?” Think of every word that you would

use to describe who you believe yourself to be right now, the self that you interact with on a daily basis. Don't think about how others view you or how others would describe you. All that matters right now in this moment is how you see yourself. Go ahead and close your eyes and describe you to yourself.

Now I'm going to ask you to have a truth moment. The person that you just described, is that the person that you believe you were created to be? Is that the REAL you or was that described person created by the circumstances and/or experiences of your life?

Were you abused and as a result of that abuse, you decided that you need to be an angry person, who will never again allow anyone to get close enough to you to hurt you? Were you abandoned and as a result of that abandonment, you closed off your feelings, shut your heart down and decided that you would never love anyone again? Were you rejected and because of that experience, you made a decision that you will do everything within your power to protect yourself, because you believe you can't trust anyone else to be there for you?

What event or events contributed to you being the person that has been looking back at you in the mirror? Is that the true, authentic you, the perfect being that God created you to be, or has that person been fashioned and created by way of the experiences, circumstances and conditioning of the world and others?

If you are willing to be open, allow me to walk this journey of self truth with you, and help you to connect to your authentic self.

So, who are you? I believe it is important to acknowledge that you are a Spiritual being having a human experience. It is further my belief that we were all created by a Supreme Being, who I refer to as God, the Almighty, Source, Spirit, The Divine. When we incarnate, or are born, we come to this life in our true essence. However the process of life, and the many different experiences that we encounter as we grow and move through life, have a tendency to alter, and mask, the true nature of who we are. We come into this world Fine, then the world De-Fines us, and then we have to Re-Fine ourselves.

In so many instances we allow the challenges of life to steal away our true identities. In the process of discovering our true self and moving forward in our created purpose, being honest with oneself is an important first step. Being honest with others, while very important, is not as crucial as being honest with your own self. It is vital to your progression and growth.

The true essence of our being never goes away. In spite of how we may try to be someone we were not created to be, in spite of us being intentional on making choices that are not in alignment with our highest good, there is always a greater force at work in our lives.

Very few people are fully authentic all of the time in their outer expression. Most people feel a need to put on an act to get by. That's probably where the saying, "Fake it 'til you make it" came from. I really do not align with this quote! As a matter of fact I dislike it very much. But some people spend more time living unauthentic lives for the benefit of others, than they spend being true to themselves. Stay with me, I'm going to help you free yourself.

It is unpleasant and damaging to us, if we are trapped in jobs or relationships where we rarely get the chance to be ourselves. If we indeed feel trapped, whether in a job, a relationship or any other situation, we need to make an effort to change our circumstances, or our mindset about the circumstances, as soon as possible, so we can be free to express ourselves authentically.

Being dishonest with yourself, is like placing your own self in a cage and locking the door. Even more damaging, is when we don't know ourselves and as a result our authentic self becomes compromised.

Ask yourself these questions:

- How much time do I spend being my real self?
- Am I easily influenced by others?
- Do I stand up for what I believe in?
- What prevents me from being myself?
- How well do I know myself?

Surveys show that people who score higher on tests for authenticity, have a higher self esteem, are generally happier and are more satisfied with life.

“Your time is limited, so don’t waste it living someone else’s life. Don’t be trapped by dogma – which is living with the results of other people’s thinking. Don’t let the noise of others’ opinions drown out your own inner voice. And, most importantly, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.”– Steve Jobs

To be true to yourself means to act in accordance with who you are and what you believe. If you know and love yourself, you will find it effortless to be true to yourself. You cannot be true to anyone else until you are able to be true to yourself. Much the same way, you cannot *truly* love another until you are able to love yourself truly. Be who you are, and have the courage to accept yourself as you are, with the intention to discover

your true essence, so you may live as your authentic self.

If you have been living your life in a way to please others, I encourage you to start making the necessary steps today to discover the real you. Pretending to be someone else, for the purpose of being accepted by others, is not living your highest truth, and will end up frustrating you in the long run, because your choice to be unauthentic is causing an internal battle with yourself, your “true self.”

Many young people believe that when they do things to please their peers, such as drink when they don't necessarily want to, or behave in ways that are inappropriate and feel uncomfortable, it will cause them to be liked and accepted. Many times they go against their own sense of what feels right and as a result find them self in a troubled state. I acknowledge that peer pressure is real, but I know that standing in your truth is the only place to stand, even if you stand there alone.

When I was younger, the group of friends that I hung with, for the most part were pretty good, smart kids. However, they did drink alcohol and

smoke weed occasionally and there were several times where I had an opportunity to participate in these experiences. However, not only was it not my desire to do so, it was not me, it was not for me and I didn't feel a need to have this as a part of my experience. I knew this even as a teenager, yet most people would tell you young people don't know what they want!

I did not judge them in their partaking, they were my friends, I was comfortable to be me around them and it worked for all parties involved. Even though they would endeavor to coax me to try something, they also knew that my nature was one that some might call stubborn. For me it was me standing in my own truth, and being willing to be who, and what, I aligned with, rather than following the crowd and being a people pleaser.

When you operate from a place that is not a reflection of your true self, in the long run, you end up confused and unhappy. Respect of self comes from being true to self, and acting in accordance with the alignment of your true and authentic nature. The way you project yourself is how others

will receive and accept you – respect and honor your truth, and others will do the same.

Be true to yourself, and allow your individuality and uniqueness to shine through. It's appropriate to respect the opinions of others, but remember that someone else's opinion of your life, and your truth, really bears no importance on you unless you allow it to. Whilst everyone is entitled to their OWN opinion, it does not mean that you have to take their opinion on as your own.

As a teenager I was always unique, and in many cases was not understood by my peers or the adults around me. I had my own mind as they say, but more importantly, I was never prepared to do something that was out of alignment with what I felt was right for me.

I remember my father wanting me to go off to college to study Corporate Law. Well let me tell you, there was nothing about this professional title that excited, or motivated me. However, the condition for my going off to college was that I would have to go into this field of study. Ahhhh, no thank you!!

