

Now or Never

How to Get What You Want
Every Time You Say
“I Wish”

Lira Kay

LIRA KAY

Edited by Daniel Kanaan and Vicki Squires

Copyright © 2016 Lira Kay

All rights reserved.

ISBN: 1530570654

ISBN-13: 978-1530570652

Now or Never

To my daughters Sofia, Maria, Alexandra, Miranda and Alana

LIRA KAY

CONTENTS

HOW TO WORK THIS BOOK	10
THE PRACTICAL CREATIVITY SYSTEM	15
KNOW YOURSELF	25
LOVE YOURSELF	33
HEAL YOURSELF	50
EXPRESS YOURSELF	58
PHYSICAL REALITY AND TAKING ACTION	79
FROM REACTIVE TO PRO-ACTIVE	86
GET IN TOUCH	115

Now or Never

LIRA KAY

This highly practical book is a step-by-step manual to the kind of transformation you want when you've had enough of spinning your wheels. I am an expert life coach, therapist and artist and I am inviting you to explore the unconventional methods to reaching success and happiness in life. If you don't want to live the average life of dreadful depression, addiction or divorce, and are ready to dive in deep and solve the core of your issues instead of duct-taping the wounds and camouflaging the problems, read this book and apply the tools I have laid out for you. Get started today. You deserve better. Make it happen. It's now or never!

Yes, this book is about you manifesting your deepest, and often hidden or suppressed, desires so you can feel fulfilled and happy at last.

Yes, you will learn how to attract the desired positive outcomes into your life.

Yes, you will discover how to bring in the right people and advancing opportunities into your personal and professional life.

Yes, you will be able to see evidence of your creative power to set up synchronicities, miracles, or whatever you wish to call them.

I know, you are anticipating the process, anxious to begin your transformation into a powerful manifestor of love and success. I am super excited, too! And can I ask your permission to be straight with you? Say it as it is? Yes? Thank you.

The bottom line is you can't have something for nothing. What a surprise!

So I will ask you a couple of questions before you start reading this book: What are you ready to give up to get what you want? What actions are you ready to take to be where you want to be?

My suggestion is:

1. Give up your old mindset and unhelpful beliefs about yourself and the world,
and
2. Take a real step forward, not just by reading this book, but by doing all of the exercises I offer.

LIRA KAY

This book has exactly the same information that my clients receive when they enroll on the coaching journey with me. They are doing exactly the same exercises, using exactly the same tools to get outstanding results in their personal and professional lives. I will weave in some examples of what they have achieved thanks to the program they went through and thanks to implementing the tools contained in this book!

Remember the secret is not to learn more but to *implement fully* what is in front of you.

I realize that one needs faith to begin this kind of work. I understand that it can be difficult for you to believe that *you can do it, that* you can transform your life, that you can transform your life by applying these very simple processes, that it is worth it, that your life is worth it.

YOU ARE WORTH IT!

Don't worry, I will be reminding you about your value almost on every page of this book. I believe it's **THAT** important.

If you take anything away from this book I want it to be this:

YOU ARE ABSOLUTELY WORTH YOUR TIME AND EFFORT.

YOU ARE YOUR OWN BEST INVESTMENT.

Now or Never

YOU ARE FULLY CAPABLE TO LIVE THE LIFE OF YOUR DEEPEST AND MOST INSPIRING DREAMS.

I invite you to simply begin your work and trust that the right mindset will follow. The change will become visible. You will see the outcomes you desire manifest into your reality. You will be able to enjoy life and feel happy and fulfilled at last. Just go with it. Make it happen for you!

I will teach you everything you need to know about resetting your mindset and becoming a deliberate creator of your life.

If you do the exercises and continue your work, I will guarantee your success.

LIRA KAY

Chapter 1

HOW TO WORK THIS BOOK

Treat this book as a well thought out manual designed to take you from A to B.

A is where you are now and B is where you want to be -- fully in charge of your happiness; fulfilled and passionate about your own ability to create everything that is good for you.

I am an experienced coach, a psychotherapist and a spiritual transformation expert, and have been facilitating real change in people's lives for over twenty years. My own journey to happiness had been the most exciting and fulfilling adventure. I have taken it seriously and have been using these teachings every single day of my life. I walk my talk.

Now or Never

Every exercise, every tool I give you in this book, has been tested, proven and is on the cutting edge of what the personal development industry has to offer. I use these tools all the time. My clients use these tools all the time. They work! There's no fluff or watered-down content in this book.

In my life I always preferred mentors and teachers who are to the point. So I adopted the same methods to deliver the transformation to my clients. When you coach with me in person you will notice the same thing. My sessions are sharp and fast-paced. I see myself as a catalyst of the real change that needs to happen for you immediately. I am certain you are ready to take it on and my job is to deliver to you all the missing pieces.

I believe all who are holding this book right now are fully qualified to begin their journey. I take your success personally. I know you are ready because I asked for it. And I know that you asked for it too.

I set my intention to receive the attention of the people who need what I have and I see evidence of those people coming to my door all the time.

I, of course, will teach you how to set a clear, focused intention so you can begin receiving anything you wish for, too. I will actually teach you even more than that.

LIRA KAY

- I will teach you how to get out of your own way.
- I will teach you how to deal with inner and outer obstacles,
- I will teach you how to solve conflicts,
- I will teach you how to overcome fears.
- I will teach you how to how to reprogram yourself for success and for love.

I will give you the exact steps, exact processes you can use over and over to create the changes that need to happen *within* before you start manifesting the amazing outcomes any time you want to enjoy them.

At the end you will be fully equipped to manifest all you want into your physical reality.

And, as you want to enjoy your manifestations physically, in this visible reality, as you want to see and touch the real results of your inner efforts, you will, of course, take real visible, viable actions towards making all this good stuff happen for you.

You can't have something for nothing. It's a fact. In the metaphysical world they call it "energy exchange". Value-for-value, give and receive pattern. Like a breath, in and out, it is an inevitable universal order. The good thing is I am showing you exactly what to

give up and what to do and how to do it in this book so you are not spinning your wheels, sacrificing something that nobody needs or keeping busy with doing something that hasn't been bringing results. I am excited! What about you? How are you feeling right now? Ready? Let's go!

This book has four parts, each dedicated to a particular element of your transformation.

Part 1 introduces you to the system of Practical Creativity. It shows you the pieces of the puzzle that need to put together in order for you to manifest all you want. It explains how metaphysical or spiritual work is tied up with physical reality, actions and desired outcomes and how the results you expect depend on your successful mindset and faith.

Part 2 gets close and personal with Dear Almighty God, the Universe and All There Is. I explain how you can become a powerful creator, access the true source of abundance, and build up your faith in creating daily miracles, *because you can*. I use myself as an example of how spiritual work can translate into a reality you can truly enjoy.

Part 3 sets you up for taking inspired action. You will learn how to stop procrastinating and do what needs to be done for you to

succeed. Time management and productivity tools are just one small part of this chapter. You will have so much fun implementing!

Part 4 is all about the mindset. I give you concrete tools to reprogram yourself for love and success. This step-by-step process will absolutely transform the way you feel and think about life. And, let's face it, your attitude so far has been a part of your problem. Spend most of your efforts on getting your mindset right and you will see your reality change for better *big time*.

Wow! That was good. So open your notebook or the workbook you've got, and let your adventure begin!

Chapter 2

THE PRACTICAL CREATIVITY SYSTEM

What are the benefits of Practical Creativity System and who is it for? You will benefit from applying the Practical Creativity System if you want to be in charge of your life and you understand that in order to do that you need to learn about yourself and how things work.

You are tired of fighting for love and rewards. You sense that there must be another way. You look at yourself and your life and you wonder why it is, with all that hard work and dedication, that real success has been avoiding you. You feel confused about whether your efforts went unnoticed because of you or the world around you. You desperately want to be accepted and loved, contribute and give the best you can, but somehow you feel drained and barely energetic enough to sustain your life at a pretty moderate level. You are sick of

being average. You don't want to be part of the statistics that talk about divorce or depression rates.

You want to enjoy what you do daily. Yes, every day you want to know you are loved and you are fulfilling your purpose, living a meaningful life. You want a happy family, passionate relationship with your partner. You want to have a thriving successful career, feeling admired and fully rewarded for the value you bring to the table. You want to be a great role model for your children, to make your parents proud.

You want peace, the kind of peace that helps you face the unexpected. I call it a peaceful confidence or faith. You want to have faith in your ability to solve problems, to be right, to walk your good path. You want to have confidence and trust in people and the world to be on your side. You want to stop fighting with yourself. You want to be happy, just happy, whatever that means.

In the search for your answers you bumped into the Law of Attraction concept. You probably watched the movie 'The Secret', read the right books, and maybe even joined some inspirational or motivational life-transformational seminars. You got hooked. You tried out some of the tools and techniques that are out there. You post inspirational quotes, try to stay positive, listen to guided

mediations, and from time-to-time pray and ask for magic to work for you.

Well, with all that, you find yourself spinning the wheels again, working hard on self-development and improvement of your life, but with no tangible results. You are about to give up on all of this BS. You find yourself agreeing with someone expressing their frustrations about the Law of Attraction, energy work, intuition and all that type of stuff. It didn't work for you. It doesn't exist.

So here I described my typical client with a burning desire to be happy and have the loving relationships and successful career they dream of, looking for answers, influenced by the promises of the quick fix, and once again disappointed at themselves and the solutions that are widely available to them right now.

At the beginning of my work as a manifesting coach I did what everybody else did: I taught my clients the simple techniques that everybody knows about. It gave some results, great for many of my clients, but not so great for some of them. I was puzzled why it works well for one and not for another. I noticed the difference in personalities, belief systems, attitudes and overall energy level they had. I analyzed what makes an average person become a great manifestor and started walking my clients through the steps I know

are necessary. Everybody who took those steps got outstanding results. So the Practical Creativity System was born.

I stopped promising my clients a quick fix, as I knew it doesn't work. I explained they have to do the work before they get results and I kept them accountable in keeping on track with implementing the system so they could see the results of their efforts. With time I expanded the arsenal of the tools I offer and the ways I deliver them. I created many training videos, digital courses, workbooks, audios, all of them helping my clients to manifest what they truly want.

The exercises you will find in this book are based on many of the Law of Attraction tools, combined with NLP and many of the psychotherapeutic methods I studied and used to improve my own life and the lives of my clients. My clients also benefit from many of the original exercises I developed to help them break through some specific emotional issues and mindset blocks. I describe the kind of educational background I have in offering what I do later on. The good news is you don't have to have any background to use those tools or do the exercises. You can trust me to put them in the right order so you can gradually, step-by-step, effectively learning how to create the life you absolutely deserve. Nothing is left out. With this book you get the framework, methods, contexts, and all the resources you need to help your breakthrough.

