

Also by Barbara Rose, PhD

Individual Power

If God Was like Man

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If God Hears Me, I Want an Answer!

The Messiah's Handbook

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Divine Intervention: The Cards Drawn from Your Soul

The Official Complete Guide to Higher Self Communication

Barbara Rose, PhD

Feeling Good Enough NOW

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You may contact the author through her Web site:

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BARBARA
ROSE, Ph.D.

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NOW

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CHAPTER 1



BEING GOOD ENOUGH

What if I told you that you are good enough right now, exactly as you are? Would you believe me? I would venture to say that most people who pick up this book would have to answer with a resounding “No.” I would *also* venture to say that, just as I used to do, you might be placing certain arbitrary conditions on your worth and your value as a human being, such as your appearance, finances, social accomplishments, or any number of conditions that may be unique to your situation.

What do you believe would make you good enough right now? Think about this for a moment and then go ahead and fill in the blank. Do you first need to look a certain way? Do you first need a lover (for the rest of your life)? Do you need to make some sort of accomplishment in society? If you can answer yes to any of those conditions, do you *really* believe that once those conditions are met *then* you will be good enough?

Guess what? If you believe that *any* outer condition will create your worth—the worth that you feel you don't have right now—then you believe a pure lie.

What about *after* you reach your goal? What happens when you actually achieve whatever you have deemed to make you worthy? What about after that time? Will you then be afraid of losing what or who you are? And what if you did? Would you then suddenly go back to being worthless or not as worthy as you were five minutes before that loss?

The Name Game

You most likely find yourself playing the name game in your mind on a regular basis, and I can fully relate because I used to deceive myself in the same way when I believed I was not yet good enough.

The names of all the things I needed to be happy were: the perfect weight, secure finances, a boyfriend, a husband, a new home, a nicer car, prettier jewelry, social status, oh, and of course looking like a cover model was mandatory. Well, I may not look like a cover model now, but there was a time when I was a model and I was miserable!

I was more insecure when I was at the height of physical beauty years ago than I ever was before in my life or have been since.

Oh, you may be thinking, Sure, it's easy for her to talk; she's an author, what does she know about struggling?

Unfortunately, I happen to be more familiar with struggling than I would like to remember.

I struggled when I did not have money to buy food and feed my children on my weekend visitation. I struggled with weight. I struggled in romantic relationships that were emotionally painful. I struggled to somehow find myself. I struggled with thinking that if only I were a famous actress, *then* I would be “somebody.”

I struggled to uproot each of those false beliefs, because even though I did not remain in my acting career, I still worked on the set of major motion pictures and CBS sitcoms, and I *still* did not feel worthy. So then I thought that once I became an author I would be important and thus feel worthy. Well, when my first book was published and I received a box full of copies of my book, I actually cried that night. I thought I would feel elated, thrilled, and celebratory. No. I felt lonely, and if you think a box of paperback books with my name on the cover made me feel worthy, I can let you know right now that they did not.

Conditions of Worth

I felt no more worthy or better about myself when that first box was delivered than I did the day before.

I realized and learned that our worth, this elusive quality so many search for, can never, ever be obtained from outside of us. If it could be, we would all be buying it.

And isn't that what we're actually doing so many times when we buy certain things?

I used to shop unlike anyone I had ever met, so I can tell you firsthand that buying the latest styles,

clothing, handbags, and jewelry didn't do a darn thing to satisfy what my head perceived as a condition that would make me more worthy.

I learned that opening my heart, sharing painful lessons with others, and finding it in my soul to dig out pure worth was a long and arduous process.

It took me years to undo all of the low self worth so that I could feel equal to *you*.

You Are Equal

I bet you didn't expect me to say that. I believe you would be surprised to learn that practically throughout my entire life I was trying to be equal to *you*.

You are a member of the human race, and for about four decades I felt *less than* the rest of the human race. This means I felt less than you!

Oh, you don't believe me? Do you think that *you* couldn't possibly be a person I would want to feel equal to? I'm sorry to burst your ego, but if you are a breathing human being, then I can assure you that I did not feel equal to or as good as I perceived *you* to be because I believed I was a nothing—a nobody. I believed I was nobody because this was what I had been called while growing up.

So I went on a mad search for about three decades to see where or how or through whom I could fill that inner void.

Have you been on this search too? Oh, you have! Well, then you must know how draining it is, don't you? If you have also been on this search, then I'm positive that just when you thought a certain condition would make you feel worthy, the illusion would burst with what your mind falsely perceived to be the truth: that you were *still* unworthy.

Yes, we have been on this quest for a long time.

We were raised in a society and culture that awards the rich and beautiful. But guess what? Even many people who are rich and beautiful are miserable! I know this because I was raised this way along with nearly all of my family. Just about everyone was rich, beautiful, and insecure. So many of my relatives looked like they had it *all* at times, as did I. Yet we still did not feel good enough about ourselves when all the perfect outer layers were peeled away.

Maybe a new boat would do it? No, that didn't work. What about when I lost all of that weight after giving birth? Well, I was skinny, but I was still insecure and unhappy. Maybe a new boyfriend would

have done the trick. No, that just caused a lot of ups and downs, along with too many nights of crying myself to sleep.

Oh, I know, Bloomingdales must be the answer! No, I'm ashamed to admit how much I once spent in Bloomingdales when I was eighteen years old. Even then I was ashamed at how many thousands of dollars I spent on sweaters alone, and I *still* didn't feel good enough. How many sweaters, you may be wondering? In 1980 I spent five thousand dollars on *sweaters alone* to prepare to go to college in Switzerland.

This poor little rich girl still felt as worthless as many people do who are reading this book right now.

It wasn't money or more things that helped me to feel equal to you, and *that* is the purpose of this book—to help you learn how to feel good enough right now, at this moment, exactly as you are . . . and I really do mean this from my heart.

CHAPTER 2



YOUR MATCH

You met your match when you picked up this book. You met someone, me, who chased after anything I could think of to feel better about who I was.

You also met your match because you are equal to me. You are equal to any person you admire. You are equal to *every* person you admire, and you are even equal to the people you do *not* admire.

After all, they are worthy too, are they not?

