

Nothing is Too Good to Be True!

Table of Contents

| | |
|---|------------|
| Introduction | i |
| Overview | 1 |
| Step One: Free Yourself | 7 |
| <i>Finding The Freedom, Again! • Are You Setting Goals or Setting Yourself Up? • Turning Your Daydreams Into Road Maps! • The Good Life is Optional! • You Can Open The Door! • Free Yourself To Be Yourself! Putting Yourself Into Your Dreams! • Freeing Yourself One Step at a Time! • Freedom is a State Of Mind!</i> | |
| STEP ONE EXERCISES | 25 |
| Step Two: Know Yourself | 39 |
| <i>What You Don't Know Can Hurt You! • What Don't You Remember? • Breaking the Bondage of Fear and Frustration! • Discover Your Hidden Power • Whose Idea Was This, Anyway? • Which One of You is Reading This Book? • Why You Do the Things You Do! • How to Conquer the Rip Van Winkle Syndrome!</i> | |
| STEP TWO EXERCISES | 55 |
| Step Three: Dedicate Yourself | 69 |
| <i>If You Want To Enough! • Overcoming the Obstacles on the Path! • The "Hero" Within Us All! • Why You Should Keep Your Dream Openended! • How To Research Your Dream! • Brainstorming Your Options!</i> | |
| STEP THREE EXERCISES | 82 |
| Step Four: Prepare Yourself | 89 |
| <i>Enjoy The Freedom of Excellence! • Check The Cupboards and Make a Shopping List! • Expect the Unexpected! • Don't Take Your Talent for Granted! • Make It Easy On Yourself! • Were You Smiling When the Shutter Snapped? • Rocky Road is an Ice Cream!</i> | |
| STEP FOUR EXERCISES | 103 |
| Step Five: Nurture Yourself | 111 |
| <i>What Do We Mean By Nurturing? • How To Avoid The Stress Syndrome! • Let's Get Physical • Give Yourself Food for Thought! • Don't Forget to Show Up for Your Life Today! •The Grateful Living! Expose Yourself-Positively! • Choose Supportive Companions • Your Spiritual Nature Listen To Yourself!</i> | |
| STEP FIVE EXERCISES | 125 |
| Step Six: Express Yourself | 135 |
| <i>Express or Explode! • Them That Has... Gets! • Thrills of Expression or Pills for Depression! • Timing is Everything! • You Haven't Done It 'Til You Do It!</i> | |
| STEP SIX EXERCISES | 146 |
| Step Seven: Enjoy Yourself | 151 |
| <i>What We Did For Love • Eureka! You Have Found It! • Swimming in the Ocean of Becoming Enjoy the Chase, But Cherish the Catch! • The Two Faces of Joy • It's a Wonderful Life Your Journey is About to Begin!</i> | |

INTRODUCTION

If you have ever set a goal and not reached it if you have ever followed a dream and lost sight of it - if you have ever settled for less than you really want - this book is written for you!

No matter how many times you've tried and failed - no matter what others think you can or can't do - no matter how many self help books you've bought and discarded as ineffective - the truth is that right now... right where you are... you have all that it takes to create a productive and successful life.

YDU CAN USE WHAT YOU ALREADY HAVE TO GET WHAT YOU REALLY WANT!

We all know people who seem to lead charmed lives. "Everything they touch turns to gold," we say. These "successful" people know a secret - perhaps they know it consciously, perhaps they know it intuitively - but because of what they know, they are putting into practice a specific process that enables them to turn their dreams into reality.

IF THEY CAN DO IT, YOU CAN LEARN TO DO IT, TOO.

How Does The Process Work?

I did not invent this seven-step creative process. The process, itself, is a part of the natural order of creation. It is present every time a dream becomes a reality. It is absent in every case of failure. What I have done, is identify the process, and label the steps, so they can be used by anyone.

As a minister and spiritual counselor, I have seen literally hundreds of individuals all yearning to achieve their goals. Some succeeded, some did not! I have seen this phenomenon at work in my own life, as well. For years, I picked up every self help book that promised to reveal the secrets of success. I applied the suggested techniques with all the dedication I could muster. Sometimes I succeeded, sometimes I didn't.