Now or Never

Through reading this book and doing the exercises you will stop
procrastinating;
gain energy;
gain confidence;
skyrocket your self-esteem;
heal yourself;
break through the mental and emotional blocks;
free your mind;
conquer your fears;
take control of your life;
learn to love responsibility;
empower yourself;
feel good;
feel inspired;
become energetically attractive;
learn to manifest;
save time and effort;
save money;
make money;
find inner peace;
love more;
contribute more;
receive more;
experience passion and freedom;

LIRA KAY

advance your career;
learn to attract the right people and opportunities;
define your purpose;
align with your highest self and the source;
be more spiritual;
know what to do;
know how to manage your feeling;
change your behavioral patterns;
stop being triggered;
go from reactive to proactive;
get what you want;
have an effective strategy;
gain clarity and focus;
become a creator of your life;
accept yourself;
forgive yourself and others;
love yourself;
be happy.

What does it look like if you do what I suggest? Imagine yourself in a year from now living the life you want, having the loving relationships and successful career you have dreamed about. And imagine you don't have to do what you are doing now to get all that.

Now or Never

You are not the average person to whom all the sad statistics apply. You are actually happy. You are fulfilled. And you did it yourself. The happiness you now have is not conditioned by circumstances or luck. You know how to create it. You know how to re-create it. You have the tools. You, in fact, started teaching them to your loved ones. You know how to love deeply, how to connect, how to share. You have something to share because you are filled up.

You remember yourself a year ago drained, disappointed, angry at yourself and the universe, and you smile. How glad you are for making the effort to do the work. How glad you are to arrive here feeling peacefully confident, anticipating your next step, waiting to take on the world. “What can I create today”? You smile and you ask. You love yourself. You respect yourself. You are in charge of everything you experience. You love that feeling of being in control. You feel empowered. You can do anything you want. And you want a lot. You learned how to fulfill your desires and you are no longer afraid to have ambition. You no longer dread your future. You are enlightened and fully equipped. How I want that for you! How I believe you can have it! How I wish you did what you had to do to be there!

What you need to understand is that it is up to you to take action. Manifesting ... the Law of Attraction works. I am living proof, as so many others who went through the process I offer. It's nothing new

but it's strategically presented to you right now in the form of this book, in the form of my invitation to take that journey together. I know you can do it. I know you will get results.

Don't make the same mistake you made before. Don't give up on your dreams. Don't give up on yourself. Manifesting is a great method for getting what you want but it needs some effort.

Just imagine you've been working extra hard on making your living and in having good relationships. It's not really that different except that what I am proposing actually works, it actually transforms you from the inside. And as you know, what is inside matters the most. So don't dismiss yourself in all the work you do. Start with yourself if you truly want the change to happen. I will show you how.

The myths about happiness are that we have to work really hard for it. That happiness depends on the external circumstances. That it can be found and lost. We often spend our entire life looking for happiness instead of allowing it...allowing ourselves to be happy. The same goes for love or success. People *desire* and *seek* it instead of *experiencing* it.

The Practical Creativity System gets to the bottom of it, goes deep and reveals how you can stop seeking and wanting and begin living, loving and succeeding. I don't promise you an overnight

Now or Never

transformation. That would be unethical. I give you all the tools you need to get there.

So please read the book, do the exercises, trust the system, embrace the big time change that is about to happen. I am so proud of you. So excited for you. Now, let's begin.

Practical Creativity System

The Practical Creativity System is a name I gave to the four modules of my highly successful coaching program. The modules are:

- Know Yourself
- Love Yourself
- Heal Yourself
- Express Yourself

The title, Practical Creativity System, implies that you now have a system, a strategy you can implement and repeat, creating and recreating the desired outcomes any time in your life. It is not a one-off therapy or coaching session. It is a proven method to getting results. Most of my clients, including myself, have been coming back to the system every time they needed an upgrade in their relationships or career. Every time they experience a glitch or a need

LIRA KAY

to improve a particular area of their life, attend to a specific problem in the family or at work, or deal with a health issue, the Practical Creativity System gave them focus, direction, a guaranteed relief, and helped them to turn the situation around.

For any person who is serious about living a happy and fulfilled life I would recommend you go through the system at least once a year. You can do it as a deep comprehensive process or you can do it within a week, or even four days, one module a day. I, of course, am aware that diving full in *is a must* if you have never done much personal or spiritual development work. From my experience just doing bits and pieces here and there doesn't bring results. The Practical Creativity System, however, includes all the necessary elements of personal transformation, with a goal to empower you in your life and prompt you to use your own creative power to manifest love and success.

Chapter 3

KNOW YOURSELF

Do you have suspicion that you are like an iceberg in the wide blue ocean, floating freely and harmlessly most of the time through your life but at the same time, just like that iceberg can turn into a lethal obstacle, a dangerous abyss for a passing ship, you can stand in your own way ruining your chances to be happy. Imagine the passing ship is your goal, your desire to achieve something. What you see as a captain of that ship is a still blue ocean, friendly enough. You know your course. You see the lighthouse from afar signaling you where to go. All seems good and easy and under control. And then BANG! Titanic happens. This is all because of the hidden, unseen, unaccounted for object in the depth of the now, not-so-friendly, blue waters. Doesn't it make sense to study the waters and, most of all, the shape of the iceberg ahead? Would it not be arrogant to presume one

can start the journey without taking account of what can be standing or floating their way, what can potentially destroy all the good intentions? Titanic was a great big ship. I mean, really big, really equipped. Yet, the hidden side of what seems to be a small obstacle, sank it in no time. I hate to be so dramatic about you and what you don't know about yourself, but honestly, I have no choice. Most people, even the mature seasoned individuals who spent many years studying the human psyche have something they just cannot grasp about themselves. The more you look into yourself the more you discover and the more you realize you will never understand. And this is OK. You don't need to understand everything. You only need to understand how you get or don't get what you want.

This book is not about indulging in self-discovery or speculating why and when you became what you are. This book, and the whole Practical Creativity System, has one goal, to help you become a happier and more fulfilled person. So when I propose you absolutely need to know yourself, I specifically target the sides of you that either help you or prevent you from getting what you want. A lot of it comes down to understanding how your mind and your emotions affect your behavior and how the core beliefs about yourself and the world around you can limit or inspire you to take actions that guarantee your success. Before you know what you are and how you work you won't be able to correct your course, navigate those blue

waters, and get your ship safely to the beautiful shore in record time enjoying every leg of your trip.

In order to know yourself better you need to do one important thing; you need to adopt a non-judgmental attitude towards yourself. Sounds easy, especially if you consider yourself emotionally stable, healthy and an objective person. Of course you can see things the way they are. Of course you can objectively take notice of your thoughts and feelings, recognize your behavioral patterns and articulate the vision of your world, the reality you live in. Or maybe not. Most of us have opinions about what is going on: is it good or bad? With those opinions comes the inner censor. Some people have tendencies to ignore anything they can't accept and others have a need to justify every little thing about them, feeling like somebody out there is about to get them. They are trying to play down their successes and fit in, in what unfortunately is not a great place to be, the average. Most people do both, ignore what they can't accept and avoid taking credit for all the good stuff. I am talking from experience. So I know there is a lot to do in revealing and acknowledging the truth about who you really are. That process alone brings an enormous satisfaction to most of my clients. It's kind of therapeutic to validate your life, to see yourself from aside, to give yourself the most needed attention and recognition. And imagine, there's so much more to come! But before we move into Module 2, I

want to give you three exercises to put you at ease and help you look forward to knowing yourself instead of dreading it or even fearing the process for some, most likely, irrational reasons. To do those exercises you would need a notebook and a pen, that's all. Writing down your answers makes this whole work meaningful and much more effective.

Take It Easy Exercise

Wherever you are, stop what you're doing and look around you, behind you, above you.

What do you see?

What do you hear?

How do you feel?

Write in your journal how you feel about what you see, hear and feel. Focus on yourself in connection with your environment and the people around you at the present moment.

Make sure to let go of judgement. Your job is simply to acknowledge what you live. It's probably not that bad. And *you have attracted it*. If anything, you can congratulate yourself for making it so far. Most

Now or Never

people reaching midlife have something to show for it. Don't be shy, *notice!*

The Thought Accountant

Take account of the most frequent thoughts you are thinking when you go to bed. What do you dwell on? What keeps you awake at night? Journal about it in a form of a bullet point list or write freestyle. Don't judge any of your thoughts or yourself for thinking them. It is about knowing what really worries you, not making you feel bad or worse. Later on in this book I will show you how to think the thoughts that are good for you deliberately. It is totally doable. But for now, just validate yourself and what you are going through.

Dreamcatcher Exercise

When you talk to other people, your partner, your parents, your extended family, your real friends, your Facebook friends, your colleagues at work, your boss, your team, what do you say you want out of life? How do you express what you want daily? To make this easier, remember the last occasion when you asked for something.

LIRA KAY

How did you feel? What was the response? Did you get what you want? Describe the occasion in your journal.

Don't be shocked if you couldn't remember the last time you asked for anything and got it unconditionally. You, most likely, sacrificed your own desires to something or somebody else. I get it. You might be a chronic people pleaser and that is ok for now. You have been doing it for a reason. At the end of this book you will be fully prepared to make a conscious choice whether to be involved in making other people happy at your expense, or make yourself happy first and foremost without feeling guilty or evil. I know you would like that very much. My clients call it an offer they can't refuse.

There is so much more to seeing yourself clearly and understanding the depth of your beautiful personality and soul. I am saying *beautiful* because I know that is how you are going to feel at the end of the Practical Creativity program. Everybody does. I am asking you to trust me on that. You are beautiful and that is what you are going to find going deeper and deeper with the Know Yourself process. If you can't wait to finish this book and want to begin your first module now don't hesitate to start your Discovery session with me on www.shesgotapassion.com today. It's free and it is immensely inspiring. I added this invitation in the book because many people I speak with about this part of the program want to jump in and don't

Now or Never

care to prolong living in ignorance or avoidance of what could potentially help them solve their issues and make them happy.

Here is an example of how one of my wonderful clients managed to manifest the most profound changes in her life through examining her hidden desires and putting her energy into getting what she really wants, instead of going for the generic happiness attributes. I have changed the names and personal details of my clients in this book. I hope you can grasp the nature of my work and how you may benefit from the Practical Creativity System if you are going through a similar issue from these little insights I share.

Claire's Story

Claire came to me because she wanted clarity with her life's purpose. She had a somewhat successful career, but felt she wanted more out of life. She thought that going back to school and getting another degree so she could change her job was the answer. She wanted to know whether studying a new profession would bring her happiness and purpose. She was about to invest money she didn't have in order to feel that she was living a meaningful life.

We started looking very closely at what Claire really wanted, what was bothering her and what could really create a sense of purpose in

her life. During first session Claire realized that the “new job” and “studying more” were mental traps. Claire had changed jobs and careers before. It hadn’t work. We create our own sense of purpose and it is different for everybody. Claire had to take responsibility for creating her own purpose rather than searching for it outside of her. Through some specific exercises and routines Claire started bringing purpose to absolutely everything she does on an everyday basis. She began feeling better, more fulfilled and purposeful. Not only that, but her team and her boss noticed how dedicated and involved she became at work; how passionate she was in everything she was doing; how attentive and helpful she was with every person she met. They complimented her for the amazing positive changes they observed. Very soon, within some weeks of our work together, Claire received a promotion which enabled her to pay off most of her debts for the various schools and training she had taken in her past. And most of all, Claire reported to be a happy and fulfilled person regardless of the activity. She understood how to bring purpose into everything in her personal and professional life. She would never have known how to feel fulfilled if she hadn’t spent time and effort examining herself and how her mind and feelings work. *Taking responsibility for her life put her in charge of her life’s purpose.*

Chapter 4

LOVE YOURSELF

Where do I start? I'll be frank, nothing good is ever going to happen out of any great and hard work you do before you learn to entirely and unconditionally love yourself. Unless you love yourself, you won't let yourself fully enjoy any rewards. Instead of relaxing into the ease and abundance of life you'll be looking for more things to do and perfect. Loving yourself means letting go of the need to become 'good enough': you will feel perfect just the way you are. There is more. You won't need to work hard once you allow yourself to freely receive all the goodness that this world has to offer to you today, right now. All of it. Just like that. Just for you being born. Being alive as you. Nothing needs to be changed or corrected or perfected. Just as you are right now, this very moment, you are deserving, you are allowed and prompted to be happy. You don't need a reason. You

don't need to do anything for it. You only need to trust that you are all good.