Do you put yourself above other people? Have you ever done that? I used to. When I was younger in my teens, twenties, and thirties, I used to judge other people. Why did I do this? The answer lies in the fact that underneath my judgmental behavior I was trying to somehow feel “better” than the next person. Because of my cocky ego, which is actually the epitome of insecurity, I falsely believed I was better than people who did not have enough. That myth was shattered when I lost everything in my life. I lost it *all*, and I had to learn how to feel good enough during my darkest hours.

Ease and Glory

Do you feel pretty much at the bottom of the barrel in your life in one form or another? Maybe you have a lot of material things and financial success but you still don't feel good enough. Maybe you, too, have lost everything and feel as worthless and as low as a snake's belly. Maybe you even feel that the level of a snake's belly is a bit higher in worth than you are.

If you think that having an easy life and glory, fame and money, accomplishing outward achievement and rising to prominence in society would make you feel good enough *now*, let's consider what your life would be like if that really was your reality.

God bless her soul, but Christina Onassis was one of the richest women alive on earth when she committed suicide. So if you think that owning everything on the outside is going to cause your measurement of self-worth to rise, please at least learn a lesson from Christina. She did *not* feel as worthy as the rest of the human race, even when she owned more than most people who were alive at the time.

Think back to when you were small, before life handed you the hard lessons and challenges you are now facing.

Can you remember even one day in your childhood when you felt pure, unbridled joy and innocence? Do you have just *one* memory of feeling good enough?

I can promise you that even if you *don't* have a memory of feeling good enough, you always have been and always will be.

Compliments and Worth

Have you ever praised someone for their talent, or perhaps you've given someone a compliment about how pretty she looks, only to hear in reply, "No, I'm not that talented," or, "No, I'm not pretty," or, "No, I'm not that good."

Have you ever complimented another person and really meant what you were saying, but the person didn't believe it about him or herself? Isn't that frustrating? It has been for me! I've had so much admiration for so many people, and throughout my life when I have let them know about a quality or aspect of theirs that I admire, they've replied denying the good that I've seen in them. They denied it because they did not really believe it about themselves. Do you ever do this? I used to. Has anyone ever complimented you sincerely and you've found yourself saying, "No, that's not true..." to their compliment?

Could it be that perhaps there are people who have seen so much good in you, but perhaps *you* haven't believed it or felt it for yourself on the inside? What does it take to feel *real* worth? What does it take to feel good enough *now*?

Within the pages of this book I will help you discover how to go from feeling less than others to feeling *equal to* others.

I can relate to this topic because I have been through this same process of personal transformation. I have gone from feeling less than others to feel-

ing equal to the rest of the human race no matter whom I was comparing myself to.

Would you like to feel this way, too? Do you have a deep *desire* to feel good enough now?

Are you willing to do what it takes to actually feel yourself change and to experience the transformation of your views about yourself so that after a few months you can truly experience those inner *transformations* on a daily basis? If you answered yes to these questions, then please keep reading, because the rest of this book is going to take you step by step to the point where you will soon feel good enough about yourself *now*.

If you truly *don't* have the desire to feel good enough now and you want to remain just as you are, then this book cannot help you. You have to desire to feel good enough and then you most definitely will.

If you have any sort of commitment to yourself, any inkling of wanting to feel that you *matter*, then this book is going to be your self-worth buddy, and I will share the whole process of achieving that self-worth in plain English so that every aspect of reinventing your views about yourself is easy to understand and easy to implement in your life. Finally, I can assure you that all of these truths actually *work*.

A Look in the Mirror

I am going to share a process with you because it *works*; I have shared this process with many people, and in my experience it speeds up the process of attaining self-value by one hundredfold than if you were to *not* do this simple process.

I want you to find a mirror and just look into your eyes at some point before this day is over. Keep in mind that it does not matter what your appearance is like when you look in the mirror.

Two times a day (about a total of thirty seconds a day) for the next *two years*, look at your eyes in front of any mirror and tell yourself three good qualities about yourself based on your observable actions.

For example, when you ate something earlier in the day, in that simple act of eating you were nourishing, caring, and loving yourself. The alternative to eating is starving yourself to death. So even when you eat something, you are showing love, nourishment, and care towards yourself. When you look in the mirror, although this will feel entirely uncomfortable, awkward, and quite uneasy, simply tell yourself what you did throughout the day and then name the three positive qualities *inside of you* that *caused* you to perform that outward action.

Here's another one. Suppose you return a phone call. That is being considerate, kind, and responsible.

Suppose you held a door open for someone while you were walking into a store or a building. That was also showing your qualities of being considerate, thoughtful, and caring.

Now, when you look into your eyes and tell yourself three qualities based on your observable actions, your ego cannot dispute this because what you are saying is based on observable *facts*.

The ego can only believe what it *sees*, so I am guiding you to take the bull by the horns and from today going forward, two times a day, look into any mirror and tell yourself what your ego so desperately needs in order to feel good enough, and remember, what you're doing is simply telling yourself the *truth*.

Mind Games

If you are feeling less than good enough *now*, then your mind is coming up with all kinds of false statements that are swirling around inside your brain, a process that actually *causes* your perceptions and views

of yourself to be skewed. If your mind presents you with a long list of your deficiencies in comparison to others, and if there seems to be every reason to believe why you are not as worthy as your head is telling you that you need to be, then what your mind needs most is awakening, awareness, and especially *truth*.

Mind Awareness

The term *mind awareness* simply means being consciously aware of all the degrading and negative things you are saying to yourself about yourself, even if these are only thoughts within your mind. This is where you and only you can transform what your mind is telling you so that your feelings about yourself can likewise transform.

When you do the mirror dialogue exercise I shared with you, that will help you tremendously with bringing to your conscious awareness all of the good you actually have within you.

Whenever you notice that you are feeling upset, less than worthy, and insecure, take a moment to become fully aware of your feelings; then, examine the thoughts going through your mind.

Once you become consciously aware of the negative thoughts your head is telling you *about* you based

on old, conditioned thinking, you *can* turn this negative mentality around completely.

Mind Noticing

Simply *notice* what is going through your mind when you feel bad inside emotionally.

Here are some examples of things I used to tell myself within my mind that caused me to feel terribly insecure and worthless.

The Negative Mind Statements

If I were thinner, then I would be happy.

Once I'm successful I will feel good about myself.

When I have a man in my life, I'll feel better.

As soon as I lose this weight I will be more confident.

When I accomplish x, y, and z, *then* I will be an important person.

Think about these statements for a moment and see if you can relate to any of them; or, quite possibly you have your own variations of them.