I decided to go straight from high school to the job world and even though I ended up in a job that I really hated, at the time that I took the job I felt that it was something that I wanted to do. The power in my discovering what I did NOT like, was it sent me on a quest to discover what I did like, and once I found it, even though others thought I was crazy or had so much more “potential” to do something greater, I knew that I found what I was called to do at that time... and I LOVED it!

Eventually, because what I projected out was love, comfort and peace in what I was doing, others, who had previously questioned it, came to accept it as something that I was meant to do. See how that works. People will receive you the way you present yourself, every time and every day. But at the end of the day what is most important is that you are comfortable, happy and at peace.

Being true to who you authentically are takes courage. It requires you to be introspective, sincere, open-minded and honest. It does not mean that you are inconsiderate or disrespectful of others. It means that you will not let others define you, or

make the decisions for you that you should be making for yourself.

Be true to the very best that is in you and live your life consistent with *your* highest values and aspirations. Those who are most successful in life have dared to creatively express themselves, and in turn what has happened, is they have assisted in broadening the perspectives and experiences of others around them. So see, it's a win-win for everyone!

Tips on Being True to Yourself:

- Be who you are, genuinely.
- Follow your own values and your convictions.
- Listen to the advice of others, but make your own decisions.
- Recognize, appreciate and develop your unique talents.
- Stand up for your own beliefs and you will gain respect.
- Know that it's okay to be 'different', and embracing your uniqueness is your gift to yourself.
- Understand that by being yourself, you are enriching the lives of others around you.

SEVEN

Do You Like What Life Shows You?

I submit to you today that if the Kingdom of Heaven is within, so is hell. Each of us has the power to create our own personal heaven or hell on earth. Your life is what you make of it. Your reality is created by your perception, which is a combination of your thoughts, your beliefs and your truths.

Your beliefs are your thoughts that you have held for a period of time. Your truths are your beliefs that you have held for a period of time. Thoughts, beliefs and truths are different for different people. Your thoughts, beliefs and truths are the canvas and paints that construct your own life.

One of my all time favorite songs is from the movie Mahogany, sung by Diana Ross... *“Do you know where you’re going to? Do you like the things that life is showing you? Do you know?”* I often ask this

question of others and the answer that I get most often is “no”. The sad thing is that when you don’t know who you are, you won’t know where you’re going: You can’t know how to get there, and in the interim, you hate the process and everything you see around you.

I admit it can become all too easy to focus on those things that are negative, but it is important to understand that everything that we do is ultimately a choice. Feelings of exhaustion, overwhelm, stress, and overworked, when focused on, will create a negative mindset that can creep up on you. The more you focus on these negatives, the more they will be a part of your experience.

Research has demonstrated that positive thinking can have a wide variety of benefits, from improving your self-confidence, to boosting your physical health. So how can you eliminate negative thoughts and replace them with a more positive outlook?

Even if you are not a natural-born optimist, there are things you can do to develop your positive thinking skills, and reap the benefits that positive thinking brings. To be successful at this you have

to begin the practice of conscious thinking – being conscious of the thoughts you think.

Begin by becoming aware of your thoughts. To become a positive thinker, you need to be aware of the thoughts that you think. The stream of conscious flow of thought can be difficult to focus on, especially if introspection does not come easy to you. When you encounter a challenging situation, try to notice how you think about what is happening. Do you engage in negative self-talk? Do you mentally criticize yourself or others? The negative thinking presents a major obstacle, but identifying such thoughts is the first step in overcoming them.

Some of the most common types of negative thinking involve focusing on only the undesirable aspects of a situation. For example, you were just hired for a job in a position that has been a dream for you for some time, but you have to drive a one hour commute both ways. Despite the good news of the new job, that evening you find yourself focusing more on the drive time, how early you are going to have to get up in the morning, and how much you are going to have to spend on gas, rather

than focusing on, and being grateful for, the fact that you just landed your dream job. Instead of reflecting on the positive and acknowledging the negative, you are ignoring the good and magnifying the bad.

We become so consumed with the things that we cannot control, rather than focusing on the things which we can. I tell clients all the time that it's important to understand that **we do not control everything**. For example, you do not control whether you wake up in the morning, whether the weather is sunny or rainy, whether someone decides to drive crazily on the highway, or whether your co-worker does not do the job that was assigned to them.

We have a tendency to be so concerned about the things over which we have no control, that it completely affects those areas over which we do have control. A very good friend of mine once told me, *"If you can do something about it then do it, if you can't why worry about it?"* That has been very valuable advice to me throughout my life. It helps me to re-center when things around me *seem to be* out of control.

Changing negative thought cycles can be a challenge, and please understand that it is a process that takes time. Positive thinking is not about putting on a pair of rose-colored glasses and ignoring all the negative things around you. Acknowledging the negative is okay, but allowing it to become your focus only leads to draw more of it to you. Remember, energy flows where your thoughts or attention go.

So you may wonder what you should do when you find yourself overwhelmed with negative thoughts. Start with small steps, after all, you are trying to cultivate a new habit, and changing a behavior, as with keeping a resolution, takes time.

Start by identifying one area of your life that is most affected by negative thinking. This may be your personal appearance, or how you relate to, or view others. By beginning with a single and specific area of your life, the changes will be more likely to stick in the long run.

Imagine that you have chosen to focus on your negative thinking with regards to your personal appearance. The next step is to spend a little time each day evaluating your own thoughts about how

you look. When you find yourself thinking critical thoughts about yourself, take a moment to pause and reflect. While you might be upset that you put on a few pounds, berating yourself about it is not the best approach, and won't allow for the weight to come off.

If you don't like the way you look, then make a decision to do something about it; incorporate exercise into your daily routine or change your eating habits to incorporate better food choices. This you can control. But say for example, that you have put on some extra weight because your doctor prescribed a medication for the improvement of your health, and one of the side effects is weight gain. Well, as long as you have to take the medication you really can't do anything about the extra weight. Rather than focusing on the weight, visualize your health improving, which could possibly eliminate the need for the medication.