Why does this happen? How is it that hard work and dedication to a purpose only produce the desired results sometimes and not at other times? How can we go from feeling victimized by circumstances around us, to feeling as if we have some control over our lives? What is the secret ingredient that ensures a positive outcome every time we set a reasonable plan into action?

In an effort to respond to these questions, I took some of the many case histories from my experience and began to put them into two categories: those who had a goal or dream fulfilled, and those who had just as strong a goal and did not have it fulfilled.

During my research, a pattern began to emerge. In those cases where the goal was reached, there seemed to be a particular process that took place. It wasn't just one technique. It wasn't just goal-setting, or creative visualization, or possibility-thinking. Rather, it was a number of techniques, used in a very specific order, that produced a successful outcome.

When the effort was not successful, often some of the same techniques were used - but they were taken out-of-order, or there just weren't enough of them to bring about the desired results.

I became aware that there is a specific process through which things come into being. It begins the very first time we conceive an idea in our minds as a remote possibility. It continues through a gestation period, and finally emerges into manifestation.
THE RIGHT STEPS TAKEN IN THE RIGHT ORDER LEAD TO SUCCESS!

What This Book Will Reveal To You.

As you work through this seven-step creative process, you will learn that true success is not accomplished by changing yourself, but by becoming yourself. You can enjoy a happier, healthier and more abundant life; and the only real change you need to make is in the way you see yourself.

YOU DON'T HAVE TO CHANGE YOURSELF, JUST "REINTERPRET" YOURSELF!

When you know who you really are, you will understand that you were created to fulfill yourself in a unique and purposeful way. In other words... **YOU WERE BORN TO SUCCEED AS ONLY YOU CAN!**

Each of the seven chapters in this book is devoted to one of the seven steps in this creative process. These steps will teach you methods that will help you choose your goals and achieve them. You will be given practical applications of each step, self knowledge tests, easy and entertaining exercises, and a wealth of ideas about how to apply these steps in every area of your life.

You'll learn how to free yourself from the limiting beliefs that invite failure; how to gain accurate self knowledge, so you can choose goals that are right for you; how to develop a deep level of dedication to these goals that will assure success; how to prepare yourself for accomplishment; how to nurture yourself in the process of unfolding your potential; how to express yourself in a creative and fulfilling way; and how to relax and enjoy the good life you were meant to live.

OVERVIEW

Identify Your Personal Power!

More than 2,300 years ago, Plato spoke of philosopher kings as being those few individuals who had reached a place in life where they could spend most of their time contemplating and discussing their innermost thoughts and ideas.

These people were free from concerns about survival and could concentrate on their aesthetic needs: who they were, why they existed, and where they were going. Plato referred to this way of life as the ultimate leisure.

Things have changed quite a bit since Plato's time. Technology has advanced to the point where many of us have a good deal of leisure time. We, too, can be free to think and feel ... to become conscious of our identity and our purpose.

Life has become easier for most of us in many ways. We no longer must toil every waking hour just to put food on the table and clothes on our backs. However, the problems we face are still those of survival - but survival of another kind. We're now seeking to survive spiritually, mentally, and emotionally, above and beyond our material needs ... the survival of fulfillment.

Never before in the history of civilization have we been as conscious of the power and strength of the human spirit. Many people have overcome situations they once believed to be insurmountable. There are those who have been healed of diseases that were thought to be incurable. Evidence of our personal power is all around us. THE QUESTION IS NOT "HOW DO WE GET THE POWER?" BUT, "HOW DO WE CULTIVATE THE POWER WE ALREADY HAVE?"

Most people believe that some sort of creative intelligence governs the universe. Throughout history, people have called it by many different names. What you call it is not important. The important thing to realize is that each of us is profoundly linked with that power, and we have only begun to explore the exciting dimensions of the human mind.

Why Most Self-Help Books Don't!

Many of us, in a time of so many possibilities, are not taking advantage of the wonderful opportunities to fulfill ourselves. Not because we haven't got what it takes, but because we don't know how to use it. Very often we are confused, rather than helped, by the tremendous number of self help books available; all suggesting methods that can be used to effect transformation in our lives.

