

# Creating the Life You Desire and Deserve

By Debbie Friedman, M.S., C.Ht.

I was talking with a woman who was telling me about her recent work – that she was, for the first time in her life, finally able to do her work the way she'd always wanted to with a client. She then turned and asked me, as a clairvoyant, if I saw that this was going to continue for her. Could she really live the life of her dreams?



As I started to tell her she could if she focused her thoughts and visions to take the appropriate actions in her world, she quickly cut me off mid-sentence to say "Don't talk to me about that thinking crap. If what I was thinking came true I wouldn't have had to wait this long." Her negativity was amazing and powerful, a strong indicator of why it had taken her so long and why this success might not continue.

She had sat talking to me for almost thirty minutes straight about the struggle, how she wasn't appreciated, how many people thought she was different, how her approach was too expensive and time-consuming for people, how so few people support her approach, and the list went on.

Her focus was on what was wrong with the world, judging and criticizing herself and others. This appeared to be a habit that she wasn't even aware of. She was clearly thinking with a lack and limitation mentality, not seeing that she was standing in her own way of success. Her thoughts and her focus were creating her reality.

*Whether we know it or not, whether we believe it or not, our beliefs and what we focus on --- the ideas that have the most emotional charge --- are what creates our life experiences.* This woman could not TRUST that the Universe was friendly to her plans and she was relying on the story she had created in her mind to reinforce why her life was unfolding the way it was.

Here's a different twist on the same opportunities we have. Last week I decided I chose to create more money and more clients. I'd been sick the week before and out of town for two weekends in a row, so I took the time to attract and vision what I chose for the week. I saw the prosperity, the new clients, the joyous experiences, and the amazing miracles. Right after that, I received calls from three people who are now new clients. I ended the week seeing five new clients and scheduling three more for the weeks ahead. One client even paid me extra money because she was so thrilled with the session we had. I have a stack of checks ready to deposit tomorrow, I received another order from Amazon, and the list goes on.

***Can YOU live the life of your dreams?*** ABSOLUTELY! In your own life, consciously remember and practice the step-by-step process for manifesting true wealth and success:

1. Get into a state of spiritual vibration
2. Choose what you desire
3. Expect the gift
4. Visualize what you desire
5. Love what you see
6. Know your desires are being fulfilled
7. Surrender
8. Express gratitude
9. Take the appropriate actions in your world

***Life is magical.*** *Make the decision to create YOUR life full of joy, excitement, abundance, peace, happiness, love, health, prosperity and success!*

Let go of the stories from the past that have held you back and live consciously to see the miracles unfold. Trust yourself and trust the Universe to make your dreams your reality!

*And, remember, YOU deserve it!*

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