



Introduction



Chapter 1

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You can **ignite your inner power!** This book will give you the tools to do it. Don't worry, you don't need matches. It's about using your ability to choose and attract what you want, after releasing sabotaging mindsets and limiting core beliefs; it doesn't matter what you want to attract, it could be your ideal body, relationship or customer/job. The principles to attract from your inner power, that you are going to learn in this book, will help you deliberately create your life. *On your terms!*

We live in a society where some people continually give away their power. I've noticed individuals that repeat the same self-destructive behavior patterns over and over in their lives. To be honest, I've done that a few times myself. Why do we do that? Are we just slow learners? Sometimes we are! We are oblivious to the lesson that's hidden beneath the surface of the experience and until we become aware of the message, we just keep repeating these self-defeating patterns over and over. Sometimes we engage different players to keep our lives interesting but the lesson remains waiting for us to recognize it and make a change.



Some people don't want to change; they prefer to remain victims, living in the basement of their lives, as Iyanla Vanzant so aptly describes it in her wonderful book *In the Meantime; Finding Yourself and the Love You Want*. I'm sure you know a few victims; they are the people that when you see them after a 6 month or more hiatus, still have the same story line going on in their life and darn it, if they don't want to share all the same old details with you. Run for your life! Don't allow yourself to fall into the basement of your life!

There is a better approach. I have created a model called the Conscious Transformation Process™. It's based on the principle that our thoughts create our reality and we have the power to consciously choose our thoughts. It will help you deliberately create your life, thus improving your chances for successfully making important changes and **igniting your inner power.**

Do you know that you are able to actually transform your own biology with your mind? How powerful is that! A friend of mine was diagnosed with a rare and highly aggressive cancer, a Sinonasal Undifferentiated Carcinoma (SNUC), in March 2006. By October 2006, his cancer was totally gone; his doctors called it a miracle. His treatment included all of the doctor's recommendations, which for most SNUC patients is not enough. He also included many body/mind activities such as visualization, affirmations and complete belief that he was one of the 5% that typically survive this type of cancer. He survived!

Too often we use the power of our mind to create emotional havoc within ourselves pertaining to the realization of our dreams. Using the Conscious

Transformation Process™, you will learn to harness the power of your mind to create your ideal life.

The Law of Attraction

You may have heard about *The Secret*, the DVD and book, on *Oprah*, *Larry King Live* or in the *USA Today* newspaper. “The secret” is the Law of Attraction, which has been around for centuries, and is working in your life right now, whether you realize it or not.

The Law of Attraction, very simply, is a universal law that states “like attracts like.” A more thorough definition, from Michael Losier’s easy-to-understand book called *The Law of Attraction*, is:

“I attract into my life whatever I put my attention, energy and focus to, whether positive or negative.”

Quantum physics and conventional religion both support this theory. When consciously applying these principles, you will experience how your beliefs and thinking create matter and how famous Bible quotes, such as, “You reap what you sow” or “Even before you ask, it has been given to you” apply to manifesting a healthy, happy, prosperous life!

My friend, Beth was stressed. She’d traveled to Boulder, Colorado from her home in New York for what she thought would be a weekend visit to check in on her mother. Upon arriving, she realized her mother’s health was much worse than expected and knew she needed to make plans to stay all summer.

Beth found a temporary place to live for a few weeks and decided to use the Law of Attraction to attract a home that would allow her to release her worries and focus on helping her mother recover. Each morning, before she got out of bed, Beth visualized her ideal house: comfortable, filled with healing energy, and, importantly, located close to her mother. She also took action toward her goal by telling as many people as possible about her situation.

Shortly thereafter, Beth received a call from a woman she didn't know. Terry was a friend of a friend who'd heard Beth was looking for a place to stay and wondered if she'd be interested in house sitting for Terry's parents. Beth smiled when she discovered – in a town of 100,000 people – the beautiful home was located just two blocks from her mother's retirement community. As an added bonus, the word "JOY" was posted prominently throughout the home – placed there by Terry's mother who was, appropriately, named Joy.

Beth spent the summer in Terry's parents' home, "surrounded by Joy" (as she puts it) and well-equipped to give her mother the care she needed. Since then, Beth's mother's health has improved and Beth has manifested another home four blocks away from her mother with a guest room where Beth can stay anytime, for as long as she wants. Beth says this experience has deepened her relationship with her mother and led to the creation of several new friendships.

Life works like this because the Law of Attraction is about your thoughts and feelings, which according to quantum physics, create positive or



negative vibrations. The Law of Attraction, just like a magnet, matches whatever you are offering in terms of vibration returning to you more of what you are giving out. Beth obviously had very strong positive vibrations concerning finding her perfect home away from home.

Using this law, you too can deliberately create whatever you desire by following the Conscious Transformation Process™ five step process of 1.) Ask, 2.) Align, 3.) Act, 4.) Account and 5.) Allow. In the following chapters, you'll first learn about limiting mindsets that can hamper your ability to consciously create the life you desire. Then you will learn how to apply the Conscious Transformation Process™ in your life.

Enjoy the Journey

Life is about the NOW and not the destination you seek, so relax and feel good today, knowing that you will be successful at this technique. The Conscious Transformation Process™ is not about fixing you; you are perfect the way you are! More than anything, this process is about honoring and loving yourself, while increasing awareness of and then releasing limiting mindsets. Once this transformation is accomplished, you can go on to expand your capacity to love, both yourself and others. This in itself will bring your life much joy!