So the tricky part is to accept exactly that, you are all good.

And I can help you with that instantly. It's not a secret that all of my clients, without exception, are hooked on this little mantra I give them at the very beginning of our work together. "I am all good. I am in the process."

I am in the process is the key to getting out of the negative self-image, self-sabotage and procrastination. It is also a chance to one day feeling fully loved and respected, forgiven and encouraged in your everyday life.

Love Yourself is the module that gives you access to the amazing energy that comes from withdrawing yourself from the inner battles and conflicts, opens you up to live your daily life from a place of contentment with who you are and inspiration with what is possible for you.

At the beginning of my coaching career the only thing I was doing with my clients, was working with their self-esteem. Most of the people who are drawn to my work and me are established, confident people. None of them would describe themselves as deprived or incapable. Just the opposite is true. They all worked hard to achieve

what they have, and they had planned to work harder to achieve even more. Going through Module 1 of the program they have plenty of time to acknowledge what they feel on a daily basis. To their surprise, at some point, very early on, actually, they realized that they had been working way too hard without real satisfaction. They never saw the end to it, never expected to arrive. They imagined it's normal to be in a constant and continuous race for happiness and fulfillment. Most of them were surprised even more when they realized they were secretly avoiding or self-sabotaging their arrival, the finishing line. Feeling happy was not really in their agenda. I will explain in detail what I mean by having an agenda and also having a secret agenda later on. They didn't know the essential difference between self-esteem and confidence. They relied on confidence to get them through life, kind of mimicking contentment. If you can recognize yourself in this, it's ok. It's not your fault. We have all been there. We all hoped that by doing more and more we would automatically feel happy. Confidence comes from achieving success again and again. Through your own experience you would become more confident. It is super easy. However, the feeling of being *good enough*, fulfilled, happy, doesn't depend on the external circumstances or achievements. It is an internal feeling called self-esteem.

Self-esteem is what we develop in very early childhood. It is a set of beliefs we adopt about ourselves and what we can do. As you can imagine, as kids we were somewhat limited in what we could do, if only by size. So imagine a kindergartner is running your life. He or she is in charge of your business, your marriage, your team. I saw a cartoon like that once, and although it looked funny, it was also terrifying because it's so true. How many times per day do you feel triggered by some strange, seemingly-irrational impulses within you that drive you to say or do something stupid or get involved with something that distracts you from doing something very important for your own happiness? How many times per day do you give up on going for something good for you because of the fear or feeling like you will be criticized or judged if you make a mistake or, in fact, succeed. Who the heck are *you* to be or have *that*?! You hear the voice in your head and you feel disheartened. Who the heck are *you*, out of all of those hard-working, deserving people, to have so much love or happiness in *your* life? You hear that in your head and you stall, you sabotage that one good chance you have to build a great, outstanding career, or marry that awesome man or woman you know is your true soul mate. You let that opportunity go. You let it go. You live with regret and you temporarily sooth yourself with looking around. You guess you're not that different from anyone else. At least you fit in.

Now or Never

When I sit in a cafe with somebody who requested an in-person meeting with me to discuss the Practical Creativity program, we often observe people around us. They are kind of peacefully doing what they are doing, some of them smiling, most of them are involved with their gadgets, living their virtual lives. When I reveal that out of every single person I worked with, and there have been so many, as many as you can see on the busy shopping plaza, I haven't met one who would admit to being completely happy or even content. People normally feel shaken up. They begin to understand that there's no point in trying to fit in with the average folk. Depression of some sort, anger, guilt, shame, people-pleasing, addictive behavior, which includes working too hard, bad health, and low energy. This is so very common, much more common than you think. I implore you, please, don't try to fit in. If fitting in is so important to you, go on and make some extra effort to find a circle of friends or community of people who have healed their Inner Child, and are actually capable of accepting all the love and abundance that exist in the Universe. Yes, you are hearing that right: all this goodness already exists and is in your close proximity. You just need to open up to it. Allow yourself to receive it.

Through delivering weekly workshops and working individually I've helped hundreds of people who admitted they just didn't know how

LIRA KAY

to do it, even if they understood that without self-love nothing in their lives is going to change. Knowing *how* to love themselves was a game changer for each and one of them.

“...With a gift for helping women heal and transform via the art of self-love and acceptance, Lira is a truly remarkable mentor and coach. Our work together began at a time when I was feeling drained of energy and joy by a taxing work schedule and results-driven outlook that played havoc with my priorities; I was in search of a program that would celebrate my alpha personality while allowing me to connect with my spiritual self on a deeper level, and the She's Got Passion System did not disappoint. As dedicated as I to my life of greater love and fulfillment, Lira masterfully guided me through the exploration of my values and desires, acknowledgement and acceptance of past upsets, and on to defining a future full of passion and possibility. Patient and kind, she re-focused me on the power of intention and the importance of self-care, to integrate into my life an increased sense of calm and awareness, and most impactfully, taught me techniques for taking control of my state to increase energy and joy in any moment. A study in love and non-judgment, Lira's commitment to the empowerment of women is at the forefront of all she does. She is a skilled visionary and a dominant force within her field, combining the best of spirituality and science to lead her clients

towards their own unique version of happiness and success, and I am blessed to have worked with her.

With great love and appreciation,

Amber-Celeste x

...I've had many breakthroughs while working with Lira not only from her teachings but by merely the energetic space that she generates. Thanks to the exercises that I've been assigned week by week, I've seen and felt results. Two months ago, before coming across Lira from Christy Whitman's website, I was in a much different place in my being. For years, I had been a little miserable, obsessively reading and searching for answers about my life and who I was supposed to be and just plain lost without an internal compass. I'd been investing in myself, worked with other such life/intuitive/career coaches but had not felt any results that brought me relief or answers. Since working with Lira, I have come to 100% feel and believe in the magic about the law of energy and I know I have barely begun to scratch the surface. I'm a happier person, feel grounded and not nearly as anxious about my journey on this physical earth and looking forward to the many options of my present and future. I have created a great group of friends, have improved working relationships, am learning to love myself (an ongoing

LIRA KAY

journey), have meaning and purpose, am actually having fun, and can't wait to learn more every day. I've been saying, no lie, it sounds crazy but it's like I've been born again! I feel so fortunate to have found somebody who has both real world experience in manifesting, law of attraction and a strong educational background. Lira, thank you for sharing your gifts with me.

Maria T.

...When you delineated the difference between self-esteem and confidence, it opened up a whole new awareness for me. Your wisdom and the exercises you shared were incredibly profound and supportive for me. And the timing of this experience was impeccable. I plan to use what I learned from you for the phone interview next week and for much, much more.

Lily

...Life coaching and Law of Attraction (LOA) is nothing new to me. It is all about shifting your outlook and energy about your past and especially the future. Sometimes I need help focusing so enlisted Lira's help. I like Lira's premise about starting from "love"- especially loving yourself and taking 100% responsibility for your emotions -

even if it is not your fault! I chose to work with Lira because she is grounded in her background in Psychotherapy and NLP yet open to other "methods". And I primarily signed up for her relationship class to improve my new career. I know it will help me because the aim is to make room for prosperity and love to come in. However, I have to do some work and prepare myself to receive it. This may sound simple, however, there is a lot more to it. You will have to experience Lira for yourself and find out. If you want to truly "shift", give Lira a try...

Happily Learning to Love Myself, -S

...Recently Meetup.com sent me an email about one of Lira's workshops on the basics of Manifesting. Intrigued and curious about learning more about the Law of Attraction (a concept recently made famous by the movie "The Secret"), I took a chance and decided to attend. I'm really glad that I came with an open-mind, because in getting to know Lira and her work as a Life Coach, I've developed a deeper understanding of what it takes to overcome personal obstacles, achieve my goals and manifest personal dreams, using very cool methods and techniques! At the core of Lira's teaching is how shifting to a mindset of self-love can lead to amazing life changes. One of the things I find the most empowering about her teaching, is that she

LIRA KAY

shows how dreams come true when we take responsibility for our emotions, thoughts, and what happens in our lives -- rather than projecting responsibility onto others for our challenges. Having spent a lifetime studying the secrets of Manifesting and the Law of Attraction, Lira has wonderful insights to share. I really enjoy listening to Lira because she shares fascinating real-life examples and personal anecdotes to illustrate her points. She has used her own techniques to manifest incredible changes in her own life. Lira doesn't just tell people what they want to hear; instead, she focuses on proven techniques that have worked successfully for herself and her clients. She comes across as relatable and really takes time to listen, conveying genuine warmth and interest. Her feedback and observations are consistently spot-on. Now I am totally inspired to pursue my dreams and goals. Thanks to all that I have learned from Lira, I'm ready to take on my next year. I've got this ;)

Sarah

...Lira is a natural. She has a talent for tapping into the positive energies that surround us. She combines this with some powerful techniques that really change the way you think and feel. Like an artist with a brush, she paints a clear path to a brighter, better, you!

Daniel

...I really liked the journey I took today. I left feeling like the self-doubts I have are okay, there's nothing wrong with me, and I am hopeful that I can get where I want to be.

Rachel “

I love rereading all the beautiful testimonials and private letters and messages my clients send me about their transformation, feeling happy, sometimes for the first time in their lives, how much energy they now have, how people around them started noticing the big changes and started reacting to them differently, with more love and respect. There are so many happy stories.

My role in this is being a teacher, and also a role model, as I went through this journey myself. I am, just like I said, walking my talk, attending to my needs daily and make that extra effort to fill myself up. This is how I can give. Before I did this process giving looked more like a quest for reassurance and reward or escape from feeling useless and purposeless. You can read more about my own journey and self-love practice on my blog at www.shesgotpassion.com or wait for my next book about self-love. So many of my clients are crying out loud to help them with self-love; they made me promise to write

LIRA KAY

that book and show them the way. So it will happen. I am happy to share.

In this book I will teach you some of the steps you can take right now to begin your journey to your loving and lovable self. I want you to experience what this life has to offer. I consider it my personal mission.

Loving yourself is a process. It is a daily practice. It can never stop. It takes effort. It is a special time you spend with yourself, giving to yourself unconditionally, filling yourself up. As you see, this is how you can feel *fulfilled*. You must feed your needs. You must spend time realizing what those needs are before that. It's okay to be needy as you are taking responsibility for attending to those needs. You are not asking others around you to give you more of something they can never provide. Remember, feeling happy is an internal phenomenon. It can't be fixed by somebody outside of you.

