

*We all have the
power within
ourselves to overcome
any adversity!*



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“Joe vs the Volcano” , (Yes, it’s one of my favorite movies!)

“My father says almost the whole world’s asleep. Everybody you know, everybody you see, everybody you talk to. He says only a few people are awake. And they live in a state of constant, total amazement.” Meg Ryan, “Joe vs the Volcano.”

If you haven’t seen the movie go rent it and check it out! It’s so much about how most of us live our lives.

I don’t remember who actually wrote the statement about being constantly amazed. I read it about 25 years ago and it really hit me like a ton of bricks, it changed my life. At that point, the words jumped out at me, a voice, intuition, something said, DO IT! I went from hoping my life would be short, hating everything about it, to being awake. Life, people and situations, I started looking at it all with amazement. Have you ever had a “now” moment? DO IT! Give it a try. Over compensate, be overly amazed, every minute, every second, see how it changes you, how you look at things. See if you don’t start seeing a clearer picture of the whole picture without judging, with more love and understanding for yourself and others.

Now we have the next generation of guru’s (ok a little judging going on here) telling us they have “The Secret” to life, happiness and riches. Most want a heavy price tag for it. For the seminar junkies it’s not too much to pay. I know I’m a recovering junkie. I came out of most seminars feeling angry, mostly at myself. Because I paid all that money and I just had to go to the bathroom. I know that’s when they gave out the secret to life, how to be happy, rich and married to that Victoria’s Secret model and I missed it, again! Where was I? I was relieving myself! (I won’t go into that metaphor.)

Another guru, another seminar, another pee break, missed it again! It took me a while and many seminars to figure out the message was always the same, as it is now and “The Secret” is that there is “No Secret”. There are plenty of \$10.00 books that these guys have read and pass on that same knowledge and tools but for a much higher price. I’m sure its to pay for their high priced “How to be a guru” marketing seminar. Same lines, word for word, same hand movements, questions to ask the audience, oops, don’t want to give any of their “Secrets” away.

But as long as you get something out of a seminar it’s worth it. Even if it’s the same message you’ve heard over and over again, repetition, till you finally get it, what ever “it” may be for you. Some of us wake up at different times and are totally amazed. I know that we all have “The Secret”. We just find it different ways and at different times in our lives. It all comes from within where its always been.

But go to the seminars, I did, I got what I needed to get out of them.

If all seminars taught EFT at them, people would really leave with something life changing.

EFT is the missing tool, the missing piece, in my opinion— “This Secret” is getting out. Energy, vibrations, they’re all talking about it, good buzz words. But how do you increase your vibrations? EFT. How do you unblock your energy? EFT. EFT can do it all. Release the stress you’ve been carrying around with you, reprogram the sub-conscious mind with healthy habits. Free that energy to be productive. Free to raise your vibrations. Higher vibrations attract a healthier, happier lifestyle. Like attracts like.

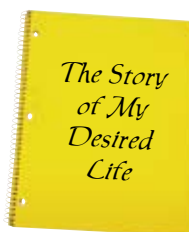
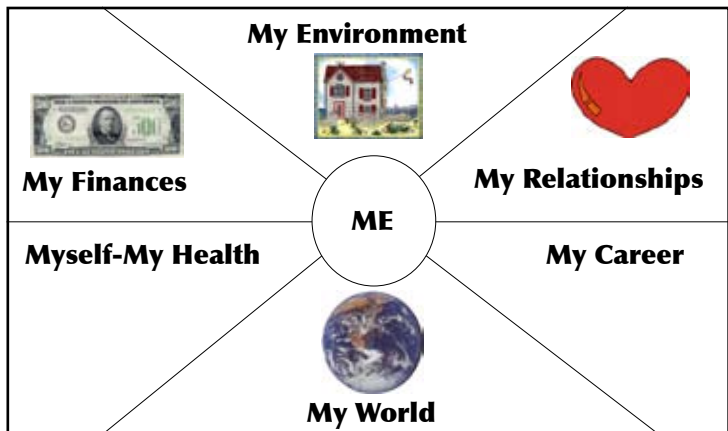
See the movie, have a “now” moment, be constantly amazed!

Peace out,

Dave

Example of a Manifesting Page

These are just some ideas to help you get going. You could also have one whole page dedicated to a single goal or desire or just 2 or 3 ideas you want to manifest. There are no rules except that it brings you joy to contemplate and that it is easy for you to imagine it coming true. Just believe and trust in it!



This or something better now manifests for me in totally satisfying and harmonious ways for all concerned.

— Shakti Gawain, Cosmic Affirmation from “Creative Visualization”

Find a quiet place and relax, letting your imagination take over to create the perfect job, relationships, financial situation, etc. and write it all down. Once you’ve decided exactly what you want, then it’s time to have fun creating it on paper.

Create a vision specific to you, putting your desired life into an art form that is bright and full of life by using color, words, glitter, pictures, and photographs to bring it into focus. Or if you want, write a story about your desired life and read it daily.

Now, set it out in the open for you to remember to focus your intent, living and feeling the emotion of having your desired life. Use gratitude and appreciation for all you have now and will have in the near future. Be filled with love and joy as you daydream about your new life. LOVE IT, REJOICE IN IT, ANTICIPATE IT as often as you can.

Meditate at least once a day for 15 minutes putting yourself in your picture and live it as vividly as you can, sending thanks to God, your guides and guardian angels who are helping you with this process.

Read uplifting, positive books to keep yourself feeling the love in your current life. Watch positive movies that bring out the feeling of joy. Listen to music that makes you want to dance - and do it!

Create a CD with positive uplifting songs so that you can listen to it while you drive, are at home or in the office to stay happy and think positively.

This is a joyous process, have fun with it!

Let us share these powerful techniques which can change your life!

Cindy Wright, LMP

EFT-Adv

**Energy Medicine Practitioner
Empowerment Trainer**

“I have been a licensed massage practitioner since 1998 and over that time, I have taken many classes in a variety of energy healing modalities including four years experience and teaching assistant with Donna Eden and Energy Medicine, EFT-Adv., Advanced level Psych-K, and Source Connection Therapy™.”

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Dave Duran

EFT-Adv

Empowerment Trainer

“I’ve always been drawn to help others and in doing so have become the student, learning so much along the way. I have studied many methods of “self-help,” from NLP, hypnosis, Energy Medicine, Psych-K and Emotional Freedom Technique™ (EFT).”

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