If what you tell yourself *about* you in your mind is negative, *this* is what causes your low self-worth to continue.

The *only* way to reverse this tendency is to *notice* when you are feeling negative, depressed, or downhearted about yourself; notice what you are telling yourself about yourself; notice whether or not you are comparing yourself to another person and then simply bring this into your conscious *awareness*.

Once you become *aware* of whatever it is that's going through your mind causing you to feel like dirt, you can change that thought pattern.

As soon as you notice the negative thoughts in your mind—you know the ones, those thoughts that instantly cause you to feel upset—immediately take a few deep breaths and tell yourself that this is just an old, conditioned way of thinking, and it needs to stop *now*.

Stopping and Starting

You have to STOP the negative mind banter about yourself. No one in this universe can do this for you. You cannot buy the thoughts that go through your mind, and you cannot pay anyone to change the thoughts that go through your mind that cause you to

cringe with insecurity and that make you feel less than worthy.

This means that only *you* can shift the thoughts in your mind once you train yourself to recognize them.

As soon as you notice that there are self-sabotaging, negative, and demeaning thoughts going through your mind causing you to feel low self esteem, consciously STOP that train of thought and immediately tell yourself just one admirable quality you have, something that you *know* you have.

Perhaps you know you are a caring person. Perhaps you know that you are loving, or smart, or funny, or responsible, or creative, or all of these.

When you tell yourself one good quality about yourself as soon as you notice all of the *negative* statements going through your mind, what you are doing is actually putting a STOP to those negative statements, which means that you are literally putting a STOP to the misery and insecurity you feel.

Focus and Direction

Your mental focus, meaning what you think about and what you tell yourself on a regular basis, determines how you feel about yourself.

So if you have been feeling lower than the rest of the human race, which is exactly how I used to feel, then putting an end to such negative feelings is going to require that you also put conscious effort into stopping self-degrading statements from going through your mind.

The best time to do this is when you notice that you are feeling unhappy and miserable, or insecure and lonely, when you really want to feel joy. You can create transformation to feel joy. In the next chapter I am going to share with you exactly how to do just that.

NOTES

CHAPTER 3



WHERE IT STARTS

The feelings of joy, worth, and goodness about yourself can only start in one place—in your mind.

Your thoughts are what cause either pleasant feelings about yourself or unpleasant feelings.

One thing I can guarantee is that as soon as you realize how you are putting yourself down, or you realize that everything in your life is not as you prefer, you can replace those thoughts with a *decision* to transform how you feel about yourself. This decision is based solely on your desire to genuinely feel better.

We have all been through much in life. Most of us (if not all) who have had self-esteem barriers have been treated cruelly or spoken to harshly at one time or another.

What other people say to you or about you has nothing at all to do with *you*; instead, it has everything to do with the perceptions going through *their* mind.

You can choose whether or not to believe what they say about you. You can believe a compliment or an insult. The key is in *choosing* what you prefer to believe about *you*.

New You

The “new you” I speak about is actually the *real* you underneath all of the negative labels and barriers you have set up in your mind.

It’s time you started to feel like the person you really are. It’s time you made a simple decision based on your choice as to how you would *prefer* to feel about yourself and view yourself.

Anything that goes against your preference can now be labeled a lie. Any statement you make to and about yourself has to match your *preference*.

The Key

The key here is in first knowing what you prefer.

How do you prefer to feel about yourself? I'm sure you can answer something along the lines of, "A lot better than I do now!"

You're not the only one. I was faced with this same challenge, and I know if I was able to transform a lifetime of not feeling good enough, then anyone with a conscious mind can do so as well.

Take a moment and consider all of the things in your life that are not how you would prefer them to be.

Now, create a mental picture of how you prefer your life to be.

Go ahead, you can do this right now; imagine how you would *love* to feel about yourself. Picture how you would love to be in all areas of your life. Picture how you would like to experience yourself as the best version of you that you can imagine.

Do you know what? That positive picture is actually the *real* you temporarily buried beneath a lot of

false beliefs. The only way you can transform the false beliefs is by making a decision to focus on what you would prefer to feel, think, and experience.

We cannot transform ourselves and bring out the best we have inside of us if all we focus on is that which we can see.

You have to make a choice. This choice will determine your ability to feel good about yourself *now* regardless of external circumstances or choices you've made that have kept you in misery based on your views and perceptions.

Like I shared earlier, you can have a lot going for you on the outside and still feel that you do not measure up. You can also get in touch with those aspects of yourself that *are* good enough now and use that as your platform, your starting point for transforming everything in your mind that goes against your highest and best vision of you.

Remember that it is your *qualities* that make you who you are. It is the goodness you were born with inside of your heart that makes you worthy. Everything else is merely a composite of experiences, and all experiences in this life are *temporary*.

Other People's Actions

Perhaps you've experienced hurt from others. Those others can be family members, old friends, strangers, anyone who has set out to hurt you either in words or actions or both.

When you allow yourself to feel victimized by other people, you are keeping yourself in a mental and emotional trap, a trap from which you can only be set free by a firm decision in your mind.

Going Against the Grain

I know what it feels like to have no support whatsoever from family and friends. I know what it feels like to wonder if somehow you have been placed in the wrong family. It turns out that I was not in the wrong family; I just viewed life differently than they did. I had interests that no one else could relate to. It's not that my interests were better than anyone else's, because they were not. It's just that they were *different*.

You came into this life to express all of your unique qualities and to create a life that no one else on this earth came to live but you.

This means that there will be times when you may believe in something, or want to create something, and

you may find that you have no support system and there is no one who can relate to you.

If this happens in your life, the very best thing you can do is to *decide* where you want to take your life *today*. Instead of trying to plan out the next year or decade, get focused on *now*, today, this moment. It is by making one decision at a time and then following through by doing what you love that you will completely re-create your life, which includes re-creating how you feel about yourself. When I first told people close to me that I had received answers from God in my writings, that was one of the most petrifying experiences I had ever faced. I felt and believed that I was clinically insane. Who on earth gets answers from God? I used to ask myself this in moments when I was convinced I was a harmless lunatic. But it turns out that in sharing my writings with other people and seeing their lives transformed for the better, I realized that I was not at all a lunatic; I was just bringing something to people that was uncommon.

I had to stick to my TRUTH and do what I felt strong and certain about when others told me to “get a real job.”