Watch carefully for negative self-talk. When your inner monologue starts suggesting that you will never get rid of the weight, or that trying to get it off is too hard, find a way to take a more positive view of the situation. For example, if you feel you

are unable to finish your exercise routine, forgive yourself, and just decide that you will do better the next day. Focus on finishing tomorrow. Or you might make a decision to modify your routine so you are able to complete it. In any event, focus on what you are able to do to bring solution to the situation, rather than perpetuating and reiterating the problem.

Being a positive thinker is more about taking a proactive approach to your life, instead of feeling hopeless, discouraged, overwhelmed or stressed. Positive thinking allows you to tackle life's challenges by looking for effective ways to resolve conflict, and come up with creative solutions to having better experiences.

Your thoughts affect your mental, emotional and physical states, so remember that making an effort to be more positive will be well worth it. This is not a step-by-step process that you can complete and be done with. It takes practice, lots of practice. It involves a lifelong commitment to looking inside yourself, and being willing to challenge negative thoughts and make positive changes. It is a way of life.

*“We can complain because rose bushes have thorns,
or rejoice because thorn bushes have roses.” –*
Abraham Lincoln

*“Adversity can be
turned into
Opportunity,
Simply by adjusting
our Perception
And our Attitude.”*

Gail Lynn Goodwin

EIGHT

Perception is Everything

*“I will love the light for it shows me the way,
yet I will endure the darkness for it shows me
the stars.” – Og Mandino*

The power of perception is very important to understand because it is how and why you attract, and experience, what you attract and experience on a day to day basis. Your perception creates your reality and if you have a sincere desire to begin to consciously, and consistently, create more desirable outcomes than you are currently experiencing, you must pay attention to this chapter.

Firstly, let's ensure that we have a clear understanding of the definition of perception. As defined in the Merriam Webster Dictionary, “perception is the act of perceiving; an observation or mental image: An obsolete consciousness; a

quick, acute and intuitive cognition; a capacity for comprehension.”

Based on this definition, we can conclude that your perception of something is an observation, interpretation or mental image that you hold with regard to some event, condition or circumstance. It is how *you* SEE things in the world around you that molds, shapes and determines your individual perception.

Individual perceptions are formed and based on an “awareness” of the circumstances, through physical sensation. This can be a very limited way of viewing life, for we restrict the “bigger picture” to that which we can only physically experience in our senses. We often allow our perceptions to be formed based on what we can see, hear, taste, touch and smell. Our perceptions are based on our physical senses.

In this light, we allow ourselves to be limited to judgments, when what we SEE around us conflicts with what we desire individually. We judge and label others based on our chosen beliefs and perceptions, and tend not to give respect to their beliefs and perceptions.

We have all been given the spiritual right in our gift of “free will”, to view and discern what’s true, or untrue, in “reality” as we choose. The truth is though that there is so much more reality which we limit ourselves to experience by our physical senses.

How you have come to perceive, view and see things in the physical world has happened as a result of a belief you established at some point in the past. Many times our perceptions can be flawed, or at the very least quite limited, depending on how they were acquired, and what evidence we allowed to determine the given conclusion. A common perception among people, who are unconsciously creating their realities, is that you perceive things the way you do, because that is the way things are. This is a perceived truth and not a “Higher Truth”. Why? Because the “Higher Truth” is that the reason why things are the way they are, is because that is how you perceive them to be, and your perceptions create your realities.

In reality, a perception is merely the effect of any given belief. Perception is an individualized awareness, based on a belief that you have

established. If the belief is flawed or self limiting, and based on anything less than a “Higher Truth”, the perception that you hold (with regard to the belief held), will be flawed and self limiting also. The experience had as a result of this, will correlate precisely with what you “perceive” to be true.

In reality, there exists no such thing as an “untruth.” However, lower truths and “Higher Truths” do exist, and whichever one you choose to hold will be *your* truth. This gives it the permission to unfold in your life, just as you believe and perceive that it will.

The perceptions that you choose to hold regarding an event, condition or circumstance, will determine the experience that you will encounter. Your willingness to recognize, and accept, how the power of perception can affect your world, however you choose it to, will provide you with a sense of power and assurance, that you alone are the co-creator of your reality. This will help you to own and walk in your power, no longer allowing powerlessness and uncertainty to become, and remain, a way of life for you.

Since the beginning of man, the greatest and most insightful spiritual teachers have taught this. It has been documented in numerous spiritual texts throughout history, and Science has proven and clearly documented this fact.

It is important to understand all that you encounter and experience in your life, regardless of how it may appear at the time, ultimately unfolds precisely as you perceive that it will. This awareness will enable you to be more deliberate and intentional in your created experiences.

Unfortunately, because many are not aware of this, their perceptions lead them to unpleasant or uncomfortable experiences. However, in spite of this discomfort, every experience that comes across our path serves to teach us very valuable lessons that are necessary to learn on our life's journey. It is all designed to bring you back to the path of truth – “Higher Truth.”

So what is the “Higher Truth”?

You are a Limitless and Infinite being existing in an Infinite and Limitless Universe, with **the ability to experience life in the way that you choose.**

The “Higher Truth” is that truth is infinite in nature. Whatever quality of truth you choose that molds, shapes and determines you individually, is drawn from this place of infinite proportion. It is real and tangible in all areas of your life... physical, financial, relational, emotional and spiritual.

By developing this understanding, and establishing it as a firm belief, you can fully express heartfelt gratitude for the growth you are experiencing. You will become empowered to begin attracting more outcomes that are pleasing, rather than more of what you don’t want to experience.

Know that you are empowered, without exception, to be the co-creator of your reality. What life reflects back to you in the form of reality, is what you have projected by way of your perception. See that ALL things, regardless of how they may appear, are being created by you, and that it is all happening for a “greater good” and higher purpose.

By successfully adopting and internalizing this way of thinking, you will usher into your experiences a life far more fulfilling than you have

ever previously experienced or perceived as being possible. By doing so, you will have made a huge step forward in discovering how you can consciously, purposefully and intentionally begin to design your life - a life that you desire, deserve and were created to enjoy.

