

10 STEPS TO

Create Your Life's Desire

A WORKBOOK ON TRANSFORMATION



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Heal Your Mind, Heal Your Life

Welcome!

Did you know that the universe supports you and wants you to have what you desire? How do you get it to happen?

First, you have to declare what you desire to align yourself with your will to receive.

True power comes from the alignment of your desire or will with the Universe's desire to give it to you.

When there is no block or resistance to your willingness to receive, you will receive what you truly desire.

The idea is to become clear about what you want and be willing to do some simple things to allow it to come forth.

It's not about setting goals.

It is about aligning your will with the Universe to bring about a new way of being, where your power to be your True Self emerges from deep within you.

How do you get there?

You have to change your thoughts about what you believe.

Your mind is powerful. If you learn to utilize the Steps in this Workbook, consistently do what it says and then let go and let it happen in perfect timing, it must happen. Why? Because of the Law of Cause and Effect.

The Law of Cause and Effect

You always receive the result of your thoughts...they always materialize on some level of existence.

For example, when you think fearful thoughts, you experience fear. You project it onto the world and think it's outside of you, you associate it with certain events or people. Also, when you think loving thoughts, you extend this to the world, to people, to situations and you feel wonderful.

You prove to yourself each time you constrict in fear, or you extend love.

Over time, you realize that extending love feels better than projecting fear.

Here are some guidelines to follow to begin using this law to benefit you.

First, you need to be specific about what you want to create for your life's desire, so that the universe responds to you.

For example, if your desire is for more money to pursue your dream, you can help by telling the universe what you will do with the money. How will you use it? Be specific and go within and create a scenario in your mind...see yourself doing those things.

If you want to help others with your spiritual gifts, the universe responds immediately because it aligns with your will to give your gifts because it is a benevolent universe and it supports you in giving you what you want.

Ask and it is given.

To summarize, your part is to

1. State the desire,
2. See yourself doing it in your inner vision,
3. Open up to receive what you are asking for.

If you don't block the giving of your gifts and receiving the response from the universe, you will be in a state of grace or flow. This flow of energy is how you know you are aligned with your true desire. It is creative and active and feels wonderful.

When you are in the flow of giving and receiving, you can easily clear away any belief that blocks you such as self-doubt. Doubts may come up as you focus on your desire. They can be quieted by acknowledging them and then moving on without taking them too seriously. I will teach you how to do this on the clearing beliefs Master Classes.

If you need a deeper healing of the doubts or limiting beliefs, you can do some clearing exercises using the Healing Sabotaging Beliefs that's included with this free gift.

How to discover what you truly desire

What if you don't know what you really want to ask for?

Sometimes people don't really know what they want. They need help in finding that out before they do this process. If that is true for you, do this first.

1. Get a large piece of paper, some crayons, markers, magazines, scissor, tape or glue.
2. For about 30 minutes, sit and go within, as you ask the question of what is your life's purpose. As you tune into yourself, allow for this to be revealed right now from your higher Self who wants to communicate with you. Let this take some time as you go within and become quiet. Take a few deep breaths and relax. Just have fun with it, get playful.
3. Stay out of censoring your thoughts or ideas. Just open up and see what it is you hear, see, or feel deep within you. Draw or cut out pictures from magazines and write words or pictures that come to you. Play and be like a kid again to see what happens. Have an adventure!

If you're stuck, ask yourself the following two questions. Spend at least one hour and write down whatever comes to you.

- What if you only had one month to live. What would you regret the most that you didn't experience? Go deep within yourself and ask.
- When were you happiest in your life? What were you doing? How did it feel? Imagine yourself there right now. Feel those feelings of joy or happiness, or an inner contentment. Remember it and write down the way it felt and what you were doing. Don't judge it. Don't think you can't do that now, just imagine how it would feel to do it now.

10 Easy Steps to Creating Your Desire

1. **Have a clear image** of what you desire. Be specific because a vague idea has no power. State it out loud. **I whole heartedly desire (fill in the blank)**. Write it out on a large sheet of paper in big letters.
2. **Have a clear intention** and state the intention that you intend to receive this desire. State out loud: I intend that this (fill it in) is coming to me now (or within a certain time period).

3. **Expect to receive it** by running the movie in your mind of you receiving it and enjoying your life as you experience it. Keep seeing it happen for a few minutes each hour of the day.
4. **Take action** toward receiving it – take any action you can think of to keep it coming toward you. E.g. for a new project, write a job description that describes your idea, and see yourself in the new position doing what you love. If it's a new relationship, write down what you want for you both and how you will relate with each other, what will you be doing together. Go on some dates and ask for the person of your desires to come to you. If it's a new house, see it, describe it, notice what you like about it the most. Look at house magazines and cut out pictures of your ideal house. Have fun with this, let your imagination run wild! Creativity is key. Keep an open mind.
5. **Focus your attention on the accomplishment of it.** See and feel it happening, feel what it feels like to have it be true for you right now. Your brain doesn't know the difference, so this creates a pathway as your mind feels its reality now.
6. **Release any beliefs that block this flow** –when you notice doubts or limiting beliefs, release them using this quick method: State this out loud as a declaration: I uncreate and delete the idea that (I'm not worthy to receive this, for example). Or I forgive myself for believing I don't deserve (state the thought). Use the meditation included in the free gift to release these beliefs.
7. **Make a visual picture on paper** of you having this, being happy to have it and feel what it feels like knowing it's yours now. Now, pin it next to your bed or somewhere you will see it when you wake up. Look at it every day in the morning and before you go to sleep and express gratitude for your new life. I give thanks for this new _____ coming to me now.
8. **Write on the picture:** I thank the universe and expect to receive this within (a desired time frame). I am willing to take any action to accomplish this and to be shown how to do it. The time frame makes it more solid.
9. **Get quiet, go within and ask...**let the action steps you need to take come to you. Start today. Each day, go within, and ask...write down