What others say to you *cannot* determine the direction in which you take your life. It is *only* determined by how *you* feel, inspired or uninspired. This must be your compass with respect to the decisions you make and what you *focus* on.

I cannot stress enough this point: that whatever you are focusing on in your life, by doing so you are creating more and more of it. If other people have given you challenges, view them as great catalysts to help you come into *your TRUTH*, and then take action according to your TRUTH no matter what they say.

Removing the Naysayers

You may have people in your life who somehow act as if they own you or have every right to dictate what they think you “should” do. This is false. Only *you* can determine who you are and the direction you are taking in your life. If you are met with resistance or ridicule, and threats or intimidation, this is your time to allow others their opinions while you simultaneously move *away* from them and create the life of your own choosing in every area and aspect of your life.

If you believe you *need* a certain person, I can assure you that the one you need most is *you*.

You have to make a choice, and the choice is this: you are either going to follow what really feels true for you and inspires you, or else you are going to squelch yourself just to gain the approval of other people and thus actually forsake the life you were born to live.

This is a serious choice and only *you* can make it. You may be met with resistance, and if so, take comfort in knowing that so has every other person who has ever brought *change* into their lives and thus into our world.

A lot of people resist change. However, what may be causing you to feel that you have no one to turn to is simply your inability to realize that the *only* person's approval and permission you need is your own.

It is admirable when you see a person stick to their truth and triumph. You can be one of those people. Other people cannot hinder your progress unless you *choose* to allow them to do so.

This means that sometimes you may have to walk away from certain people in your life.

You can be kind and cordial as you thank relatives for their opinion and then, telling them nothing, carry on with what *you* want to do in your life. Your *actions* are what have to match your true feelings. It's easy to buckle under when you are faced with naysayers in your life. It takes guts and courage to simply allow them to have their own opinion while you *create* the life you came here to live, starting *now*.

Truth Guide

You have a built-in internal guidance system that will always steer you in the best direction for your highest good, and this guidance system is your TRUTH. The only way you can know your TRUTH is if you allow it to come up to the surface to be consciously acknowledged.

Your TRUTH is how you *really* feel about any remark, decision, choice, and action. When you feel excited inside, this is letting you know that you are going in the best direction for *you*, not for your spouse or relative; they are not in *your* life to live *your* life. They have their own life to live. It is crucial that you move solely in the direction that causes joy to come into your life at every moment.

It is important that you start to pay attention to how you feel around the various people in your life. If you feel nervous, unsupported, intimidated, or downright abused, then all you need to do is stop communicating with those people. You may even have to end communication permanently with anyone who is abusive towards you. As a matter of fact, if you are allowing anyone to be abusive towards you, then you *must* end communication with them no matter who they are (with the exception of your young children, if you have children).

If people ask you how you are doing, or they wonder about what's happening with you, the greatest thing you can say is, "Everything's good! No complaints." Then, if they press the matter, speak about domestic chores. How you did your laundry, or the soup you made, or that you just cleaned out your closet. When you speak only about domestic chores to people who are close relatives yet are *unsupportive* of you, you are doing yourself a great favor. You can maintain harmony with the people close to you while simultaneously carrying on in the direction *you* prefer.

When to Stop

There is a time to stop telling unsupportive people your business, as well as asking other people what you should do. That time is *now*.

Ask *yourself* what you would most like to do. Ask yourself which choice feels more preferable to you.

When you are faced with making decisions, consider viewing them as *preferences*; suddenly what may have seemed monumental in terms of making a decision actually becomes much more manageable.

Many people were never taught to ask *themselves* how they feel or what they (you) prefer. This is the time to start asking yourself so you can begin following what feels right to you inside.

In the same way that no one else can feel your pain, likewise no one can feel your TRUTH and what you prefer. If ever you find that you are in a lot of emotional pain and misery, ask yourself if there are circumstances in your life, or people with whom you are sharing your life, that are contributing to your unhappiness.

This could mean a job you can't stand, a spouse who is always on your case, a relative who never learned to mind his or her own business, or even a friend who has nothing better to do than gossip about other people as well as freely give you her opinion about every move you make.

The people who fall into the above category in your life are the exact people you need to simply thank for their opinion when they express it, and then go ahead and do what *you* want to do *without telling them*.

It's not like you're sneaking around by not following their recommendations; you're living your life! Who on this planet is your boss? Just now when you read that question, if you spontaneously came up with any other person's name besides your own name, then now, my dear, is the time to bring you into your real TRUTH so you can finally live and be who you were truly meant to be.

CHAPTER 4



YOU'RE THE BOSS

I have a life bulletin newsflash for you. *You* are the boss of your own life, only you and no one else!

This means that *you* make your decisions. *You* choose what work you will do based on how much you love doing it.

You choose where you live, what you eat, who you sleep with, where you go, what you do during your waking hours, and when you go to sleep.

Choose a schedule that is what you *prefer* so that

you are doing exactly what you want to do, when you want to do it. This is not about laziness or being dependent. If you *are* dependent upon other people for your basic financial survival, then *now* is the time to learn how to be financially self-sufficient.

This means that you are no longer under *anyone's* beck and call, and no one but you has decision-making power or veto power over your decisions.

Being financially self-sufficient may require that you work one job while you simultaneously incorporate into your life whatever it is you love doing, and then eventually that becomes your life's work.

Consider this: even a person who is in medical school may be working in a restaurant to pay the bills until their medical practice can support them financially.

Most people who are self-made in the area of outward success do *not* work eight hours a day. They usually work *eighteen* hours because their work is filled with passion, purpose, and meaning.

I had to cut back my working hours because I was working between twenty-four to thirty hours nonstop before finally crashing into a deep sleep. Is it any sur-

prise that my body came down with acute bronchitis? So now I am careful to never work more than eighteen hours in a day. Because I feel so driven, and because I love my work as I love my life, I have found that it is too easy for me to neglect myself physically.

Now I am more careful to rest on a regular basis, and I've also learned how important it is to laugh, relax, sleep, and enjoy life as much as possible.

Remember, you alone are calling the shots in your life, and if anyone else has been calling them for you, that should stop as of *now*.

Making Decisions and Setting Goals

It is impossible to plan out the rest of your life because you can only make choices and decisions when they are actually facing you. You can *try* to plan out your life, but ultimately, you *still* will have to make your decisions based on what is actually facing you in your current moment.

