



"When you follow your bliss, and by bliss, I mean the deep sense of being in it and doing what the push is out of your own existence... doors will open where you would not have thought there were going to be doors."

~Joseph Campbell

Introduction

It has been said that when people are confronting death the most common lament is: "I wish I'd had the courage to live a life true to myself." But what is true to yourself mean? It has something to do with what Campbell meant about following your bliss.

After years of coaching people to change habits that are critical to their health and well-being yet resistant to change and live a happier healthier life, I concluded there is an important piece to this puzzle missing. I believe it has to do with how we go about choosing and getting what we want as opposed to aligning our goals with what we think constitutes happiness. The truth is if you are not true to yourself, you will probably be pursuing the wrong wishes and dreams for the wrong reason in the wrong way. Remember that old saying: "be careful what you wish for, because if you wish

hard enough you are sure to get it." The origin of this saying is unclear, and the message is somewhat mysterious, yet it may just be very wise.

What I learned was that it takes courage to be true to yourself and you have to know how to go about pursuing what you really want. When I first started in the field as a life coach and hypnotherapist, saying affirmations and thinking positive thoughts (change your thoughts/change your life) was the way you went about getting what you wanted. While it seems simple and straight forward, I also discovered there was a missing piece to the puzzle in terms. Until you get on the right path and get the power of the creative unconscious behind you, it might be hard to achieve the goal. In other words, you need a process to go deeper than just what you think you think. If you are not being true to yourself, you may be pursuing the wrong wishes and dreams for the wrong reasons in the wrong way, experiencing frustration and or getting more of what you do not want.

This course is based on the research I did to help find the missing piece(s) to empower you to have the courage to create and achieve a more authentic and engaged life, so you can have the peace of mind and happiness you want. This course contains both experiential exercises to help identify the right path, the right wish(s), and hypnotic guided meditations designed to help you to understand how to be willing,

which is the original meaning of wish... as in to will...go beyond just wishing and have the courage to be true to yourself and turn those dreams into reality.

I call the process **W.I.S.H.**, an acronym that stands for: picking the right **Wish**, engaging the **Imagination**, and **Setting** intentions to act and taking steps to make it **Happen**. Implicit in this concept is that you have the power, the 'genie' within to help you bring forth your wishes. You will learn how to use the power implied in wish, to pursue the right desires, those that are in alignment with your authentic self in a way that will be both generative and fruitful. **W.I.S.H.** is the art of choosing the right wish turning it into a desire(s), creating your life from that place using **Guided Imagination**, using **Active Visualization** in a meditative or contemplative state. **W.I.S.H.** can be a magical process that works in tandem with how the creative process works. Whether you realize it or not, you are creating your reality and that's why you might as well learn how to make it work for you.

Finally, it is important to understand that **W.I.S.H.** is more than just positive thinking and goes beyond just using the conscious mind to change your thoughts. This approach is gaining traction and new research on the science of motivation summarized by Gabriele Oettingen in her book *Rethinking Positive Thinking*. This helps us to understand why just positive thinking, wishing, hoping and dreaming about things does not motivate or empower us to take action or change. Wishing and day/dreaming

are passive and has been proven to be de-motivating. Wasn't that the real message in the Wizard of Oz, the power is within you?







W.I.S.H will help you to:

1. Explore, fine-tune, and get clear about your **Wishes**.
2. Learn how to dialogue and connect with the **Imagination** your internal guidance, and transform your self-doubts and fears.
3. Set the right intentions to turn your wishes into 'burning desires.'
4. Learn how to use the power of visualization.
5. Develop a plan and taking actions to make it **Happen... staying focused on what you want not necessarily how it will happen.**

Once again, implicit in this approach is that you have the power, the 'genie' within, which is the Imagination to help bring forth your wishes, to create what you want, but you have to understand how to use the power. This course will help you to find that piece and provide a way to go about getting it. This is what I think we are all hungry for- we all have a longing to be more engaged and involved with something that is meaningful in our lives... which is another way of saying we want to create, because deep inside we are all creative. By create, I don't just mean produce something artistic, I mean anything you want to bring forward in your life, a relationship, health, meaningful vocation (work), more freedom, something that really excites you that is meaningful you are being called to do even if you are not listening yet. Whether we are aware of it or not, we create our lives. This is going to teach you how to go about doing that by design, from a more conscious place with the assistance of the creative

unconscious. So, I want you to view this as a creative journey you will be going on that includes the following steps:

6 Steps To Achieving Your Goals

<p>Believing It What you need to be saying to yourself to believe you can achieve your goal?</p> 	<p>Desiring It What is your real/key motivation?</p> 	<p>Visualizing It How will you look, feel or be that is different?</p> 
<p>Overcoming Obstacles/ Temptations What obstacles or temptations do you need to overcome?</p> 	<p>Merging With It What separates you from your real self?</p> 	<p>Energizing It Feeling the Feelings of Having Already Achieved It How will you feel when you've achieved it?</p> 

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