Many of these books contain so-called "steps" to this or that: A THREE STEP PLAN FOR SUCCESS... FIVE STEPS TO GREATER HAPPINESS... EIGHT STEPS TO A BETTER SELF-IMAGE. In reality, most of these "steps" are not steps at all. They don't build upon each other in a process. They're not progressive. They're simply points in a program; a method of dividing a book into sections; chapter headings that have little, if any, dependence on the success of the previous step.

Ask anyone who is part of a 12-step recovery program what kind of progress they would have made if they had started with step four or step seven. They all will tell you that the steps must be taken in order. They also will tell you that not one of the steps can be skipped. Each of the 12 steps must be worked in the right order - for recovery to be effective. This is true of the creative process as well. All of the steps must be taken, and must be taken in the right order, if true and lasting change is to take place.

Knowledge Is Power

It's a given that change is possible. Yet for many people, things remain the same. Many have worked really hard at effecting change in their lives only to feel thwarted and frustrated; only to feel as though they are banging their heads against the wall; only to feel as though something is missing or something is wrong, or that perhaps they just don't have what it takes.

This is far from the truth! We all have what it takes. The problem is not lack of strength, or lack of power, or lack of will. The problem is lack of knowledge - of ourselves and of a creative process that is so powerful that, once we become aware of it, we can achieve virtually anything our heart desires.

IT'S NOT ABOUT WHAT WE DON'T "HAVE," IT'S ABOUT WHAT WE DON'T "KNOW.!"

The Aha! Factor

It is said that there are no original ideas. But there certainly are new and different ways of applying old ideas. Ways that can make the difference between true transformation and simply another in a long list of disappointing efforts. So while this book might not reveal startling new techniques for improving your life (although it might), and while you might already know, at some level, that there is power inherent within you (although perhaps you don't), what is very new and very different is that these techniques for transformation are going to be presented to you in such a way that they become a "process".

This means that it's not a question of which tool to use, or which one is better than another. It's a matter of when and how to implement them so that they are effective for you. It's not about whether or not to visualize your goals. It's about when to visualize. It's not about whether or not to prepare yourself. It's about when that activity can achieve optimum results in your life.

These steps will open a world of possibilities for you. You'll suddenly realize that you have options you never imagined. You'll gain an entirely new understanding of what it means to be a creative human being. You'll finally realize that you have choices. That's the secret of these steps, and why they can help you achieve what you truly desire.

There is No Such Thing as The Impossible Dream!

Before you begin work on this seven-step creative process, you need to get really clear on one thing!

YOU WERE CREATED NOT ONLY WITH THE "DESIRE" TO FULFILL YOURSELF, BUT WITH ALL THE "EQUIPMENT" TO FULFILL YOURSELF.

What you must do is interpret your innermost desires. Discover what they truly represent. You wouldn't have these longings if they weren't possible for you in some form or shape.

You can identify your deepest desires as creative needs ... needs that should not be squelched, or put down as impossible dreams ... needs that represent an inner longing to express yourself as you were created to be. Your purpose in life is one of growth and fulfillment of your God-given potential, and only you can live your dream!
YOU HAVE SOMETHING SPECIAL AND UNIQUELY "YOU" TO SHARE WITH THE WORLD!

As human beings, we are alike in many ways, but also very different. Just as there is one substance called snow, yet each snowflake is unique, so we, as individuals, form one body called humankind, yet each of us has a distinct and valuable perspective to share.

You Have Everything You Need!

You are like the tiny acorn that is equipped with all that it needs to become a giant oak tree. You have within you all that you need to experience wholeness on every level of your being.

You can stop looking outside yourself for the qualities you desire. They're already a part of your basic nature. You just need to find a way to develop and express them. These steps can help you do just that!

I suggest you read through this book entirely so you can see how the steps work together. Then, come back to each step in order. Work the exercises, and use the affirmations and visualisations. Soon you will begin to see the changes in your beliefs about yourself, and in the world around you.

This book will take you on an exciting journey of discovery. With the things you'll learn about yourself, through this seven step creative process, you're going to come to realize that NOTHING IS TOO GOOD TO BE TRUE!