For example, you can plan a trip months in advance, and just as it happened with me when I was supposed to fly to Chicago for a speaking engagement, even though everything was booked months in advance, on the day of my flight, hurricane Wil-

ma was blowing South Florida into smithereens and all airports were closed. This is a perfect example of how, even with proper planning, you still have to make new choices in the actual moments when you are faced with those choices.

Who Chooses?

There is only one person who is in charge of your life and your decisions, and that person is you.

If you *truly* want to feel good enough *now*, then *now* is the moment you inform yourself that you are the only one who can tell you what to do.

If you have difficulty believing in yourself, create a mental picture of how you would truly prefer this area of your life to be and tell yourself that you can make it be so. What you tell yourself *will* determine the direction you take your life as well as how worthy you feel. You will only feel worthy and good enough when you are *determined* to. There is one thing I must make clear, and this is that any adversity in your life is in front of you to get you to make a decision based on what you would prefer; then, once you make that decision, move in that direction one second at a time. The seconds add up to minutes, hours, days, weeks, months, and years.

Every time you tell yourself you can't do something, you are literally stealing your life from yourself. Alternatively, every time you tell yourself you *can* do something, you are *creating* the life you came here to live, and you are molding how you feel about yourself.

Improving self-esteem and undergoing personal transformation is a process. It requires complete honesty with *yourself*. Your honesty with yourself is your foundation for the courage you have, the transformations you make, the life you create, and the example you set, especially for yourself.

Alternative Dialogue

The term alternative dialogue refers to the thoughts that go through your mind. You have to be vigilant about what you allow your mind to focus on. Remember, any time you put yourself down or ponder how difficult things are in your life, you are perpetuating negative feelings.

The alternative is to create a decision in your mind as to the direction you would *prefer* to take in *all* aspects of your life.

Your Choices

Naturally your choices are based on what you are thinking. This means that you need to become your own best friend, your own support system, your back-up system, and your cheering squad.

You have to be in your own corner, following only that which you feel in your heart is in your best interest.

Many people I have spoken with do not know who they admire, who some of their role models are, or what they prefer, what they like, and what they would like to accomplish in their life that has meaning to them.

It is your responsibility to ask yourself what matters to you in this life, as well as to question whether or not you are going to follow through on what matters to you or rob yourself of the best life you are meant to live.

I am going to give you some guidelines that will continue throughout this book to help you stay on course in feeling that you are actually good enough just as you are *now*.

Guidelines to Follow

1. Promise yourself from this moment forward that you will do only what feels true to you, so long as you are not hurting anyone or anything.
2. Stop communicating with and sharing your life circumstances with people who are abusive and/or unsupportive.
3. When you notice that you're putting yourself down verbally or in your thoughts, make sure that you stop it immediately, and then replace those negative comments and thoughts with one good quality you know you have.
4. When you compare yourself to others, STOP. You can learn from people who inspire you, but there is no person you are here to compete with when it comes to determining your value.
5. When circumstances get tough, immediately start to look for the growth lessons within those circumstances. That's why they are in your life to begin with, so you can make whatever transformations are necessary to see yourself to the other side of your challenges. You are meant to triumph over them, and you *can*.

6. Never get into a battle with another person about how you are living your life. As long as you are obeying the laws of society and are not harming anyone in any way, you are here to love your life according to your own choosing.

7. Decide this moment how you prefer to feel about yourself and the direction in which you would like to take your life.

8. If anyone or any circumstance is no longer in your life, now is the time to allow the past to be *in the past* while you take all of the positive growth lessons with you and help others do the same by virtue of your example.

9. Always, under all circumstances, follow your gut instinct, that “still small voice” that guides you, and *never*, ever allow anyone to talk you out of what feels true for you in your gut. This could actually save your life.

10. Imagine that all of the outer conditions you think you need in your life are already there—and then let yourself know you are the same person inside only with a different set of circumstances.

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CHAPTER 5



YOU AND OTHER PEOPLE

Living in a world with other people means you can *choose* which people you associate with.

Choose to surround yourself only with people who are positive and supportive of you. Choose to be around people whom you can learn from and share with. If you prefer to keep more to yourself, then this is a great time to acknowledge and express all of the qualities you have, as well as the difference you can make in this world because of those qualities and despite any adverse circumstances you may have experienced.

Your Challenges

All of us face challenges in our lives. Why? So we can get to the other side of them *much* stronger and wiser than we were before.

It is imperative for you to know that whatever challenges are facing you right now are in your life to show you that you can flourish and grow as a result of them, and then you can help other people flourish who may go through similar challenges as well.

We do not consciously welcome adverse conditions into our lives just so that we can overcome them. Most if not all of us dread difficult times. What I have found to be so empowering, however, is to immediately look for the areas in which I need to grow as a *result* of those challenges.

When I do this, I no longer feel victimized by the challenges in my life. I realize that life gives me challenges that cause me to turn within and discover how to learn and grow from them. Guess what? You are no different from me—you have this same inner strength as well. All you need to do is tap into it.

You, too, have all the qualities inside of you to transform how you are *viewing* your challenges.

Many people I am in contact with via my work have created monumental illusions out of whatever is bothering them. Some people cannot see that it is merely a shift in perspective that can transform a person from thinking their world is coming to an end to realizing that their life is at a brand new, excellent *beginning*.

How you view your challenges will determine your level of happiness or misery. It is crucial, and I mean deeply crucial, for you to understand that outer conditions never make you who you are. If you do not like your external conditions you *can* change them. You can also change how you view them.

You As Your Own Best Friend

Think of a problem you are going through now . . . no, not ten, just one! Okay. Has it ever occurred to you that this isn't really a *problem* so much as it is an *opportunity* to see the brighter perspective from which you can glean solutions?

Have you ever known someone who was deeply upset over getting fired from a job, only to be so thankful months later that they *had* been fired from that job? *This* is what I am speaking about. If you are only going to focus on the negative aspects of your situation, this will only perpetuate your misery.

On the other hand, once you can clearly see the challenge you are facing, try this: Give yourself the guidance and advice you would give to a dear friend who is going through that identical challenge.

Something that is even *more* effective, although it takes effort, is to write down or type out the guidance you would give to a dear friend and then read what you've written.

When you do this you are actually giving yourself a different perspective.