I Love You Exercise

I started doing this exercise after trying so many other methods, mainly therapy-based, to love myself and feel happier. None of those methods delivered the results so powerful as this one very simple exercise. One thing you need to prepare yourself for is, do it even if you feel a strong resistance. Resistance can show up as an internal dialogue. You're not doing it right. It doesn't work. It's not going to work on you. To put your ego at ease I will just say, there's no way that after making all this effort, giving yourself attention and love, that nothing will change for you. For the more resistant ones, I will reassure you, you are not that different from anybody else, in a good way. You are just like everybody else. It worked for them and it will work for you. So take a deep breath and begin your loving. Don't waste a minute. You can thank me later.

Find a quiet, private place. Put your right hand on your heart and your left on the top of your right hand feeling safe and ready to appreciate yourself. Say out loud or whisper to yourself, "I love you. I appreciate you. I trust you." Say it and mean it. For a better result look at yourself in the mirror and repeat this exercise daily for the next 30 days.

It is that simple, and yet it will change your life.

LIRA KAY

Tapping for Self-Love

I wish this technique was invented twenty years ago when I was practicing psychotherapy. Emotional Freedom Technique, EFT or tapping, is an amazing way to release trapped emotions and allow good positive emotions and thoughts to come forward. EFT connects your emotions with your mind and with your body and allows you to let go of the feelings through actually feeling them. I can't sing enough the praises of this method. I use it all the time to get myself into a good emotional shape and help my clients to manage their feelings. Please research EFT and make it a regular tool to use for healing and brain-entrainment. Brain-entrainment is about reprogramming yourself for success. We will be talking about reprogramming in Chapter 4 of this book.

This Tapping for Self-Love exercise is an example of how you can use EFT to reach your subconscious mind and get the message of unconditional love straight where it needs to go.

Tap your fingertips lightly on the top of your head, between your eyebrows and on your heart and say out loud or whisper (make sure you can hear yourself say it) "With all that is happening and with all that I am, I entirely and unconditionally forgive myself. I love and

Now or Never

accept myself today.” Tap as many rounds as you need to feel at peace with yourself. Repeat this process daily for at least ten days.

If you have any questions on how to tap or want to learn more about EFT, contact me at www.shesgotpassion.com and I will gladly show you what tapping can do for you.

Round of Self-Appreciation Exercise

Make a list of 30 ways you can love and appreciate yourself then pick three and do it today. Take out your calendar and schedule your love and appreciation dates with yourself. Keep those dates like your life depends on it, because it really does.

Self-love is not a one-off thing, it's a practice. The 30 Way exercise will give you ideas you can implement on a regular basis. Please continue your self-love routine. It's extremely good for you. Please ask me for more exercises and tools at www.shesgotpassion.com. It's my pleasure and duty to give you everything you need to be a more self-loving person in this life.

LIRA KAY

Renalda's Story

Renalda, a sixty-year-old woman, sat in the last row of the brightly-lit classroom, hiding behind bulky hairdos and turbans of the many women gathering to learn job interview skills. My workshop was a part of a rehabilitation program for women survivors of domestic violence and abuse. As I was talking about dos and don'ts of the job interview process, what to wear and what not, etc. I noticed a kind of indifference to all the information I was giving. Looking at the women, at their tired, and in some cases, bruised faces; I realized that before they begin to look for a job, to build a new life for themselves, something else needed to happen. It was self-love. Without feeling worthy, none of these women would be motivated to take so many steps to a better future. I asked the women to put their checklists aside and just listen. I spoke from the heart. It is very difficult to feel worthy if you have been victimized for years, if you bear the physical and emotional scars, the evidence of somebody, your closest family, punishing you for being you. You may blame yourself, you may be angry, feel and look broken. You can't see how all this good life is possible for you. *They* can do it, but not *you*. You don't feel deserving, even if it's because you put up with abuse for so long. What is there to do? I asked the women in the classroom permission to talk about spiritual matters. Many of them were from diverse religious backgrounds. I assured them that what I was about to reveal would

help anyone, no matter what faith they practice. I saw Renalda move closer, her face tense with fear of yet another disappointment. I said, it is hard, if not impossible, to love and accept yourself fully if you only see yourself as this physical body and mind, bruised and confused, battered and brainwashed. But as soon as you realize there is more to you than just your body, there is a light, soul and spirit, there is God in you, an absolute perfection and love within you, loving yourself becomes easy. Feeling deserving is easy. Accepting yourself, forgiving yourself, doing things for yourself is easy. Can you just do this one thing? Can you see the face of God in you?

For the rest of the workshop we sat together in silence, tears in our eyes, mourning what we had lost. We identified with the pain and suffering we had lived and anticipated what we were about to embrace: real unconditional love for who we really are. At the end of the workshop, among other women, Renalda came to me to say goodbye. I still remember her words, “I know I can love who I am now. No matter my past, I deserve a better future and I can do it.” She added with a smile, “Lira, in five minutes you did something the therapists and coaches I went through couldn’t do in years.”

If you can see the face of God in you, you can love yourself unconditionally. You would do what you need to do for yourself. You would reach your dream and you would make your dreams come true.

LIRA KAY

Chapter 5

HEAL YOURSELF

I feel for you. I really do. My heart aches for your worries, for your feelings of misplacement and inadequacy, for your fears and doubts, for all those cruel words you say to yourself, for your hopelessness. I understand your shame and the burden of guilt you carry with you every single day. I notice your pain behind that smile and even behind that cry. There's more pain behind every pain you can admit to. There is so much more. And I want you to heal. Healing is a process that is a result of a conscious decision to let go of the pain. It all starts with making that decision.

I offer the Love Yourself module because I know that not everybody is ready to undergo that very special and energy-consuming process without some kind of guarantee of relief. Self-Love gives you certainty that you will do what's necessary for yourself, including heal.

Healing takes extra energy. Most of us avoid letting go of past pain because we don't have energy to deal with what this will open up for us, this new liberated life. From the place of pain we can't imagine what it would look like to be healed, to be free. And we don't have enough trust in ourselves to handle this new freedom. And we also have no clue what the real unspoiled world would be like. Our world has been a part of this pain-creating conspiracy. We imagine that people we meet are onto us, that the Universe doesn't support our dreams, or that God has a big grudge against us. We can easily recognize the times we have been deprived or abused. If we were brought up not to complain, we would hide that 'victim' attitude deep behind many masks. But alone, at night, with curtains shut and lights off, we would feel the only thing we *could* feel having been through so much in our lives: We would feel hurt.

Module 3 of the Practical Creativity System brings healing through feeling.

Once you gain love and acceptance of yourself as you are you will have that extra energy you need and will approach those old wounds with compassion and readiness to deal with them once and for all. You can love yourself because you learned that all of you is good. That's a big deal. If you judge any part of you, you won't allow

yourself to recognize how to heal. Healing, most of the time, is a special, deliberate activity. It doesn't just happen. Why? Because it takes guts to take responsibility for your healing. Responsibility looks like an act of will the first time you do it. However, later on, you'd be looking for any opportunity to feel responsible because it gives you power. And feeling powerful, or empowered, is a beautiful state from which creating your life is possible.

In this book I will show some steps you can take today to begin your healing. Because I teach people to make their dream come true, I am focusing on not just any healing, but a healing of your desires, your beliefs about what is possible, and your responsibility. Why do you need to heal your desires? What does it mean? The answer is simple. Desires drive your life. Really. Having fulfilled your desires or having to repress them dictates overall feeling of satisfaction in your life. Satisfaction, contentedness and happiness are all related. The biggest mistake people make is dismissing their true, and mostly hidden or suppressed, desires. If you ask an average person what they want, they all say pretty much the same thing, I want a great relationship, great career, be happy, be healthy. Sounds like we all want the same thing. Interesting, right? We all have different backgrounds and different circumstances. We have all lived totally different lives and had our own unique ups and downs. Don't you think what we have

experienced or lacked in our daily life would have a direct effect on what we truly want? That means we want different things. We want some things more than anything else. We give more meaning to having this one particular thing over having all the riches in the world. Our life, and I will get all spiritual on you and say, *our special soulful path*, brings us to having desires that are so uniquely important as to fulfill them would mean to live our life's purpose. Fulfilling your true desires is no less than that. If you imagine that as a soul you were given, or rather, chose a task through living your life, why would you ignore the particular calling of your soul, of your personality, of your truth? The only reason I can see is you don't believe you are important enough. You'd rather pretend to fulfill desires that are generic and average than examine your own deep needs for something special. You don't feel special, so why bother? Why would you stop procrastinating and go for this one thing you want? I guess you understand that this is how procrastination comes in handy, right? To prove yourself that you are not special is your hidden agenda. The hidden agenda is not a soulful purpose. It is something your ego wants, to keep you trapped in the past. When you are doing what you are supposed to do, and not the real thing, you feel a lack of motivation. This is to be expected. If there's nothing in it for you, why would you make all this effort? Why would you go out of your way to have it? We will be talking about getting out of your way in the last chapter of this book when we talk about the

successful mindset. However, for now, I want you to take away this thought: until you uncover your true, heart-felt desires, that are relevant to you, your life, your soulful path, until you heal that part of you that doesn't believe you deserve your desires to speak for themselves, you won't be manifesting the happy outcomes you claim you want to create.

3-Step Validation Exercise

Step 1. Acknowledge and validate yourself for everything you have been through in your life. You can write freestyle or make a list of things that happened in your journal or just simply take a mental note of the life you have lived and the pain you have suffered. That is it. Just acknowledge you lived through that.

Step 2. Go back to The Thought Accountant Exercise in the Know Yourself Module and read about worries you have. Divide a page in your journal into three columns.

- On the left side, list the real-life worries, the ones that you actually are responsible for taking action to change, and can change.

Now or Never

- In the second column list all the irrational worries, worries that fuel your imagination and negative thinking, those that you can't really do anything about.
- In the third column write down a list of actions you will take starting today to solve the real problems and let go of the irrational worries that take your time and energy, robbing you of your happiness and peace.

Step 3. What do I really want?

What I don't want in my relationships... What do I want... How do I want to feel as a result of that?

What I don't want in my career... What do I want... How do I want to feel as a result of that?

What I don't want in my health... What do I want... How do I want to feel as a result of that?

Write down three of the most urgent desires that are awaiting your attention. How can you have what you truly want today? This week? This month? This year? Write down an action plan (your strategy) to feel fulfilled and satisfied with yourself and your life. Take that action!