Many of us are taught things that later in life we discover weren't really the truth. These were perceived truths that, even though they may not have been based on "real truth," we adjusted our mental, emotional, physical and spiritual behaviors to them.

Let me illustrate how powerful perception is when compared to something that is not really true. Think back to thousands of years ago, when people believed that the world was flat. Even though these teachings were not based on the "real truth," they became the truth of those that believed it. Although not the truth, it was in fact a perceived truth of those that lived during that period and therefore became *their* truth.

Consider the impact that perceived belief had on the population of that era. They were terrified to venture out too far, because they were afraid that

they would fall off the edge of the earth! How much did they miss out on because of this belief? How much are you missing out on, because you are holding on to perceptions that are not in alignment with the Highest Truth for you? Many things that are perceived to be true, in fact, aren't based on truth at all.

Today your perceptions may be affecting you in the area of your finances. You are experiencing lack or hardship because you have a perception of truth, either at a conscious or subconscious level, regarding finance that is creating that situation for you. If you are experiencing poor health conditions, it may be due to a perception, or belief, that you hold at some level, regarding your health. If you are experiencing anything other than healthy and harmonious relationships, it might be as a result of a perceived truth that you hold regarding those relationships, which is not in alignment with your "Highest Truth".

The "Real Truth" is that, you/we have been created in the image and likeness of the Source/God/Creator, and provided with the power and authority to co-create EVERY event, condition,

and circumstance in your life, whether physically, financially, relationally, emotionally or spiritually. The focus and attention that you choose with regard to each of these life areas, will determine with absolute and unwavering certainty, how each unfolds.

If you'll look deep enough, you will begin to discover many perceptions that you currently hold, that are not in alignment with real truth at all. They can be perceptions that are held based on traditionally established faulty beliefs that were taught to you at various times in your life.

Although I do understand that many of the perceptions that you currently hold are the result of the established beliefs taught to you as children, and you fully trusted in, and believed, that what was taught to you was true, there comes a time when we must analyze, and determine for ourselves, whether these perceptions are in alignment with our heartfelt desires and inner 'knowing' on a soul level. We should be prepared to question whether they are enabling or hindering our ability to experience the abundance that is, and always has been, available to us.

At some point, discovering the perceived truths that are blocking your ability to receive, and allowing these to be replaced with that which is your “Highest Truth”, becomes *your* responsibility if you choose to fulfill your held desires, and live the quality of life intended for you – a life which is limitless in nature.

What you perceive to be truth makes it your truth, but not necessarily *the* truth. The power of perception mirrors your inner world to your outer world, and produces results in exact correlation to the perceptions that you choose to hold on to.

“Change the way you look at things, and the things you look at change.” – Wayne Dyer

Common Perceived Truths about Finances:

- Money is hard to come by.
- You must work hard for money.
- Wealth is only for the fortunate few.
- It takes money to make money.

Here is the “Real Truth”:

- You were **created in the image and likeness of the Creator**, whatever or whoever you perceive that Creator to be.
- You can have anything you desire, **if only you believe**.
- Faith is the **substance** of things hoped for, the **evidence** of things not seen.
- Faith and fear begin in the same place... in your thoughts.
- “As a man **thinketh in his heart**, so is he.”
- We have all been given power to get wealth.

**“One new perception,
One fresh thought,
One act of surrender,
One change of heart,
One leap of faith,
Can change your life,
Forever.”**

Robert Holden

NINE

Let It Be

“Let it be, let it be, let it be, let it be, there will be an answer, let it be.” – The Beatles

You know what hinders most people from living life freely? It is their own inability, or refusal, to just let things be. The only thing that truly exists is the present moment. The past no longer exists, neither does the future, and yet most people tend to try to live in those two places of existence.

The biggest obstacle to living life freely is fear. We either fear that things will turn out the way they did before, we fear the thought of it not turning out the way we want it to, or we fear that it will never work out. We allow fears that resulted from our past, to be a hindrance to our present, and also our future.

“Fear keeps us focused on the past or worried about the future. If we can acknowledge our fear, we can realize that right now we are okay. Right now, today, we are still alive, and our bodies are working marvelously. Our eyes can still see the beautiful sky. Our ears can still hear the voices of our loved ones.”—

Thich Nhat Hanh

Many will tell you that they fear the unknown but if you really think about that statement, it's impossible to fear what you don't know. You don't know it, so how can you fear it? What people fear is what they *perceive* the unknown to be. The definition or expectation that they attach to it, before they even experience it, is what they fear.

My personal mantra for myself has become this... ***“It is what it is and it will be what it will be.”*** This mantra has brought such a source of comfort and peace to my life because in saying it, I acknowledge that there are things that I have no control over, and that it's okay. One of my favorite quotes is the Serenity Prayer:

“God grant me the serenity to accept the things I cannot change, courage to change the things

I can and the wisdom to know the difference.”

- Reinhold Niebuhr, Theologian

I remember this prayer hanging up in my father's recording studio when I was a child. This prayer was always visible to me as I spent a lot of time at his studio. The profound thing is that even as a child, this prayer made a great impact on me. At that time I had no idea that this would be my message to the world. The powerful thing about this realization for me is that we are prepared, from the time that we are children, for that which we are called to be and do in the world.

“Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven.” -Matthew 18:3 KJV

“The kingdom of God cometh not with observation: Neither shall they say, Lo here! Or lo there! For behold, the kingdom of God is within you.” – Luke 17:20-21 KJV

See the challenge and frustration comes because we are looking for our power *outside* of ourselves. We are looking for the *answers* outside of

ourselves. We are looking for the *truth* outside of ourselves, where it cannot be found all that we seek outside of ourselves can only be found within.

Even as you are reading this book, I ask you to process this information not outside of yourself, but within. Does it resonate with you deep within your heart and soul? Is there a feeling or sense of “hmmm I wonder if...?” If it does not resonate reject it, because only your soul knows what the truth is for you. If it does resonate, don’t be afraid to embrace it. We have all been wired with what I call an Internal Guidance System (IGS). It is connected to what we feel. If it “feels” right deep down within, then you should always go with it, even if there is a little fear attached to it. However, if it does not “feel” right, then you should walk away from it. You know how people say, “if I had only followed my feelings” or “I should have followed my heart”? They usually make this statement when they realize that they made a wrong decision regarding something.