Many people have been through many horrors in life such as genocide, persecution, rape, and torture. The people who live through those challenges usually become very strong, and ultimately help others who have also experienced similar conditions and are struggling to overcome.

When something bad is happening to you, it is easy for your mind to come up with every negative scenario possible, which leaves you feeling pretty dismal unless you retrain your thinking on how you view challenges. What I am guiding you to do, however, is to actually write your challenges down, and then write what you would prefer to have happen, something that is solely within your control.

For example, if your boyfriend broke up with you and you want him back, then you have to love and accept, and actually even honor and appreciate, all of the goodness that makes you who you really are despite his being out of your life. That is one of the higher reasons things happen in our lives: to get us to meet with our fate and determine who we are and what we can overcome once we can see the way clearly.

Perhaps you are renting a room in someone's home, just as I once had to do, and you would really prefer to live in your own place. Start setting about doing that. Start with a picture in your mind of how you would prefer to live, and then make the decision to do what it takes (legally) so you can achieve your goal. Then, after dedication and follow-through, you will one day see yourself living exactly as you first determined you would.

I've done this in my own life, and I am certainly not the only one.

I'm giving you some common, everyday examples to show you that many people face similar challenges, just like how many people feel they do not measure up even though by thinking this they believe a huge lie.

Truth or Falsehood

When you meet any particular circumstance, do you immediately think or wonder how it can make you a “better person”? If you do, then you are hinging your worth on a temporary external condition when, in fact, your worth has *no* condition it needs to meet. It is eternal and far supersedes temporary circumstances, including achievements. Whatever you *do* achieve is actually an expression of the worth you *already have* inside of you, and not the other way around.

Even if you have made many mistakes in life, and even if your life has been through some dark and stormy weather, it does pass, as all situations do.

Even Russia went from a communist country to a democratic one. I was in Russia in 1981, and I vividly remember how horrible life was for the people. I was so excited for them when communism came to an end in that region. I was so happy the people could now experience freedom and liberty.

Take an example such as the one above. Perhaps you are living in a country where you do not yet have personal freedom. Even so, you can still make transformations in your mind as to how you view your situation, and thus you can make the best *of* your situation.

Whether or not this pertains to you personally, it is important for you to see the different challenges people actually have, even if those challenges feel completely foreign to you. It is important to understand that your worth, your being, is quite good enough *now*, even in the midst of your challenges.

As a matter of fact, we grow and learn so much *because* of our challenges, that once we do, on some level we are grateful for them. Of course we are not grateful for the misery we went through, but we have *all* been grateful once that misery was transformed into new inner growth.

I would love for you to remember that your worth is contingent on nothing other than your being. Simply being you, as you are right now, deems you to be a deeply worthy person. And the same is true for all of humanity. Some people may express their qualities in a more positive manner than others; however, that is merely an *expression* of their worth. Each person's worth already *is*, and no amount of achievement or ownership of material objects, status, finances, or fame can ever make one person more worthy than another. This means that if you have been comparing yourself to others, or calculating your next move in order to feel *more* worthy than you currently feel, you are actual-

ly chasing after something that already exists inside of you—which is your inherent worth just for *being*.

Your Power

You have the power within your mind to transform your views of yourself, just as you have the power to transform temporary circumstances.

It all hinges on what you focus on combined with your follow-through in your daily actions.

You can think and imagine all you like, but it's not enough. You have to take yourself by the hand and walk yourself *through* your challenges until you reach the other side of them.

You are not alone during difficult times. You actually have divine help and support available for you 24/7.

In the next chapter I am going to share more about this with you. This will help you especially during times when you feel you have no one to turn to, but you actually do.

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CHAPTER 6



DIVINE HELP AND SUPPORT

Whether or not you believe in anything of a spiritual nature, you actually *do* have divine support at all times. Although we may not physically see them, we have guardian angels who are assigned to us . . . assigned to *you*, personally. They are there to help you. The only thing that many people have not been taught is that you must *ask* for their help. You can simply ask out loud for your guardian angels to help you resolve any matter weighing on your heart. You can ask for realizations to come to you during your sleep so that you can wake up with clarity that was not in your mind before you went to sleep.

No matter what religion, non-religion, spiritual practice, or beliefs you have, just as you cannot physically see with your eyes the molecules that make up all forms of matter, they are still there. It is the same with spiritual help—divine help.

So many nights I used to cry trying to make my life better. I truly desired to transform all of the emotional pain I was going through. I actually asked to receive help in my sleep. Sometimes the help would come two nights later. Sometimes it came the very night I asked. When I was shown different perspectives and various ways to view my situation, such as a relationship that had not worked out that I was still crying over, I was shown that because I kept reliving the past in my mind it was like a ghost that stays in a house long after the owner or inhabitant has physically died. That was a very powerful thing to be shown. It made so much sense, and it taught me to keep my focus on *now* as opposed to going over the past in my mind, since doing that repeatedly was what caused the emotional pain I was experiencing.

This is the help I am speaking about. During our sleep we *do* receive clarity and a fresh, honest, and even life-changing perspective that our minds cannot figure out on our own in the course of our busy

daytime hours. When you wake up with more clarity about a certain situation, you feel better. When you are given a different perspective from which to view your situation, your emotional pain then transforms into emotional peace.

Every single human being alive receives divine help in their sleep, even if they do not believe in anything of a divine or spiritual nature. You don't have to *believe* there are oxygen molecules in the air just because you can't see them in order to reap the benefits of breathing fresh air. But oxygen *does* sustain your life whether you see it and believe it or not.

Our troubles are very much a part of why you and I are in this life; we are meant to overcome them. Earth is one tough learning ground. But once we learn and grow, we can look back at tough situations and on some level acknowledge they were worth it because those challenges made us who we are today.

I want you to know what it feels like to receive *more* help, more realizations, and heightened clarity during your sleep. Simply *ask* to receive the perspective you need to help you overcome what is causing your misery or sadness. There *is* an alternative view, and you can even receive it by writing letters to God, your an-

gels, or whomever you believe can help you. You can just write down what is upsetting you and ask for the perspective that will transform sadness to understanding. Once you have written down what is weighing on your heart and you have asked for help, simply take seven deep breaths so the air goes deep down into your belly. Then exhale through your mouth. As you notice words flowing into your mind, just write them down verbatim. After the words stop flowing, go back and re-read what you have written. In doing so, if you receive an alternative perspective that actually helps you, then you can continue this process regarding *everything* that is bothering you in your life now or even concerning past situations that still need resolution, and thus you will attain inner peace.