LIRA KAY

Trisha's Story

I met Trisha at one of the national networking events. She approached me after my presentation on femininity for professional women. Between two highly charged phone calls she managed to set an appointment with me for her 20-minute Discovery call. She told me she wanted to start her program straight away, even though she'd be traveling a lot, working on many projects at the same time. Trisha complained that she felt like she couldn't just stop the race, while at the same time feeling she needed to stop so she could start a family. Trisha wasn't new to self-development work. In fact, she called herself a self-help junky. She spent years in a therapist's office talking about her parents and trying to forgive her various exes, who called her cold and calculating. She believed it was all in her head and that with enough analysis she would eventually feel better. Before we finished the first two modules Trisha announced she had to go deep inside to heal the feeling of 'not being good enough', to get rid of that critical perfectionist in her head. After following her self-love routine Trisha started noticing some changes. Mainly she felt that she could relax at last. Accepting her own imperfections was a big part of it. Forgiving the world was the next step. You see, Trisha believed she lived in a tough world where everybody had to fight for their place under the sun. To win the game one had to put their feelings aside and just keep going. I proposed to use the more intuitive approach to

healing that belief. Through artistic process and some creative writing exercises Trisha found that connecting with the world outside is not only safe but is inspiring. Among other exercises I asked Trisha to keep an Evidence Journal where she would document how feeling connected to nature and other people affected her everyday life. Slowly Trisha began to open her eyes and heart to the real world. She allowed herself to be vulnerable instead of keeping her guard. She gave herself permission to feel strong emotions, which included love as well as anger; nostalgia for her childhood as well as passion for making the meaningful change in the world. As soon as Trisha admitted to having those powerful feelings, she started becoming closer and closer to her real self. It wasn't the feeling of 'not being good enough' that was keeping her spinning the wheels all these years, but the feeling of 'being too much'. She was wearing the mask of a cold and pragmatic career girl to protect herself from being ridiculed for her passion and idealism. As you can imagine, the real passionate Trisha was, in fact, very attractive, a real magnet for the opposite sex. So far she hadn't believed there was a man for her. Her experience was that men are scared of women like her, so she hid behind her mask, misleading the men she dated only to be disappointed later. Opening up, being herself, helped her to attract the right guy for her. The last I heard from her, she was happily traveling the world with her fiancé, contemplating her next move in business and in life.

LIRA KAY

Chapter 6

EXPRESS YOURSELF

Now for the Manifesting! Yay!

Manifesting is not your usual way to get things done. It is not about manipulating circumstances or people around you or working really hard on some tasks you think will get you the goods. It is about doing the inner spiritual work before taking any action. Often it's about getting out of your own way, and allowing things, opportunities, feelings, and experiences to come to you.

Your job is to be beautifully aligned with what you want. Meaning: get yourself to the place from which you can attract energetically through feeling the essence of your desire.

Now or Never

Later on I will give you super-advanced tools for manifesting. For now enjoy the taste of how you can begin manifesting things into your reality.

Master Manifestation List

Write a Master Manifestation List. Take account of everything you want to have, feel and experience in your life. Make sure to describe in detail:

- what relationships you want in your family
- what romantic relationships you want
- how healthy you want to be
- how fit and energetic
- what kind of friends do you want
- what kind of mentors
- what kind of career you really want
- what kind of opportunities you would like to have
- how much money you want
- what you want to do with that money
- where you want to live
- what your days look like
- how you feel day-to-day

- what kind of attitude you have
- what kind of activities you do
- what kind of dreams you have
- add whatever else you want

Important note:

when you write your Master Manifestation List make sure to write it in present tense, like you already have it. Don't write the word 'want'. Instead, imagine it had already happened. For example:

"I am enjoying my big family, my wonderful husband/wife, who absolutely adores me, and whom I respect and love dearly, and my beautiful children (state how many, if you wish). I live in a great place next to ..." and so on.

Don't rush this exercise. Take your time to really think about your dreams. Most of us never state them, and that is how we never get to fulfill them. I want you to be clear about what you want.

You can always add to your list or change your mind. I am pretty sure you *will* change your mind more than once reading this book. When you see how easy it can be to get what you want you'll feel inspired to dare for an even better life, stretching and expanding your ambitions and confidence. You will also pin-point the desires that are specifically yours, not the ones that everybody else has.

Now or Never

Show and Tell

Tell a friend about your dreams. Tell somebody. Not all at once, but little by little, start educating your environment about who you really are.

I believe our desires and dreams define us. They are the driving force of our entire life. We either live to fulfill those dreams or to suppress them. I want you to get out of your closet, stop hiding from yourself and from others.

The only thing to remember is to share your dreams with somebody who is friendly, not with somebody who is critical. You need to protect your confidence at all costs. So choose wisely who is going to be your ally. But for the sake of having support, do share.

You can even go farther than that and ask your good friend to keep you accountable for achieving your dreams. Ask them to check on you every so often. Knowing that somebody else cares whether you succeed or not really adds motivation and inspiration when times get tough or the initial drive starts cooling off. In fact, that is why people have coaches. They want somebody to truly care for them, not just pat them on the back and say when they are about to give up, “It’s okay, you didn’t want it anyway.” No! You just said you want it! So: who can give you that pep talk? Who can hold you to your word? Who can support the no-excuses approach to getting it done? Do you

know somebody like that, man or woman? If you don't, get a coach. That is their job.

One more exercise to give you a taste of how you can manifest a greater intimacy with your partner without him or her even knowing about it.

As I explained, manifesting means doing the inner work before taking the visible action. Spiritual work can be translated into symbolic work. Meaning, you do something symbolic that for you represents what you believe is happening in the spiritual world.

If you were a shaman, you might beat your special drum, and call in the spirits of the totemic animal believing that you are now taking a journey into the spirit world and you are affecting it somehow. If you are in a therapist's office, you may imagine your parents sitting in front of you and for the first time you can speak up. What happens for you emotionally, and also spiritually at the time, is real. You are experiencing the transformation and healing in real time, even if it is not a real situation with your real parents.

So manifesting is a little bit like that. You do the symbolic work, visualize, imagine what you want, and get into the feeling of gratitude for already having it. You do all of this all with faith and conviction. It is on the way. It is paving the way to having it all in a physical reality.

Now or Never

So here is the Intimate Connection exercise.

Intimate Connection Exercise

Breathe deeply in your heart (hand on your heart), connecting your brain and your heart, and directing your energy from your head to your heart releasing any thoughts you have, using your heart intelligence to guide you. Align your heart and brain. Breathe through your heart. Now remember the moment you felt good and loving towards your wife/husband. Keep breathing through your heart. Remember how you felt grateful and connected. Then think of one more occasion when you felt really loved by your partner, a sexy moment. And now ask within your heart, what do I need to do to feel like that again. Do what feels natural to you at this moment.

Karen's Story

Karen was in a process of separating from her husband of almost 40 years. The situation was unclear and emotionally charged. Karen couldn't communicate to her husband how she felt. Every time she started a conversation it would become a blame game or an argument. Although she was willing to understand his side of the

story and work towards reconciliation, she felt triggered and couldn't control her reactions. Before we could examine her real needs and desires so she could begin working towards achieving what she wanted, Karen desperately needed soothing. Through the intuitive energy work I offered, Karen could feel more balanced and confident in her future. Discovering what kind of beliefs she had behind anger and disappointment helped her to detach from the situation and think straight, without being triggered into uncontrollable behavior. For the first time in her life Karen actually looked closely at herself, her marriage, the way she handled things, the way she felt. The more she looked, the more she blossomed. Loving herself was an organic continuation of the coaching process. Karen said she knew what she wanted. She wanted to feel independently happy, not because she is married or has everything going her way, but to be able to feel satisfied and fulfilled within herself, without conditions. She made a beautiful request and began eagerly working towards making this a reality. One by one we banished her old beliefs about what is right and what is wrong that were holding her hostage to limiting rules and dogmas. For Karen, who had a very strict and conservative upbringing, the idea of creating her own rules in life was a revelation, and became a liberating, healing experience. Karen was dedicated to making her new attitude stick by doing daily routines that we established for her. Every client is different. Karen had her own specific ways to reprogram her thinking patterns. She used the

Intimate Connection exercise to re-ignite her marriage. It was a good way to begin a conversation with someone towards whom she had so many mixed feelings. When the spiritual connection was put in place the physical connection followed easily. Karen had a chance to really witness the power of her spirit. Using the Practical Creativity System, Karen not only gained her independence and freedom, but also created a totally new relationship with her husband and her whole family. She said: “I can feel their love and respect for me now, and I am so proud to be a great role model for my children and grandchildren. I know I can be truly myself and happy.” “I did it,” she said, and it is true, anybody when they dedicate themselves to being happy can turn the situation around and make it a success, a soulful transformation in life.

Chapter 7

CREATE DESIRED OUTCOMES METAPHYSICALLY

In the Express Yourself part of the Practical Creativity System I explained what the metaphysical or spiritual work looks like. Here I want to show you what is really happening.

Before I begin I would like you to understand that all the information about spiritual reality cannot be proven. I mean, really, we would probably never truly know if God or the universe really exists and how it affects us, if at all. My approach to this information is purely practical. I love quoting C.G. Jung when I talk about spirituality and whether we should be bothering with practicing it, or searching for truth.

"If I accept the fact that a god is absolute and beyond all human experiences, he leaves me cold. I do not affect him, nor does he affect me. But if I know that a god is a powerful impulse in my soul, at once

I must concern myself with him, for then he can become important... like everything belonging to the sphere of reality." (Carl Jung, *Psyche and Symbol*, 1958).

Reality, God, responsibility, chance, we can go on and on. Really, if discussing any of it doesn't help us solve the problem, why would we be concerned? I am very much aware of the frequency with which we are using spiritual terms. And you know what? I find nothing wrong with that.

If at the end of the day I helped my client feel better about herself and through that she managed to see her partner as a better man and stopped criticizing him for no reason, I feel great. Perhaps she is now experiencing a happier marriage. I can say she has stopped projecting her own judgment, guilt, shame, and so on, onto him, using psychological terms. Or I can, equally successfully, use a metaphysical framework to describe what happened. She shifted her energy and attracted love into her life. It feels the same to me. Spiritual practice, as we know it, and certainly the way I am applying it, has a tremendous practical benefit. I can stand by it.

LIRA KAY

My Story

I started using metaphysical work to, essentially, create my life very early on. It all started with developing the right attitude towards myself and the universe. I remember my grandma telling me when I must have been only 5-years old, Lira, you can wish upon a star and all you wish for will come true. Of course, most of us hear that, believe it for a while and then grow out of it. And I would have done that, too, but luckily something else happened around that same time. I discovered nature. I remember, being on a field trip with my preschool, walking in the park. I lived in Estonia. It was fall and it was a cold but sunny day. I think we had to collect some seasonal things like leaves and acorns for some craft work in the classroom. Like everybody else, I wandered around looking for leaves and twigs. And then I clearly remember that moment, like it happened yesterday. I noticed a beautiful blue moss under my feet. I bent down and examined the moss like it was something out of this world, like I've never seen before. I remember it looked like a tiny little forest, a miniature world, and I was a giant who could either love it or destroy it. I also felt an amazing connection to that tiny world. I knew that only I could see it. Fair enough. All the other kids were walking around and stepping on that moss and noticing it, too. But I realized clearly at that particular moment that this moss is for me only. It was a really magical feeling.

I consider that moment the birth of an artist within me.

As an artist you have to have this unusual attitude, a belief that the world is made for you. You are the center of your world. You become, what yogis call, *centered*. Unfortunately, most of us are trained to give up on this beautiful state of mind. We are told that being self-centered is somehow bad, that it is egotistical, selfish. At the same time, it is, probably, the most empowering state you can have that takes you so close to the source, to the Creator, to God. That state of being the center of your own world is a representation of your higher self within you. And only from that place can you be fully in charge of what is happening to you. In fact, it is not happening to you: you are actually creating it. I would say, as an Artist you are co-creating it with nature, other people, and some unseen, invisible forces. What are those invisible forces? I don't really know. I just choose to call them that to include everything we don't know about the universe. And historically it already has been proven over and over: even if we don't see it or can't touch it, it doesn't mean it is not there.