Your Higher Self will never lead you wrong. The problem is we have been so encouraged to listen to what everyone else says, while ignoring

what *our self* says. They even tell you that you should not talk to yourself, and if you talk to yourself you absolutely should not answer yourself, because then you're crazy. Oh how the world has strategically led us away from ourselves. I am proud to admit that I talk to myself, I answer myself, and I listen to myself. Some of my deepest awareness and understanding has come through this practice. I encourage you to start talking *and* listening to yourself.

So how do you do this? Start by taking time every day to just be silent. Some may call this meditation others call it reflection. I usually recommend taking five minutes, but if that sounds like a long time to you start with one minute.

First thing in the morning, when I awake before I get out of bed, I check in to see what myself wants to say to me today. This might sound silly, but I promise you it works. The more you do this you will find you are able to do it for longer periods of time. Make it a goal to increase this time to twenty minutes a day. My personal routine is to do this both in the morning when I awake and at night right before I go to sleep.

Society feels a need to label things as “good” or “bad”, “right” or “wrong”, “high” or “low”, but my personal position at this point in my life, is things just are. I try not to use labels but just accept. This has been a major contributor to my experiencing peace in my life, even in the midst of “storms”. There’s a scripture in Romans 14:19, that tells us to, “*Pursue the things that make for peace.*” What this says to me is that peace is something that you have to go after; the experience of peace comes when we make a decision to experience it.

With peace comes happiness. They both are the result of living in harmony with our own intuitions of truth. We have been created in such a way that when we live true and we live purpose, we know it, because the reinforcing result called joy, is ours.

At the highest level of your awareness, you know what is best for you, what is accessible to you and how to access it. Just as a computer comes equipped, with all of the necessary programming to function, so have you been equipped with all that is necessary to function, succeed and create what is

necessary for your life's journey. Let it go and let it flow!

Live for today

Because Yesterday

has been and gone,

And Tomorrow

may never come.

TEN

Let's Start Over, Make That Change

“Life is like a box of chocolates, but you get to choose which ones you want to eat.” – Forest Gump/Denika Carothers

I clearly remember those chocolates that everyone gave out on Valentine’s Day when I was in high school. They came in a heart shaped box, were assorted, cheap and very few of them tasted good. There were maybe two specific ones that I liked and would eat. The rest of them, I would give to others who weren’t as picky as me, or I would throw them away.

Even the more expensive boxes of chocolates contained chocolates in them that I would not eat because I did not like the way they tasted. I specifically remember the ones with white filling! Yuck, I didn’t like those. And the ones with the

dark liquid cream that tasted like coffee... I didn't eat those either.

I have always been a very selective eater (notice I did not say picky). I knew what I liked, and I discovered very quickly what I did not like. However, what I came to appreciate as I got older was that certain foods that were prepared for me when I was younger that I did not like the taste of, I ended up liking very much when I began to prepare them for myself in alignment with *my* tastes.

One such food is oatmeal. My memory recalls my father preparing oatmeal for me as a child and I refused to eat it. There was an occasion when he made a decision that I was going to eat that oatmeal, and I made a decision that I was NOT going to eat it. I hated the way his oatmeal tasted. I'm not quite sure exactly how he prepared it but to me, it tasted awful. He decided that I was not going to leave the table until I ate the oatmeal, and I decided that I would stay at that table for the rest of my life *before* I ate that oatmeal.

Well obviously seeing that I am no longer at that table he eventually let me leave, but I did not eat the oatmeal to be released. Today I love

oatmeal, but I can tell you that whatever it was that he put in his, I do not put in mine!

Even though my truth as a child was that oatmeal tasted bad and I hated it, when I was able to prepare it for myself, to my liking and taste, I discovered that it was something that I do like very much. My relationship with oatmeal had a new start and my truth about oatmeal changed.

Just as I had a new start with oatmeal, you can start over in any area of your life in which you choose to. You may have held something as true for most of your life, however if you have reached a cross road where you aren't sure that it works for you anymore, it's perfectly fine to change your mind and start over. Yes, it IS that simple.

So many people hold on to ideas, beliefs and truths until the day they die, unwilling to change, or even entertain the thought of change. Even though they may not be completely convinced within themselves that it is true, they would rather die than admit that they were not living in alignment with their "Highest Truth." Instead of feeling a need to be right, how about if we just be and give ourselves permission to be okay with that?

“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.” – Socrates

Change is something most people resist because the idea of change can be scary. We feel that even though we might not be happy with our current situation, at least we know how to handle it, because it's something we're used to. Change is a risk that we need to be willing to take to better ourselves and our lives. The first step towards change is being willing to make an effort to control your fear.

So how do you control fear? By acknowledging that what we are afraid of is not real; it does not exist. Our fears are projected thoughts and ideas of what we *believe* will happen. It hasn't happened, so how can it be real? Hmm, that was good... I will have to remember that one for myself!

Zen practitioners cultivate the “don't know” mind. They work to assume they don't know anything, and in that they are able to see the world with a fresh perspective. This is a great way to approach change – it's an opportunity to start anew

and consider all possibilities that can lead to the discovery of new ideas, new thoughts, and new experiences.

Expect without expectations. When we do this we are not attached to how our desires will manifest, we just **expect** them to show up. Say for example you want to take a trip to Australia, but your expectation is that the only way you can do this is if you save enough money to buy the ticket yourself. Well let's suppose the Universe wants to send you a free ticket to Australia by way of a sweepstakes that you feel drawn to enter. Your trip showed up, but not according to your expectation. When we open ourselves up to just being, and allow 'flow' to take place in our lives, we open our self up to the beauty of life being able to show up via many different channels.

What I have found for me personally is that when I have an expectation as to how something will show up, what I actually do is close myself off to the greater possibilities. Hence I have learned to expect without expectations. It always brings about the desired result but not necessarily in the way that

I thought it may have shown up. But hey, what matters most is that it shows up right? Right!