You can rely on this pure process, which is called higher self-communication. If you do not have any spiritual beliefs, this is perfectly fine. You can call this process higher consciousness communication so that you can receive the higher perspective from that part of your consciousness that gives you internal guidance, that inner voice that you have been glad you've followed whenever you have heeded it in the past.

There is one thing I do want to guide you to *avoid* and that is asking about predictions and outcomes.

They are a waste of time. They drain your focus away from what is important *now* and place you right back into the trap of hinging your happiness on a future event. That is not ever going to help you. You will do far better to keep your focus on right now and the next step ahead. If you are not sure what would be the next best step to take in your life, you can ask for realizations, and you can ask in writing to be shown the best path to take that will benefit you the most in helping you to attain your highest good.

Divine help is given to all of us in the exact moments when we need it. I often call on what I refer to as “the whole troop” when I *really* need something, such as divine help and support in bringing forth my books. Even during the writing of *this* book I asked God, all of my guardian angels, Jesus Christ, and the archangel Michael to please surround me, protect me, and help me bring forth living words that will help *you* the most in your life.

I pray and ask that my books truly make a difference, a difference that *lasts*.

I cannot see any of the angels, but I do feel a loving energy around me. It is similar to the experience you have when you first walk into someone’s home. Sometimes you may walk into a home and feel a positive

and uplifting energy. Then you might walk into another home, or even a business, and the energy within the room or building feels drab, lifeless, and dull.

This is what I mean when I say that you can feel the energy. Calling on whomever you believe is of the purest help and support will bring you just that.

I hope that you will frequently utilize the divine help that is always there for you so that after you have received the help you need you can experience positive results.

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CHAPTER 7



YOUR LIFE PURPOSE

The topic of finding your life purpose causes a lot of people to feel confused, frustrated, and downright depressed because they are not sure what their life purpose really is.

I am going to help you through the process of finding your life purpose so that the journey will be easier for you. The only way I can do this is by sharing my own process with you.

Youth and Wisdom

When I was a little girl I felt a deep connection to God. Growing up I often felt different from everyone

else. When I was eighteen years old I said to my college professor, “I have a feeling that I’m supposed to do something important in my life to help humanity, but I don’t know what it is.” She replied with a statement I honestly do not remember, but whatever she said stopped me from racking my brain trying to figure it all out.

Different Roads in Preparation

At various times and stages in my life, whenever I started to do what I *truly* wanted to do at that time, I always assumed that I would be doing that same thing for the *rest* of my life.

What I did not realize at the time was that each path I embarked on, each career I ventured into, and all of the experiences I had, were actually *preparing* me for my life purpose, which I fully discovered at the age of thirty-nine.

Not only is it important that you follow what inspires you deep in your heart; it is crucial that you do so. This is how your life purpose will unfold into full bloom without your having to plan it all out.

Following Through on Your Purpose

The single most important action you can take in your life, moment by moment, is to follow through *only* with what you *prefer to do*.

Your preferences are your TRUTH. You have designed a lifetime of lessons and growth issues so that you can bloom as a result of moving to the other side of your challenges. This is *why* your preferences are the key to revealing your true purpose in life—they will unlock joy and inspiration for you.

Attachment to Outcomes

It is important for you to release any attachment to outcomes, because they certainly do *not* constitute your worth. *Nothing* outside of you constitutes your worth, ever.

The Direction to Follow

When you are faced with a choice as to what you can do in your life's work or vocation to fulfill your mission or purpose, the single most important factor is to follow what you *truly* feel excited about *because it is an area of self-expression*. Doing so will bring you results that you will always be grateful for.

Self-expression means that you are expressing your unique qualities and attributes in your own unique way. There are a myriad of qualities you have inside of you. Perhaps you have put a damper on some of them. Perhaps you are working in a field that you honestly would *not* do for *free* if money was not an object of concern.

This is what your heart, your preferences, and your inner truth are going to reveal to you. When you are doing what you love because you love doing it, this in itself becomes priceless. The process of self-expression is filled with joy. No longer are you caught up in “achievement,” because the *process* of your moment-by-moment self-expression *is* an achievement in itself.

Achieving

Ultimately, whatever you achieve in life will have the most meaning to you when you feel in your heart that you are making a positive difference in the world no matter what field you are in. When you think about going to work, if you dread the thought of that daily routine, then this is a major indicator that you need to replace what you dread with what you *prefer*.

This can only be done in the moment. I can let you know that the many times I simply did what I felt

inspired to do, including working as a waitress so I could pull the funds together to publish my first book, I was excited about the *process* and the *meaning* behind what I was doing. Was I particularly excited about cutting lemons in the kitchen of a restaurant? No, but I knew it was a temporary situation, and the result that I would gain from the extra income gave me more than enough excitement and motivation to cut those lemons.

Fulfilling All Areas

Many times people need to work a couple of jobs as they integrate what they love into their life. You may be one of those people. You may need to work one job to pay your bills while you start to bring into your life the work you *really* love until that work can sustain you financially. Moreover, it is not only the financial aspect that is essential; it is also the feeling of caring deeply and passionately about what you are doing simply because it comes straight from your heart.

I once met a young woman who was working as a waitress and she seemed so positive and happy. I found out that she was in medical school and was thrilled to be able to become a doctor, so she did not mind waiting tables until she no longer had to.

Integrating Your Purpose

To start out venturing forward into your life's true purpose, you must make decisions that *you* feel excited about. If others are telling you what you "should" be doing and you do not like their input, simply stop telling them your business and don't ask for their advice. Instead, ask people who are in the field that you love or feel excited about. You'll discover that your life purpose will be revealed to you one moment, one decision, and one day at a time as you follow what excites you in your heart.

This is what you must integrate, and it is called living your TRUTH on every level and in every area of your life.

Some people may not agree with what feels true for you. That's fine; they are entitled to their views while you *continue* moving solely in the direction that feels true for you.

You will know when your life is about to change course. It will happen when you are faced with a decision.

For example, when I was approved to begin an internship with CNN, I *was certain* I would be bringing you your nightly news, and I was thrilled with the idea

of exposing injustice, helping people, and making a real difference in this world. That was my underlying motive for accepting the internship. So I was on course, but the road was about to turn in a new direction unbeknownst to me.