and do 2 or 3 things to move you toward the goal. Tell someone who will hold you accountable to doing these action steps. Motivation is key. You signify your motivation with your attention and commitment to act.

10. **Be grateful for its accomplishment.** It is given! State your gratitude for its accomplishment and the power you have to create it.

The big gift from this exercise is a mental willingness to try something new, to tune into your creativity, to use your intuitive ability and to become more aware of the power of your mind. When you recognize that your thoughts are powerful, you begin to use them on your own behalf.

Doing these 10 steps will bring you out of the victim state and remind you of your own power to change your life.

It may seem silly if you've never tried it. But the exercise above does work if you apply it. It only takes a short time to do it, yet the repetition of the daily application in the morning and reading it daily makes it come into reality.

Being grateful that it is already accomplished is vital.

Time collapses when you are grateful that it has already happened. When you give thanks for the great gift of life, in all its forms, something in you hears it and gives it right back to you.

If you experience doubt, forgive yourself for not trusting in your own creative power and the power of Life to fulfill itself. You are using the Mind of the universe to think that thought.

Don't you want to trust in that power? It created you and the whole universe! What you are is already powerful, so use your power wisely, to love yourself and give yourself gratitude just for being you.

This isn't about effort, do the steps and remind yourself what I've shared with you each day. Focus on loving yourself so much that you accept the gift of your own power to change your life. Soon, you will be telling everyone your miracle story of how your life changed just by doing these simple steps.

My Story

I remember when I first discovered the power of my own mind, I realized it was a key to my healing. At the time, I was very depressed and couldn't find a reason to live, I couldn't sleep and just felt well, pretty worthless. I wanted to change my life, but I had no idea where to begin.

After finding some self-help books, I began to discover the power of the mind. I began to do gratitude exercises and meditations, I read *A Course in Miracles Daily Lessons*, and I noticed I began to feel hopeful, I could sleep again, and I didn't feel quite so alone. It was the very beginning of my journey of awakening and it began many years ago.

Throughout the years, I have come to realize that the power of forgiveness as I release my judgment and blame has had major effects upon my well-being. I learned that the depression came from my not being willing to see that ***my life had a purpose*** and I could embrace the purpose of feeling better. I didn't have a big "purpose", I just knew I wanted to be happy. I couldn't see the big picture.

Once I was able to perceive my life with meaning and believe that I had power, rather than simply being a victim of my thoughts, I felt completely different, the depression lifted and I found myself in a state of wonder.

My spiritual path became the focus of my life for the next two decades. The path I used is called *A Course in Miracles*. Now each day is a miracle where life unfolds in divine right timing. I still read a lesson every day and teach a class weekly.

I have been teaching the Course for all this time and I have found myself in such joy even when so called crisis happens.

The outcome to my life's journey is simply that I have learned I can always be happy regardless of what is appearing in front of me.

For instance, I've been married three times and after grieving all of them, now I'm really happy to be on my own. I know that no matter how things appear, I am able to choose to be happy by using the power of creating something new – a new adventure. I'm single, I can go where I like when I

like. It's different from having a partner and I like it now, even though I didn't like it at all at first.

I've learned to love myself even when things seem to fall apart entirely. I go through a release process daily, to let go of fear and open to a new chapter in my life. This is a daily practice.

I can teach you my practice if you like.

The secret to my happiness is: *I challenge every limiting belief I have.* I do not let even one of them stay in my mind without asking myself if it's true...does it serve me to keep thinking this thought? How would I feel if I let it go right now? It's just a thought and thoughts can be released.

Then I repeat one of the lessons of the Course, like *Lesson 10: My thoughts don't mean anything. God is the love in which I forgive. God is the strength in which I trust.*

I now refuse to believe I am aging. Life itself is healing and when I apply the lessons, it rejuvenates my mind and body. If there is pain, I ask for it to be released and it goes away within a short period of time.

How? I am willing to explore what my thoughts are telling me. I don't believe that suffering has any purpose, it's a war within myself, so I explore the reason that whatever struggle is happening now, *I can grow and it can go.*

I truly hope this helps you become more aligned with your purpose and come into the awareness of your power to create your life. Remember to use my Healing Sabotaging Beliefs Meditation that is included.

Or you may contact me to work together if you would like to do that.

I can be reached at healyourmindnow@gmail.com.

In love and light!

Monica Dubay