



Goodbye to the Struggle Monster

Hello to Joy and Ease!

with

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CREATE A TRULY ABUNDANT LIFE WITH JOY AND EASE

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LIFE ALCHEMY

The ancient Alchemists had the ability to turn lead into gold. Modern Alchemy is about transforming your life from an ordinary one to a life of your dreams.

Clearly hard work alone is not enough. Most of the people in the world who work the hardest are the poor people. For over 25 years I have been studying and developing my understanding the basic principles of how to consciously manifest the life you desire.

The first thing you need to do to take control of your life is to own responsibility for the fact that you have created it the way it is. The second thing to do is learn the principles for how to achieve what you want with ease and grace. Third apply the principles and do the inner work required to create what you desire. Finally you must get going and take action in accordance with your dreams.

The five steps to creating a truly abundant life with joy and ease:

- 1. CLARITY: HAVE A VISION**
- 2. CLEAR YOUR RESISTANCE / CLEAR BLOCKS**
- 3. INDUCE GRACE (ease)**
- 4. LIVE HEART CONGRUENTLY**
- 5. TAKE ACTION**

Remember to have fun and enjoy the ride!



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1. GET CRYSTAL CLEAR ABOUT YOUR IDEAL LIFE

You must have a dream – from your heart that you are passionate about.

Your box is too small – the limitations we accept as normal are the result of our conditioning.

Expand you mind: Consider the wonder of the stars – on the clear crisp dark evening when there are no clouds do you ever look up at night time sky and marvel at the stars.

What would happen if you got to the edge of the universe and then put a stick out

Go for big dreams – they create excitement. Put your wings out and let yourself soar. What would you do if you knew you could not fail?

Remember: There is no order of difficulty in miracles

Dreams can be in different areas

- Self Actualisation
- Relationships
- Business – Vocation – Career
- Lifestyle – what you spend your time doing
- Living Environment – where you live
- Achievements – sport, adventure, creativity
- Holiday
- Service to the world

Write your vision here:

2015 Goals

Self-Nurturing

Self Image

Fitness

Health

Relationship

Home Care

Finances

Fun / Play

Holiday

Career

Spiritual

2. CLEAR YOUR RESISTANCE AND BLOCKS TO SUCCESS

The most common blocks to success are:

RESISTANCE / BLOCKS	ANTIDOTE
Complacency, fear of failure, Living in a box that is too small	Dare to Dream Connect to inspiration from your heart Learn Emotional Mastery: Courage Emotionally process past failures
Doubt	Learn from the doubter Step into and open to mystery – the Void
Scarcity	Feel through the layers of fear to peace Practice abundance programming: Generosity, Affirmation, Heart Connection
Inadequacy	Connect to love inside your heart Don't believe in yourself - Believe in your ability to do it
Dis - Trust	Be in Integrity - keep your agreements Do what you say you are going to do
Guilt, shame	Forgive yourself, let go of punishment Practice Mercy, increase self love Feel under the guilt and shame Practice gratitude
Money shame	De shame money from evil to a tool for good De shame success, permission to shine Welcome receiving and recognition
Resentment	Heal anger and hurt Practice forgiveness and gratitude Rejoice in other people's success
Jealousy	Don't compare, live in the present Celebrate other peoples success
Negative thinking	Release fear based thinking Feel the fear instead Transform fear to love – Heart Breathing

Procrastination	Listen to the good advice of the doubter Feel under to resistance to what is not being Acknowledged
Over scheduling / tasking	Break projects into small realistic action steps Take time out to recharge
Self Sabotage	Increase upper limit thresholds Resolve anger at self Release limited beliefs, punishment, Change fear of new into excitement
Hard Work Paradigm	Connect to your passion Let inspiration move you from the inside out Reprogram you can achieve with joy and ease
Struggle Pattern	Process old energy pattern from birth Resolve the above issues
Drama	Take 100% responsibility for your life Live in the present moment Stop rescuing others
Martyr / Saviour / Controller / Doer	Learn to receive - from others and from the divine
Recognition shame	Give yourself permission to Shine Surround self with people who are happy for you to achieve success
Rebound - back lash 2 steps forward 1 step back	Clear Resistance Keep on going to set new habit / pattern Commit

3. GRACE - INDUCING FLOW

Grace is unmerited favor give freely from the divine. We can increase and decrease how much we receive. The above list is about clearing the things that decrease grace, the list below are ways to increase grace in your life

GRACE – INDUCING FLOW	Setting up conditions for FLOW to happen
Commit	Miracles arise from conviction Aligns your energy like a laser to success
Presence	Be fully present
Live in Love	Live with an open heart
Be Optimistic	Look for the good purpose in everything
Be flexible	Let go and flow whilst maintaining dream
Create Good Karma	Assist others to achieve their goals Celebrate others success
Gratitude	Practice appreciation and gratitude
Excellence / Mastery	Practice Presence
Generosity	Give and receive generously
Have a light heart	Play, laugh and have fun
Pray	Pray for assistance and guidance

4. CONSCIOUSLY CREATE USING HEART CONGRUENCE

When you live in alignment with your deepest values and truth you find an inner strength and resilience to tackle challenges, overcome setbacks and find fulfillment no matter what the outcome. To live congruently requires you to align your head and your heart, stay focused on the really important goals and create strategies that assist you to achieve your dreams.

CONSCIOUS CREATING	
Clarity and intention	Be crystal clear about your vision
Excitement – Stretch!	Make the dream a stretch, something exciting the excitement gives you energy
Do it with Passion	Connect in your heart to what lights you up and channel that energy into achieving your dream
Write your Vision	Writing helps clarify your Vision Also describe goals along the way
Belief	Believe in your ability to achieve Turn the doubter into a friend Reprogram using affirmations
Cultivate enthusiasm	Connect to your heart to make sure your vision is an expression of your soul
Responsibility	Accept 100% ownership as the co-creator with the divine
Congruence	Live a life that is congruent with your dream Create strategies to lead you to your goals
Consciousness	Focus on what you want Be present with where you are
Work smarter not harder	Prioritise Using Pareto principle 80 / 20 Use Parkinsons Law: Set time limits
Master setbacks	Ask: What is the good purpose? What can I learn here? What is the heart muscle to develop here?

5. TAKE MASSIVE ACTION

The universe rewards action. The difference between a dream and a fantasy is that you can make a dream come true.

When you take action toward your dream you affirm to the universe that you are committed to making it a reality. When you take one step towards your dream, the universe takes two steps towards assisting you to make it a reality.

Action Steps	
Cultivating Heart Quality	Heart Manifesting Meditation
Reprogram Subconscious	Affirmations & visualisations
Leverage – be entrepreneurial	Find ways to multiply your time and energy
Planning	Written Dream and Goals
Set up Systems	Formulate Strategies Goal - project planner Assign Priorities Build a team – Enroll others and outsource Plan your day Use a personal note book

FINALLY

REMEMBER TO TAKE THE TIME TO HAVE FUN!