To get back to my personal revelation: at that moment, something within me changed. I wasn't just playing with an idea that I am, in fact, in charge of my reality, but I started living it, experimenting and documenting the evidence of miracles that I could bring into my life

with ease. Art and writing was one of the forms I used to harvest the natural energy I had and also the way to preserve it and direct it towards what I wanted to create. Of course, I read the right books to educate myself, I had amazing teachers along the way, and plenty of opportunities to advance my skills. Nowadays, I know the word for those skills: manifesting. In my days I just called it being an Artist of My Life. Creating transformations became my big time hobby and later on my profession.

I've been assisting people to transform their lives over twenty years, first through art-therapy based workshops, practical seminars, transformative classes, psychotherapy, art, international curatorial projects, and now through coaching, speaking and spiritual healing sessions.

I believe we are here to experience life to the fullest. Not half a life, but all life. Not just a job, but living with purpose. Not just relationships, but love, real passion and compassion for oneself and another. Feeling, touching, creating with 100% integrity and authenticity.

I started out as a workshop facilitator, presenter and a teacher at 17 years old.

I was in charge of an experimental art studio of the largest contemporary art gallery in Estonia, creating presentations and leading workshops for people who were seeking a special something in their life, spiritual guidance and relief. They wanted to make more out of life, have a new perspective on who they are and what they are here to do. Teaching gave me a great premise to address the issues I saw in people.

I learned how to truly embrace creativity as a way to solve daily problems in a Spiritual Art School my father had at the time. He was one of the very first gurus in Soviet Russia.

As a famous artist and an educator and also an adventurous traveler, my father had a great platform to spread his teachings about daily spiritual practices that led his students to remarkable personal transformations and healing. Very early on I started assisting him in helping people to release old limiting beliefs about themselves and the world and create a connection with their inner guide and source for inspiration and positive forward-moving energy.

Art, writing and energy work were some of the tools I learned to use to inspire my own personal growth and the personal growth of people who needed it.

LIRA KAY

I proceeded further by studying psychology excited about all the different ways people could heal and uncover their hidden potential through psychotherapy and NLP (Neuro Linguistic Programming).

Now, when issues arise for my clients, I like using interactive therapeutic methods such as Transactional Analysis and Gestalt Therapy to help them overcome blocks rooted in the past. For self-discovery and relationship triggers I love applying many of the Jungian Psychotherapy methods and tools. My clients see results from doing the Shadow Work, dream journaling, creative writing and image analysis.

Understanding psychology helps me explain what is happening and why it's happening to my clients. It also helps me explain how and why spiritual tools that I teach through my coaching work so well. I like having logical and scientific as well as indefinite or pseudo-scientific descriptions of the processes I offer. I use the framework of psychology to establish goals and practicalities of my coaching programs.

With all that said, I knew there was more to life than manipulation of one's mind and heart. Even in my last year of college I asked myself

and my professor a question: what comes next? What comes after you found out why things happen to them, why they turned out the way they did? How can I guide my clients into making that next step in their lives, move past what they know about themselves and into making something out of themselves, something they want, something they thrive for?

I was interested in why would a person have an ambition to be happy and how the actual transformation happened.

My professor, who had great respect for me as I was one of the top students, actually walked out of the auditorium he was so upset with me. He knew I was hinting that the answer lays beyond psychology: it is rooted in spirituality. It is not the willpower that makes people want to reach their highest potential; it is not hard, exhausting work that gets them to feel happy and loved and fulfilled on an everyday basis. It is a connection we all have with our divine purpose and source within. When I handed him my thesis paper “*Spiritual Awakening Through Personal Crisis*”, where my theory was systematized and laid out as a therapeutic method I was willing to teach, we were both laughing that, just as my favorite master teacher Carl Gustav Jung, I was doomed to be too spiritual for psychologists and too scientific and practical for the esoteric. After reading and grading my thesis he offered me a job in his highly regarded clinic. I felt honored, but declined, following my calling to work outside of traditional

institutions bringing my expertise to people ready to make a leap in their lives. After graduating as a psychologist and a counselor, I happily continued teaching and presenting at specialized schools and on TV. I never stopped making art, enjoying the process of creating life, my own life, manifesting dreams to come true, through constructing spiritual reality before the physical one.

Through my work as an artist and a spiritual transformations facilitator I've gotten to know and work with many of the creative types, travelers and spiritual seekers, spending years and years trying to live their lives pure and untouched by the realities of everyday being. I have often noticed that heated philosophical discussions and channeled ideas would stay just that, unfinished projects, unfulfilled dreams, leaving their birth-givers frustrated and financially broke. From that experience I developed a strong desire to live my life in connection to both realities, spiritual and physical.

I was also determined to be very successful at it. My golden goal became finding a great balance between living with purpose, doing work and creating life that is meaningful and brings in something worthy to others, not just to myself, and creating a joyful lifestyle, truly abundant in every possible way.

This spiritual/artistic/manifesting practice took me from a little town in USSR, living in a grey block, I think it's called *a project* here in US, counting food-stamps, destined to work hard for everything I could ever have, to the golden hills of San Francisco, having a pretty awesome lifestyle, being married to the very best man I know, bringing up my five children and doing the work I absolutely love. I am living my dream because I apply the universal laws and because of the spiritual practice I discovered in my childhood.

Part of how I support my clients' transformations is showing them a new meaning of what they experience. It is not simply a psychological evaluation of what they did right or wrong, it is mainly opening them up to a new dimension through which they can see their life as a whole. This dimension is a source of high energy, strong motivation, ever-lasting creativity and joy. This dimension is something they always had access to but never dared to use, being scared, like most of us, of its tremendous creative power. My job is to teach people to master the power they have responsibly and joyfully.

I believe we all live our lives and everything that happens to us has a potential to make us grow, to bring us awakening, that special moment, realization, the enlightenment.

In my life I had plenty of crisis of my own to go through. Looking back, that was the time of the most growth; that was the time when I felt the need for having faith, seeing the evidence of the higher creative power, witnessing miracles. And you know what? The universe delivered for me every time I asked for its support.

Everything I believed in was put to the test when I was going through the darkest times of my life, when my late husband was living a nightmare of severe depression, and eventually died, leaving me and our three young daughters lost, confused, and scared. Coming to terms with death, with life, as it turned out, wasn't an easy ride for me, nor for my children. The aftermath of that devastation caught up with us in the recent years, and the biggest challenge for me was to keep the faith, contain my trust, feel supported no matter what I saw in front of me.

I am happy to inform you, we are doing very well. I applied all I know, practicing what I preached: unconditional trust and understanding of my higher path and purpose. This, combined with taking inspired strategic actions, got all of us to a completely different place.

Now or Never

I am remarried, meeting my soulmate in a most romantically, miraculous way in Paris, of course. We have all together five daughters. And, as I mentioned, I am living the life of my dreams. My very positive inspiring dreams.

Is it easy to live both spiritual and physical lives, always happy, peaceful, with joy and ease?

So, my answer is, life is not about ‘easy’, and not about being ‘happy-clappy’, unless one is insane. It’s neither about the perfect balance or peace.

Sometimes when life “happens” the appropriate response is to gather your adrenalin and activate a hero within and just break through with pain and anger as your companion but knowing, being absolutely sure, there is a light at the end of the tunnel. Because there is.

My job often is about holding that space for a woman or a man with home I work. I show them that unshakable faith in what they truly can live and what their future holds for them. I don’t take that lightly.

I am dedicated to getting my clients to understand and then use the power they have, the power to create miracles, positive shifts and big-time breakthroughs. I help my clients to find that Artist within, be

LIRA KAY

centered, grounded with firm belief that their world is made for them. They not only can, but also must take responsibility for what they are living and begin to create their experiences with purpose of reaching their highest potential.

Chapter 8

PHYSICAL REALITY AND TAKING ACTION

What do you need to know about physical reality to help you to become an amazing manifestor? You need to understand that if you want to see your desires come true, to experience and enjoy, to be able to physically touch the goods, feel the love, enjoy the success, one thing you need to do, is to take real physical action to bring it all into your presence. The action you have to take is not your usual busy-body-getting-things-off-your-list type of action. I am talking about action inspired by your metaphysical work, through your connection to the higher purpose, your authentic desire to be fulfilled and happy. It is a different kind of action.

In this chapter I will give you some important steps to getting it right, to getting what you really want, instead of procrastinating and waiting for life to sort itself out.

According to the Law of Attraction, the Universe doesn't really separate what you feel into positive and negative energy. It just blindly brings you what you already have. Like attracts like. So when you feel powerless, or unwilling, or doubtful that you can have what you want, the Universe just brings you the evidence of that. Procrastination is not an excuse for living your life poorly. It's an energetic state you absolutely need to change. I would gently invite you to get over yourself. Absolutely everybody, every single person on this planet, would get results if they took the right action. And so can you.

Given you do the spiritual work, and I will really show you in depth how to do it in part two of this book, the next thing to do is to create a strategy for allowing the Universe to give you what you want. Your part in that is to go and pick it up like a present. The present comes in the form of an opportunity you have to act upon. For example, if you asked for a soulmate, after you did the inner work, healing your beliefs and feelings about love and relationships, you need to put yourself into a situation where your soulmate can physically reach you. Maybe you need to go out with your friends and be open to having a conversation with somebody you like. Maybe you need to cut off your ex, physically stop giving him and your old relationship any attention, physically throw away the picture of both of you in your good old days. Maybe you need to work on the behavioral

patterns that keep you stuck in the past, maybe get therapy. In this book I am giving you many of the tools you can use to change your behavioral, emotional and even your thinking patterns, but there is so much more you can do. You are, of course, always welcome to ask me personally for more information and tools. At the end of this book I will tell you what is the best way to do that.

For now, let's just explore how you might start taking the inspired action that is the key to enjoying your manifestations physically in this reality and in this lifetime.

1. Make your spiritual work a priority, then follow up with a physical action. *Make it a rule.*
2. Be clear of your goals then establish the best strategy to achieving them. That strategy needs to involve 'spiritual before physical' step and then being aligned with the essence of your desired work. I will explain how to do that later in this book.
3. Finish your projects! Take time to harvest, enjoy the results of your manifestations. All needs to come to completion. An opportunity half acknowledged, half taken will NOT bring results. You must stay focused and actually see it to finish. Then celebrate!

Here are some exercises to get you started, to inspire and motivate you and to give you a good strategy. Yes, you can start implementing

LIRA KAY

immediately. These exercises will get you excited about going for what you want full-heartedly.

Time Machine Exercise

- 1) Write your resume 10 years from now.
- 2) Throw a “Celebrate Your Achievements” party for your friends. Invite your friends or perfect strangers to get together. Ask them to imagine themselves 20 years from now. Dress up and celebrate how much you have achieved. Let everybody walk around in their character, talking about their life, what is going on, having a good time acknowledging themselves and how great they are. It is a fun exercise that will bring you closer and reveal so much of what everybody is so desperate to reveal, their most daring dreams. Like in the first chapter when I suggested you tell somebody about your dreams, this exercise will help you find somebody to support you on your quest. You can commit to do the reunion some years later to check if you are keeping on track with making your dreams a reality.