I have learned that change can happen quickly and at any point. Acknowledging, and being open to change, enables you to flow in what is rather than approaching change from a place of denial and resistance. Every experience in life brings with it very specific lessons and insights. Embracing change opens you up to understanding what these insights and lessons are. Even though circumstances may not turn out the way you want, that's perfectly okay. Believe that they turn out the way that they should. Embracing it can help you deal effectively with what "is" and, make any necessary shifts to help you move forward.

Remember *life* is all about change. Things around us are changing all the time even though we may not see or be aware of the changes. For example, the house that you leave in the day to go to your job, is not the same exact house that you return to. The atmospheric pressure or the temperature in the air may have changed; there may be dust where there was not dust when you left. If you have animals, there may be more fur on the

floor than was there before you left home, or the house may smell different if they decided to leave something other than fur on the floor. The foundation may have shifted slightly while you were gone. There may be less or more leaves on the trees outside of your home. Things are always changing. Learning how to flow rather than resist, helps us to be okay and accepting of what life wants to do. Life just is.

Change can be your greatest teacher, but only if you give yourself permission to learn from it. In embracing the change you give yourself permission to start over. Embracing change can usher in a tremendous amount of peace, calm and courage. When life fails to shake you up with its twists and turns, you realize that changes can't break you. You reach a new level of understanding of life, which some might call wisdom. Instead of making change the enemy, allow it to be your teacher.

Rather than letting change affect you negatively, why don't you just effect change? Sounds good to me: Ding!

“Change is
Inevitable,
Progress is
Optional”

Tony Robbins

ELEVEN

So What! Who Cares?

Okay, so congratulations! Now that you have decided that you are ready to start over and make the necessary changes, you're about to make some people around you very uncomfortable. You see not everybody is ready for the changes you are about to make, but so what! Who cares? What is most important is that you do what you need to do for yourself.

I tell clients all the time, when you lay down at night, even though you may be lying next to someone else, you are essentially lying down with you. Whatever transpired during the day either sits well, or doesn't sit well, with you, only you! Nobody else is really affected by your internal life, and most people don't care about it either. For the most part everyone around you only cares about themselves. So now it's time for you to do the same and care about the number one person in your life – you!

The world has gotten it twisted, and they love to tell you how selfish you are being when you decide to look out for yourself. But let me ask you this... if you don't learn how to look out for yourself, then essentially who do you expect to look out for you? And will that expectation be met? Looking out for your self is not selfish. Looking out for only you, while being totally unconcerned about the best interest, the well-being of or about what happens to others, now that's selfish.

Trust me, I have learned the importance of looking out for myself, taking time for myself, and putting importance in myself – the things I need, the things I desire, and the things that only I can do. The ancient texts tell us, “Love your neighbor as yourself.” The truth is, if I don't have it for me I can't give it to you. If you don't give it to you, you can't genuinely give it to someone else. Now if you don't align with this as your truth, that's okay, but this is MY truth.

When I was raising my children, they got to a certain age where I made a decision that their needs would come before my wants, but their wants, would not come before mine. In other words, I did

not put me on the back burner for my children. I realized as a single mother raising three children on my own, that if I didn't look out for me, and give to myself the things that I needed, then I eventually would not be of much use to them.

As mothers, we have an innate ability to put everyone else before ourselves, but what I discovered, and you might have discovered this too, is that when you deny yourself in an effort to be, give and do for everyone else, you can end up becoming very resentful... resentful towards other people, or resentful towards life. Resentment breeds anger and anger breeds contempt. Eventually you may find that you have turned into a very unhappy, angry or depressed person.

Now please do not get me wrong. I am not suggesting that you do not do for your children. If your children are in need, as a mother or parent, you are responsible to provide for the needs of your children, especially when they are young. What I am doing is encouraging you to put importance and priority into yourself, even if that means that what you want, takes priority over what someone else wants: That you give to yourself what you want

even if that means that someone else does not get what they want. It's okay to give yourself permission to take care of your desires first sometimes.

I have had clients, specifically clients who were mothers and wives, who have complained that they have dedicated their life to their children, and their husband, only to be mistreated and taken for granted in the end. This resulted in them becoming very resentful, regretful, and feeling unfulfilled and empty inside. The children grow up and leave home, and sometimes the husband does too, and then they find that they don't know who they are, what they want, or how to live their lives on their own terms, without the responsibility of "having to do for someone else."

I have learned to live my life in such a way, that I would not have regrets. This is why I practice mindfulness, and being very intentional about what I do, or don't do. It is also very important for me to know exactly *why* I do what I do. I ask myself the question, "*Am I doing this because it is what I want to do, or am I doing this to please someone else, and therefore am not walking in accordance with my 'Highest Truth'?*" I

have become okay with saying “no”, and I have learned to say “no” when it is necessary.

“When you say yes to others, make sure you are not saying no to yourself.”– Paulo Coelho

Treat yourself kindly, that way you won't be waiting for someone else to be kind to you. Make yourself a priority, that way you won't be waiting for someone else to make you feel important. Love yourself, that way when you experience love outside of yourself, you know how to appreciate it because you know how to give it to yourself, as well as give it to that, or them, which are outside of you.

Embrace the reality that this is your life, and your journey, and you absolutely have the right to live it in accordance with your Highest Truth, your desires, and in alignment with what you decide is good for you.

Have you ever done something for someone else that not only did you not want to do, but you did not feel good about doing it? Well let's erase that habit from the story of your life. Decide from

this day forward that you are going to do you, and you are going to be okay with that, even if you don't always understand it. What matters most is that when you lay down at night with yourself, you can feel good about what you did that day for you, even if it was staying in bed all day in pajamas, and not taking a bath! You may be stinky, but at least you'll be happy!

Live your life fully

Love yourself deeply

Laugh at yourself

often

Denika Carothers

TWELVE

Design Your Life Intentionally

When you begin to understand that you have the power to design your life, it empowers you to no longer accept whatever “comes your way”. You can set your own intentions with regards to what you want, and don’t want, to experience in your life. The intention is the creative power that fulfills all of our needs... whether for love, relationships, spiritual awakening, health, wellness or money. Everything that happens in existence begins with intention. For those of you who believe that you don’t have the power, or the know-how, to create your own life, this chapter will be helpful. It will show you how to design your life INTENTIONALLY!

Examine yourself. Know who you are and what you are able to do. Get a strong handle on your passions, talents, abilities, and weaknesses.

Give precious time and energy to this endeavor. It is one of the most valuable things you can do. When asked the question “who are you?” you should be able to answer. You have to know who you are to know where you are going.

Know why. Know why you want what you want. Know why you do what you do. Knowing your why is the most important start to setting intentions. It will give you the drive to press on in the midst of obstacles when you know why you’re doing what you’re doing.

Define your purpose. Identify what you want your life to communicate and contribute. Find a passion to live for that which is bigger than you, and write it down. Think about it all the time. Identifying your purpose brings new meaning to your life. It moves you from living only for yourself, to being concerned with how your living can make the lives of others better.

Pay attention to how you think. Your thoughts become your words and your words create your reality. When a thought presents itself in your mind, take a moment to tap in to whether this

thought is in alignment with what you desire to experience.

Get in to the breath space. Between your thought and your reaction, is a space that I call the “breath space.” It is a place in which to pause and breathe, before you react. This is a state of pure awareness. This is the ideal state in which to plant your intentions.

Remain centered. Intention is more powerful when it comes from a place of contentment rather than a place of anxiety, desperation, lack or need. In the creative or designing process it is important to stay centered and refuse to be influenced by your doubts or criticisms, or the doubts and criticisms of other people.

Remain open to the process. Expect without attaching expectations to the outcome. The most powerful way to design your life intentionally is to be open to the process and detached from the results. When you are able to detach from the expectation of the end result, you open yourself up to the flow.

Release, rather than resist. After you set an intention, let it go. Simply stop thinking about it, and if it comes into your thinking hold it with love and gratitude, and release it again. Release the attachment to a specific result and live in the wisdom of the unseen by faith.

Detach from the outcome. Attachment is based on fear and insecurity, while detachment is based on the unquestioning belief in the power of your “true” and “Higher Self.” Set the intention for everything to work out as it should then let go and allow for the openings that will bring the opportunities your way.

Have Faith. Your Higher Self, your intuitive force, knows that everything is, and will be, alright. Remember that everything is perfect in every moment. If you believe it is possible, let your belief translate into the possible being made manifest. See it, feel it, smell it, and taste it daily. Faith is the fertilizer for intention.

Let God/Source/Spirit/The Universe handle the details. “If it don’t fit don’t force it, just relax and let it go.” (Kellee Patterson) Being able to surrender to the Divine design is the most

effective way to design our lives by intention. Surrendering to the Divine is essentially making a choice to surrender to the knowledge that all that is, is, and that there are some things we will just never have control over. Designing your life with this knowledge always produces ‘better than you could have even imagined’.

Be free to live life as you choose. Know that your life is your own and while others may have many opinions, suggestions, or advice about how you should live it, the one that ultimately gets to make that decision, is you. It is important to be okay with however you decide to do that. Remember that others will always accept us the way we present ourselves. If you are insecure in your beliefs, others will question you. If you are confident in your approach, others will receive you confidently.

Keep it simple. As crazy as this may sound, living a simple life requires a great deal of intention. We are surrounded by hectic, crazy, busy, hurried and complicated... we live in a world where simplicity is looked down on and complication is

glorified. And the funny thing is that complicated can never feel as liberating as simple.

“The essence of life is not in the great victories and grand failures, but in the simple joys.” - Jonathan Lockwood Huie

Let the past go. Don't let the circumstances of your past negatively determine the pattern of your future life. Always take accountability for your choices and move on. You do not need to be stuck in old patterns of living. Embrace every morning as a new opportunity.

Don't compare yourself to others. You were born to live *your* life. There is no sense wasting your life being concerned about what others are doing in their lives. They have the right to live theirs, and you have the right to live yours. You were *born* to live your life – determine to be good at it. After all, this life is the only shot you have to live it.

Learn from others. I have learned that successful people are curious people. They possess

the humility to learn from others. Identify people who are accomplishing your desires and goals. Study them and learn from them. Identify the person who most looks like what you believe you are, and plug into their wisdom and knowledge.

Question yourself. Ask yourself the hard questions that you might not necessarily appreciate others asking you. When you question yourself, you come to understand the inner workings of the way you think, what motivates you, what frustrates you, what serves you and what you may need to let go of. Do not be afraid to *answer* your questions either.

Don't be afraid to acknowledge your fears. Contrary to acceptance, your fears come to serve very intentional purposes. Humans have fears which are usually motivated by one of three things – not doing enough, not having enough or not being enough. Remember that everyone confronts some type of fear. Acknowledging our fears and facing them head on, releases their power over us and it gives us the power to smile in the face of fear.

Visualize regularly. Make it a daily practice to see yourself living the life you want to design. Where are you? Who are you with? What are you

doing? How does it feel? By practicing this you are able to realize that your ideal life is actually more achievable than you might have originally thought. The power of visualization has been instrumental in turning dreams into reality.

Take time and count to 10 (minutes). Spending quality time with your own self for reflection and meditation is very powerful. My advice to clients is to invest the first 10 minutes of your day in yourself. The first minutes of your day should belong to only you, even if you have to wake up earlier to accomplish this. Upon waking up think about the day ahead and what you want from it – what do you want to feel and what do you want to achieve? Remember the first few minutes after waking are the most crucial in setting the tone, and mood, for the entire day.

Listen to your inner voice. Some call it intuition, others call it instinct. I call it my IGS, my Internal Guidance System or “Higher Self.” Those who live their lives with purpose tune into this voice regularly through whatever means works for them. Some achieve this through prayer, some through meditation, while others through stillness,

or connecting with nature outdoors. Know that your heart knows all things. When we betray it or tune it out, things usually don't go too well. This voice cannot be silenced, even though we may choose not to pay attention to it. If you pay attention to it and follow its direction, your life will transform.