Be The Cause Exercise

I can do this, because ...

Now or Never

‘Because’ or ‘Be-cause’, means ‘be the cause’ of your manifestation.

If you say, I can do this because, and then state all of the reasons why those reasons are going to manifest, you are immediately attracting the evidence of that into your life.

On the other side, if you ‘focus on why I can’t’, you begin creating cause for all those reasons to manifest, too.

So please, state 20 reasons why you want to manifest your desire.

Choose one specific desire for the sake of the exercise, then repeat the exercise for every desire you wish to come true.

Say NO to Excuses Exercise

State all the excuses you find when you are faced with taking inspired action. Make a list of at least 10. Be honest. Remember the last time you lost an opportunity to have what you want. What did you say to yourself to feel better?

Can I just remind you that all you said may be true but it also prevents you from living the life you deserve.

LIRA KAY

My question to you is: How long are you going to avoid your happiness?

Say a firm NO to the excuses you have and find a way to take action despite the circumstances.

Here is one of the examples I heard people use and I was guilty of using it myself some time ago, too.

“I can’t do it or I can’t afford it.”

For years I used this excuse and continuously attracted the consequences of that statement into my life.

Soon I learned that if I stop using this excuse and focus on actually getting what I say “I can’t afford”, asking a question instead, *how can I afford this?* I would attract the consequences of that statement, too.

So I invite you to ask yourself and the universe, What would it take for this (my desire) to happen?

As soon as you establish what it is, the Universe will deliver you a perfect opportunity to afford what you really want. You don’t need to know how you are going to afford it, but with framing your question differently you just created an opening for the Universe to deliver

what you requested. ‘What would it take?’ is a great way to deal with any excuse you have.

Part 2 of the Say NO to Excuses Exercise

Now write down 10 ways you can take action despite the particular excuse you have.

Keep this list nearby and go back to it every time you hear yourself use some of your excuses. Admit that yes, you feel resistance, some fear, some resentment towards your progress, but you are in control of your actions. You can take action despite the excuses you have and make things you want happen for you.

LIRA KAY

Chapter 9

FROM REACTIVE TO PRO-ACTIVE

A Practical Guide to Creating the Most Productive Attitude in Life

As you can imagine, we would experience life differently depending on our attitude and awareness about what is going on. People with a positive attitude would feel easier, happier and more capable to deal with challenges than the people with a negative one. So at the end of the day it all comes to mindset. What happens in your head dictates what kind of outcomes you will create. What you think and feel about yourself and what you can do in this world determines whether you will take your chance or give up without trying. Unfortunately, you probably never examined your feelings and thoughts. You were not told or taught how to do so. So you feel and think by default. And then you act upon your feelings and thoughts, you are being reactive, rather than pro-active. Being pro-active would take more than displaying behavioral patterns you have adopted some time in your

childhood, often as a coping mechanism to avoid pain, not a real time rational response to a situation. Being pro-active means to be present with what is actually happening, not what you **THINK** is happening. Being pro-active means to be in control of your **FEELINGS** about the situation and how **YOU** can resolve it so you can take action with confidence and get the results you set yourself to have.

In this chapter I give you the tools you need to transform your mindset from reactive to pro-active.

Before we get to deal with the reactive mindset, I want you to understand, feel and experience the productive positive mindset that delivers outstanding results.

This is the mindset of a **LOVED, LOVING** and **SUCCESSFUL** person. I wrote a meditation, which you can use as a script later on when you begin your work with re-programming yourself for love and success.

Enjoy the feelings this meditation awakens in you. Take time to imagine how your Golden Desire to be loved and feel successful pulls you towards everything that you need and that is helpful and useful to you on your quest.

LIRA KAY

Golden Desire

My golden desire is pulling me forward

like a bright starry mass it pulls me forward.

I gravitate towards that golden desire.

My legs, my arms, my whole body is moving,

dancing, flying, bouncing towards it.

The beauty and grace of that golden desire

mesmerizes me and keeps me on course.

I feel its heartbeat and my heart beats the same rhythm.

My golden desire is love and success,

energy that transforms lives for better,

my own and my people's.

I lead with my golden desire.

My own path is easy,

as I am pulled forward,

Now or Never

knowing where and how I will feel

love and success, as that is what I want.

My own path is easy,

as my golden desire paves every step I am taking,

I walk on fire and water and air

creating images of love and success,

and my golden desire makes them real, grounded to earth,

physical manifestations and feelings.

I just follow the lead to be happy, to be on my path, connected to All
There Is.

My golden desire comes from my connection to all.

It is a natural result of being born and of being alive.

I respect and obey my higher self

and reach love and success as part of my journey.

LIRA KAY

I am feeling love

and I am successful.

I am creating love and success with every breath I take and give.

I am surrounded with love and I am feeling success

in my body, in my mind, in my heart and my spirit.

I am loved, I love freely, I am success and I succeed freely.

My golden desire is pulling me forward,

it gravitates me towards all things and people that bring me love and success,

my golden desire of love and success

creates situations I can indulge in and experience

that are filled with love and success as I see it.

And I see so many golden possibilities to enjoy love and success

I see pictures of me being loved by my family,

Now or Never

surrounded by friends, by people who want me, who love me,
unconditionally and beyond.

I see myself feeling supported and guided by beautiful powerful
mentors,

I see myself teaching and bringing up the spirits of people in need,

I am freely and gracefully organized and acting upon my golden
desire,

creating expansion of love and success in my life and the lives of the
people I love.

I am love and success and I mean it.

I am continuously walking my beautiful path,

consistent at giving and receiving love and success wherever I go.

I am present,

I accept,

and I participate

LIRA KAY

in the creation of love and success.

And so it is.

From Knowing to Doing Exercise

Knowledge is nothing without implementation!

There's no point in learning more, packing yourself with more information, if you won't take action on it.

The first step is to take account of what you already know. Then make the best USE of it. I can assure you, you already KNOW everything you need to know for you to love and be loved and enjoy the successful life you want.

Write down what you know already that helps you love and succeed in your life:

- 1) State all the skills you have to this date that you learned, mastered and had been using in building successful and loving

Now or Never

relationships, communicating your needs and getting your emotional and physical needs met. Don't forget to write down every book you ever read on personal development, every piece of wisdom or great advice you heard from people who were qualified to give it (from loved, loving and successful people that is). Make a list of at least 40 of those skills.

Don't stop writing until you acknowledged all that you know already about creating loving successful relationships.

2) Then, state all the skills and talents you have to succeed in doing your work, in doing your work better, in going for the next level in your professional life, making a bigger impact and enjoying a better return on your input. I want to see every little detail, every single skill, talent and knowledge, everything you have applied and are ready to master even further.

I Have These Skills and Talents That Helped me to Do My Work...

Don't stop writing until you acknowledged all that you know already about creating a successful professional life that you deserve.

LIRA KAY

And you deserve a LOT OF SUCCESS AND LOVE!

What-Can-I-Do-With-All-I-Know Exercise

Now write down what you want to achieve in the next month/year/5 years/10 years/25 years/50 years. Take your time to imagine your dream life, what you want to experience. How do you want to feel? What exactly you want to create? What will it look like?

Write a page for every period of time. Details are important. For now don't worry how you will achieve all that, just let it flow.

In one month I want to create this:

In one year I want to create this:

Now or Never

In 5 years I want to create this:

In 10 years I want to create this:

In 25 years I want to create this:

In 50 years I want to create this:

Dealing with Obstacles

The way you think about yourself and what you can be and do in this life has got everything to do with the level of success you are allowing yourself to experience.

Whenever you hit your mental or emotional limitations, which are the adopted and imprinted beliefs about how things should be in the

world and who you are in all that, you start sabotaging your efforts to get to the next level of success in your life.

It's all good to say 'just get rid of those limiting thinking and feeling patterns and start believing in yourself'. The problem is, you don't know what you are fighting against. The inner obstacles seem so huge and so severe that you feel like giving up before getting started. It's like imagining what that iceberg in the blue waters looks like and not even leaving the original shore in your beautiful ship. Yes, there is an iceberg, but it's not as big as the ocean. In fact, it's rather small compared to the big wide world. You are bigger than your mind or your emotions. You can be in charge. I want to help you to clear up that space in your head, get rid of mental and emotional clutter that is standing in the way of your love and success.

Thinking and Feeling Patterns Exposed Exercise

Write down what thinking and feeling patterns prevent you from being loved and feeling successful right now. Look for a recent event or opportunity you missed because you started thinking and feeling a certain way. Look for what you say to yourself when giving up on a project too soon or procrastinating to take action that you know would lead you to success. Make lists of 10 most frequent patterns.

In your relationships:

In your professional life:

In your health and body image:

Now let's deal with your limiting feelings.

Most of us are reactive in our response to what happens. We react by default, switching on the autopilot, a pattern we created at some points of our life to avoid emotional pain.

When we were young children we were actually seeking pleasure before we would put all our efforts into avoiding the pain. We had curiosity and courage to ask for love and experiment with different outcomes. Through many frustrations and rejection, we learned *not* to ask for love any more. Some of us limited ourselves in giving love, others in accepting it freely and unconditionally. On the top of our

own experience we listened to what others had to say about life, love and success. Unfortunately, we were influenced by people who had no idea about how to do it for themselves. It's not their fault. It's not your fault. It's just how your path is taking you. Now you are learning all these new ways to open up, returning to that creative curiosity you lost with years of everything you had to go through.

This Emotional Obstacles Revealed exercise will help you to approach your limiting emotional patterns step-by-step.

How do you do this process? You do this process for every single emotional and behavioral pattern you have. Every single one!

You have plenty of time, all your adult life, to transform your patterns for living a more successful life. Do you want to feel love and success beyond the level at which you are experiencing it now? Then take this process seriously and give your emotions and behavior time and effort you deserve.

Emotional Obstacles Revealed

Step-by-Step Process

Step 1: Acknowledge how you feel about a certain situation in your life, especially one that awakens feelings such as doubt, fear, criticism, depression, or anger.

Describe the situation.

- 1) When was the last time you had a strong reaction to somebody or something?
- 2) What triggered you?
- 3) If you allow yourself to go deeper than that, what really triggered you?
- 4) If you could go even deeper and remember, when was the first time you experienced that reaction?
- 5) Describe what happened in the past.
- 6) Describe why you decided to react or feel that way. What was your pay off? Did you have to protect yourself, feel safe, avoid punishment, make somebody else happy or snap them out of anger or sadness they experienced?

Step 2: Acknowledge and validate yourself for how well this emotional pattern has worked for you all this time. Your feelings and

reactive behavior towards the similar situations in your life brought you the same feelings you were seeking as a child.

Everybody in the world does absolutely the **BEST THEY CAN** from the place where they are. As a child you didn't know how to feel safe or please your loved ones any other way, so you did what you had to do. Validate your efforts by acknowledging that you were very resourceful as a child to come up with this. You did well. You did what you **HAD** to do.

Step 3: Forgive yourself for holding on to this emotional and behavioral pattern for so long.

Everything we learn as children is easily adopted and applied. Just like it is so much easier to learn a foreign language in the early age, it is easy for us to make those emotional and behavioral patterns stick. It is much easier to follow the known patterns than question them and create new ones.

Also, you were never told you had to change those patterns. The chances are you never even examined them yourself, until now. So how could anybody else teach you different.

Forgive yourself.

Forgive everybody you think had participated in imprinting those emotional and behavioral patients into you mind.

Forgive because

- a) you tried your best; they tried their best
- b) feeling angry or bitter about yourself or them doesn't bring you any benefits
- c) forgiving feels good, light and inspiring

Put your hand on your heart and say out loud:

With all that I felt and did, I entirely and unconditionally accept and forgive myself today.

Repeat that mantra until you truly forgive yourself for keeping that emotional and behavioral pattern.

Now forgive others. Put your hand on your heart, close your eyes and imagine all the people who you think affected you, stand in front of you. They are truly sorry for what they have done. They didn't know any better. They tried to do the **BEST THEY COULD**. They are not perfect.

Say out loud and mean it:

I forgive everybody who ever reinforced the negative limiting feeling and behavioral patterns in my life. I release them from being responsible for my feeling and my behavior. From now on I accept my responsibility for what I feel and how I react

LIRA KAY

in my life. I take my power back. I am fully in control of what I feel and how I behave, and I am loving it.

Step 4: Make a decision to be present. Feel and behave as you choose to.

Keep in mind that your old feeling and behavioral patterns were limiting you instead of helping so you don't need them anymore. You can be open to feel and behave the way you want. I invite you to feel and behave the way that is actually good for you.

Which feelings and behaviors help you succeed and feel loved?

Make a list of helpful feeling and behavioral patterns you are ready to develop as a response to any situation or challenge in your life. Work on making those your first reaction to anything and anybody.

List of Helpful Feelings Exercise

Continue writing if you feel you can find more helpful feelings. Make sure to state at least 10.

List of Helpful Actions

Continue describing every possible way you can react to a certain situation or challenge in life. The more you write, the more resourceful you will be in a face of whatever comes your way. Being prepared is a great thing. It helps you NOT to fall into your old patterns, but gives you control over what you live. Make a list of at least 10 different ways for every challenging situation.

Being in control is a great feeling. Every responsible adult can enjoy the feeling of being in charge, knowing what to do, feeling they can manage their emotions and behavior.

Know that we always have at least 10 other ways we can react to something we experience. There are at least 10 choices in front of us. The secret is, there's NO LIMITATIONS to how we can react or behave. We are born free and creative. It's in our nature to be happy, fulfilled and successful. So go and claim what's yours by exercising your rights to choose what you feel and how you react to anything in your daily life.

I trust you will apply this process to every unproductive feeling pattern and every destructive behavioral pattern you have, one-by-one, eliminating all inner obstacles to love and success.

A little hint for you to help to incorporate your new feeling and behavioral patterns.

Write down the essence of your new feelings and behaviors in response to the situations you may experience in your near future. Write them down on an index card or something small you can have with you at all times, in the car, by your bed, in the kitchen, in the bathroom. Surround yourself with this new chosen response. It's okay that your family or friends see it. They can hold you accountable to delivering on your decision. It is a good thing.

Read those cards many times per day, especially on awakening and before going to bed. This is how you re-program yourself. It will take some time, but it's really worth it!

YOU ARE REALLY WORTH IT!

After doing those exercises you will notice how tightly your actions are connected with your feelings and how they totally depend on the kind of thoughts you have. The thinking patterns create beliefs. If you manage to catch yourself thinking something by default, which makes you reactive, know that you are acting upon a belief you have created.

Now or Never

The good news is this: just as you created the harmful or unproductive belief by thinking your thought too many times, you can create a new helpful belief by doing exactly the same, repeatedly thinking a new thought.

Here are some great affirmations that would inspire you to think and feel the way that makes you a happier person no matter what is happening in your life. Those powerful affirmations direct your feelings and thoughts into a very productive mindset that guarantees positive outcomes.

Here is a list of helpful thoughts so you have something to work on immediately.

Read and re-read them daily to reprogram yourself to be a more positive person with great outlook and attitude.

To make the most of it read thoughtfully through the list, then find the evidence for each of those affirmations, preferably something you remember from your own life. You can write down your evidence next to the statement. The more evidence you find, the firmer and deeper this new thought would get imprinted in your mind, the easier it would be for you to access it when the time comes.

LIRA KAY

Remember, all of it will only work for you if you actually implement. So, please, don't just read through it, but really practice your new mindset until it becomes automatic.

List of Helpful Thoughts

Life is delightful and I am delightful

Life is fun, there's so much to experience

I enjoy laughing and having fun

I know what inspires me

I am excited about many things in my life

Everything is helping me

I feel supported

I forgive myself and everybody else easily

I am satisfied with myself and my life

I enjoy life and can slow down to savor every delightful moment of it

I live in abundance. There's no limits to what I can feel and achieve

I create outcomes I want easily and with grace

I know everything will always work out for the best

I handle everything with ease and excitement

I care what others think of me, only if they can affect me

I ask advice only from people who had done what I want to do

I like myself

I know I will succeed

I feel strong and capable

I like to win

I let go of disappointments easily

I am looking forward to my future

I easily get past unhelpful feelings and thoughts

I control my life and the outcome I get

I make right decisions

I like figuring things out as I go along

I am on the right path

I have achieved so much already

In most ways my life is ideal

I am a winner

I choose how to feel and think in all situations

I can solve any problems

I feel loved

I belong

I love easily

I always do my tasks well

I make decisions easily

I love how I do things

I foresee outcomes

I trust my instincts

I take action

I trust others

I support others

I look for the good in others

I feel supported by people around me

Other people like me

I have great relationships

I can rely on others

I trust my partner and friends

I have great long-term friendships

I appreciate my life daily

I am grateful for the life I've had

LIRA KAY

My failures have helped me

I make other people feel they can succeed

People are sent to help me

I make life easier for others

Things always work out when I try something new

I always find the positive side in whatever happens

I can predict how others will react

I love how I think

I love how I feel

I love how I take actions

I am all good

I am in the process

I am growing and expanding every day

I am happy

I am loved

I am successful

Now or Never

You can add more helpful and useful thoughts that you think of. Write down any other thought you find that can move you forward, inspire you to take action and make you feel good.

The key is to know that you can **CHOOSE** to think whatever you want about any situation in your life. In the end, how you manage your thoughts will determine the outcome you will get. Some thoughts can make you feel confident and others rob you of that confidence. You can, of course, train yourself to act despite not having confidence. That would be a great option. It's like taking action despite fear, knowing that fear is an irrational feeling. However, the easier path would be to have a productive attitude and awareness about your own power over what you can feel and think.

I am wishing you great consistency in creating your new mindset. I hold a vision of you living with your new positive and super-productive attitude, feeling fulfilled and happy, achieving all you wish to achieve, enjoying your life, feeling loved and successful.

If you have any questions about further work with reprogramming your mind, get in touch with me at www.shesgotpassion.com and I will answer them as soon as possible.

LIRA KAY

At the end I would like to offer you one last exercise, may be the one that will make the most difference in your life, that will inspire you to take action and create your happiness instead of waiting for it happen.

This exercise is called a Discovery Session.

Discovery Session

Yes, these are serious questions for a serious person. There is no rush. Take time to reflect and answer your questions honestly, going as deep as you can. Keep away from your usual story, this is a conversation with yourself. No one will see your answers. Be true to yourself. Let it go. Let it be. Without judgment, with acceptance and compassion. I hear you. I support you. Your higher Self, your soul right now has the opportunity to connect with you. That is all that matters. I love you, says your soul. I love you.

Write down your answers, please.

- 1 What do you really want?
- 2 What do you want specifically?
- 3 Why do you think you are not getting it/have it/achieved it?
- 4 What happens if this doesn't change?
- 5 So if it doesn't change what is going to happen?
- 6 What is your life going to be like if it does happen, if you get what you want?
- 7 How is this going to affect your feelings, your everyday life?
- 8 How is this going to affect your family, your work, people around you?

9 How badly do you really want to change this?

10 What would be the one thing that would stop you from doing this?

11 What has stopped you in the past?

12 What is different now?

13 What makes you excited to commit to yourself? What are you looking forward to? What is possible for you? What would your perfect day look like?

Write down how you imagine your perfect day, include your feelings, activities, people, relationships, work, health, fun, everything you want to experience as a fulfilled, passionate, loved and loving person. You can add this to your Master Manifestation List.

14 Are you 100% committed to making this happen for you?

Chapter 10

GET IN TOUCH

“If you want to know the value of life, just know it is a brief happening.”

Sadhguru Jaggi Vasudev

What is next for you?

There’s always a deeper level at which you can learn about manifesting and fulfilling your desires. The work is never done. It is a continuous process. That is what I like about it the best. Once you achieve some of your goals, more emerge. You are giving birth to new ideas and expand your ambition to live a happy life. You find a different level in what it means to be happy for you. You become

LIRA KAY

even more authentic, more passionate about being yourself, walking your path. You become a bigger and better contributor. You start to give at a bigger capacity, to more people, making a more significant difference. You experiment with all the different ways you can experience, give and receive love, live your purpose. There's no end to how much you can grow, how far you can go.

You can always repeat the process given to you in this book, applying the Practical Creativity System to transform your life.

You can also contact me personally and take your journey to the next level of depth with professional assistance. I have been helping hundreds of people implement the Practical Creativity system, customizing and adjusting the tools for a more profound and deeper transformation. The benefits of working with a coach are tremendous. There's nothing like having real time support, having your particular issues looked at, your personal questions answered, being taken through the process step-by-step, with the most needed feedback and correction of your course.

I am inviting you to set a complimentary call with me by going to www.shesgotpassion.com and clicking on the "Book a Discovery Session" button.

Now or Never

On the booking page you will get a little form asking you about your experience with coaching, if you had any. All information is confidential and is only there to help me to assist you better. After I receive the form I will reply to your email with a set of available times for our chat via phone or Skype, whatever works best for you. We will find a good time for us to speak.

Then I will send you the pre-session questions so I can prepare better for our 20-minute complimentary call. Your answers will help me to give you some concrete advice on what you can do next to get the most out of your life and manifest the love and success you are ready to have.

Then we'll get on the call and go from there.

How does this sound to you?

Are you inspired to make your next step?

Don't hesitate. Remember the Say No to Excuses exercise? You are free to make all you want happen or stay within your comfort zone which, I suspect, might not feel that comfortable after all.

Remember, life is just a brief happening. There will not be another life, not another opportunity to experience love, heal and express yourself as only in this time and space of being you. Don't let

LIRA KAY

anything or anybody stop you from claiming your life now. It is now or never, my dear friend!

Set your free Discovery session now at www.shesgotpassion.com and let's connect!

With all my love, looking forward to talking with you personally,

Lira

ABOUT THE AUTHOR

Lira Kay is a psychologist, artist, coach, and a speaker for those in need of support and guidance. She lives in San Francisco Bay Area with her husband and five beautiful daughters.

You can contact her via www.shesgotpassion.com