Be aware of your energy and how you direct it. I am a huge energy person. I believe that everything is energy and energy is everything, and it is extremely important to pay attention to how it is directed. It's no different than the powerful energy that runs through an electricity line. If directed correctly it is beneficial and powerful; if misdirected, it can be destructive and explosive. Energy is currency. Invest it where it matters most.

“Know when to hold em, know when to fold em, know when to walk away and know when to run.” – *Kenny Rodgers*. I am a huge proponent of eliminating what no longer serves you in your life. This pertains to people, places and things! Often we are hell bent on holding on to what no longer serves us, whether it be relationships with others, things, jobs or habits,

because we feel a sense of obligation to do so. Choose to be in places that motivate, uplift and empower you. Choose people to be in your circle who are supportive, inspiring and loving. Get around people who are giving, encouraging, and show themselves friendly. Remember everyone that you are a friend to will not be a friend to you. *You* are responsible for the energy you allow into your space. Give yourself permission to disconnect from others with love, if need be. Remember... some come for a reason, some for a season and very few for a life time. Learn to know which is which.

Do what makes you happy. Choose to do only that which makes you happy. If you don't align with doing something, don't do it. Be true to yourself and walk in you authentically are. We live in a society where everyone feels a need to control the actions and thoughts of others. But you know what makes you happy, and more importantly you know what does not. Don't give your valuable energy, time or attention to anything that does not return value to you. Remember you are responsible for your own actions. No one can "make" you do anything. Walk in your own power... in this you

will always feel powerful. If you are connected to something, or someone, that serves to weaken you rather than strengthen you, you may need to consider making some changes in regards to those connections.

Keep it real! Don't fake it 'til you make it! That quote absolutely irritates me! (Let me get back into my Zen space... woosah!). I don't even want to know where it originated. Anything fake can NEVER be real... I don't care how you spin it. Marvin Gaye and Tammi Terrell sing it best... ***“Ain't nothin' like the REAL thing baby!”*** So when you set out to design your life intentionally, be sure to keep it real, authentic and truthful. When you do this, you will always be true to yourself and to others. Remember what you give to the world, the world returns back to you... **so keep it real!**

*Design your Life
by your Intention
Not by
Someone else's
Suggestion.*

Denika Carothers

About the Author

Denika Carothers, a Transformational Life Coach, Parenting Expert, Motivational Speaker, and Mentor, is a lover of life and a lover of people. She is passionate about love and truth which is the foundational base of her message. In her 20 plus year career, she has been able to see many transformed, empowered and enlightened through what she knows is her “calling”.

Denika is gifted in hearing not only what you say verbally, but she hears the words of your heart and the cries of your soul. Many people are emotionally, mentally, spiritually, and physically conflicted. Her calling and gift allows her to discern the root causes of these conflicts, enabling her to show you how to achieve resolution and healing. She has the gift of “sight” and everything she does is built on a Spiritual foundation. Her life is lived based on her truth that, “we are Spiritual beings who are having a human experience.”

A native of the island of the Bahamas she grew up in the television and recording industry, and so is no stranger to the ‘spotlight’. At 29 years old, Denika

hosted a television ministry program, “The Happy Hour Experience”, along with her father. It was during her talk show hosting experience that she found her purpose and passion to help guide people who are stuck in their story, to a life of power and freedom. By helping her clients see, and understand, the “bigger picture” of the experiences, situations and circumstances that life brings their way, she equips them to move through their circumstances and stand on their story, rather than in it.

As a single mother, she relocated to Houston Texas in 2005 with two of her children, through what she says was a ‘Divine’ leading. She credits this move for being the catalyst, through a number of “Divine” events, to helping her come to understand how powerful one’s perception is in creating their reality. As a result, she has stepped fully into her life purpose and mission, to ‘Give Love a Voice to Change the World One Thought at a Time’.

She credits her own mother who passed away in September 2011, for being the biggest influence of love and light in her life. She has identified her God-given purpose and calling, to be a vehicle and channel through which the influence, and example,

of love, light and truth is spread worldwide. She uses her mother's example of love and 1 Corinthians 13:1-8 as a guide post.

Denika presents an inspirational, and life changing perspective in her writing, coaching and speaking, which she arrived at by conquering her own life challenges. She offers a transformational view of how to 'GROW' through it all. Her evolved perception of how we experience the world, and the role that our choices play in each moment, invites her audience to become ever present, aware, conscious, and accountable, for every experience they encounter, as well as embrace the power that each possesses to co-create all that we wish to experience.

Denika sits from the seat of compassion, love and the “Highest Truth”, as she challenges each of us “to become the change we want to see in the world” (Mahatma Gandhi). She is very aware and accepting of her gifts. She functions as the bridge between your questions and your answers. She helps you neutralize the negativity in your life, by identifying the barriers that are preventing you from living a life of joy, peace and genuine fulfillment.

Her greatest joy comes in helping others to live with purpose, in order that they may live ON purpose.

So, What Do You Think?

If you enjoyed *Who in the Hell Do You THINK You Are*, would you mind taking a minute to write a review on Amazon. Even a short review helps, and it would mean a lot to me.

If someone you care about is struggling with the life that they are currently experiencing, and you would like to help them live a victorious life, please send him or her, a copy of this book.

If you'd like to order copies of this book for your company, school or group of friends, please go to www.DenikaCarothers.com/who-in-the-hell-do-you-think-you-are.

Finally, if you'd like to get free bonus materials from this book and receive updates on my future projects, you can sign up for my newsletter at www.DenikaCarothers.com.

Your life is created by the thoughts that you think, and the words that you speak. Choose to think only those thoughts that will create an amazing life for you and those around you!! Remember you have the power to create your own personal heaven, or hell right here on earth and it begins in your thoughts. Love and light....

For more information about Denika Carothers

visit:

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Always End the Day With a

Positive Thought.

No Matter How

Hard Things Were,

Tomorrow's a Fresh

Opportunity To

Make it Better.

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