In 2001 when AOL acquired CNN, they suspended the internship program in all bureaus to restructure the news organization. That week I woke up with a pinched nerve in my neck and I was unable to move. All I could do was sit and write. I wrote something to God, which I was doing several times every day at the time, and I asked, "Why can't I move?" The answer I received as the words flowed into my mind was, "Because it is time for you to bring forth your book *Individual Power*." So I sat for six weeks and wrote that book day and night.

Once I read it, something changed inside of me. I realized that I could help people as an author and public speaker. Additionally, I learned from the assistant bureau chief at CNN that I could *not* voice my opinion as a broadcast journalist. I could only report the news, period.

I immediately knew that the field of broadcast journalism was not for me. I *had* to be able to voice my opinion; that was the main reason why I had spent years in college studying broadcast journalism. I loved what I was learning but I had to make a decision to either con-

tinue with broadcast journalism or drop it and move forward with my books. That decision-making process was a long, tough road, and I struggled inwardly with an emotional tug of war for nearly eight months.

The thought of pursuing a writing career made me feel petrified, because it meant acknowledging to myself an integral part of the writing process for me: that I received guidance and answers from God in my writings. I was truly petrified of being labeled a crazy woman and put into a padded cell, because I had never heard of anyone else who received divine answers in that way. I thought I must have gone clinically insane but that I was at least harmless. I didn't have any sense of security, which I did feel whenever I was able to say "I'm interning with CNN." As an aspiring writer, I didn't know anyone from whom I could learn. Everything I was learning came through my writings whenever I asked God for guidance.

Finally, the real truth won out, as it always does in the end, and I realized that I could not just report the news. I had to be able to express myself without being censored.

So all of that education did not go to waste, but I dropped out entirely and began pouring myself into writing more books.

Nothing was planned. I had no idea what I would be doing, when, or how. All I did was follow what felt true to me in my heart. And now that is what I am guiding you to do.

If You Only Do This One Thing . . .

If you only do *one* thing in your life, follow what you really prefer deep in your heart no matter how many fears come flaring up to scare you.

This is what is going to give you a strong inner foundation that you can *always* count on to guide you through life, simply because it is following through with what you really feel.

Your level of confidence, self-esteem, and self worth are going to skyrocket while the old fears begin to diminish and vanish.

This can *only* happen when you follow through *in your actions* with what feels most true to you in your heart.

You may be embarking on a path that many other people are on, but no one can express herself exactly like *you*.

Let's say that you have always wanted to be a doctor. Would you stop yourself from pursuing this goal just because there are tens of thousands of other doctors in the world? What about being an artist, or an author, or a spiritual teacher, or a camp counselor? When you are making a difference via the process of doing what you love, you are going to feel happy.

You are going to feel your worth and value right in the moment.

It is in the *moments* of your life that you make a choice, start something, change your mind, eliminate something else, and do what inspires you.

If you love music and want to be in that field, go into it confidently simply because it brings you joy and excitement.

The same is true for *any* field. Don't pursue fame thinking that it will bring you joy; on the contrary, fame brings more heartache than joy, what with rumors spread in daily papers, security and safety concerns, and a host of other problems that do not affect people who have more anonymity as they go about their everyday lives.

If you are striving primarily to make a genuine difference in your life, then in whatever areas you care

about, this is what is going to fill you up with joy. The *process* of what you do will have so much meaning that you will be too happily absorbed in it to even think or worry about final outcomes.

A Time to Trust

There is a time to begin trusting the twists and turns of your life along with the higher reasons for your circumstances even if you can't yet see what those higher reasons are, and the time is right now.

Many times when things do *not* turn out the way we would like them to, we may feel furious, or even sad, and then as time goes by, in hindsight, we can look back and see that things actually turned out for our benefit much more than we could have planned.

When something is *not* working out and you keep hitting obstacles, this is typically a good indicator that you should drop the issue or let go of that particular goal so that it can be replaced with an alternative solution that works out much better for you.

The Ego's Perspective

There is something I want to share with you that I believe can help you in your own life when things are not going the way you would like them to.

After I had finished writing my fifth book, *If God Hears Me, I Want an Answer!* I was extremely tight on funds and could not pay for a print run.

I was throwing a nice temper tantrum to God in my living room saying, “I don’t understand this. You give me a book to uplift humanity and not the money to print it? What is going on?”

Then, the words flowed into my mind in answer to my tantrum. The words were, “Barbara, please go stand in front of the mirror; I want to talk to you.” This, I knew, was coming from God. I went over to the mirror and stood in front of it, and words began flowing into my mind that I spoke out loud.

The words were, “Did you come into this life to be a book *distributor*?” I immediately smiled and realized that it was in perfect divine order that I did not have the funds to do a large print run, because I also had many other books coming out and thus would’ve needed a warehouse the size of two football fields, along with the necessary staff to handle global distribution.

So I felt relieved and made arrangements for my books to be printed and distributed in a manner in which I would not have to be bogged down with the

fulltime job of shipping, invoicing, stocking, labeling, and keeping track of inventory.

Upon receiving that answer from God, I was then *glad* I did not have the funds, because it would have been hard on me to take on the extra responsibility of being a book distributor, and doing so would have left me with no time at all to write, speak, and work with my clients.

So this is a genuine example from my own personal life that reveals how we are to simply trust when things are going in the opposite direction of what we *think* is best for us.

Please keep this in mind the next time you are encountering obstacle after obstacle in a certain area, and ask yourself if perhaps there is a hidden gift in those obstacles. I can assure you that the gift is there; you just have to train yourself to look for it instead of too quickly resorting to complaining as I did. Learn to be *glad* for the obstacle after all.

CHAPTER 8



TIMELINE TO WORTH

There is a timeline that consists of seconds, minutes, hours, or days, weeks, months, years and even decades as to when you will feel that you are good enough *now*.

The choice is yours; how long would you prefer it to take for you to understand and realize that no matter what the conditions are in your life, you are actually good enough *because* you have a heart with love in it?

Would you prefer to complain for a few more months? Would you prefer to continue zooming your

focus into the future and telling yourself all kinds of fear-based thoughts that *who* you are does not matter, or that what you would like to do with your life isn't so special? Would you like to feel less worthy than others for a few more years?

We both know the answer to all of these questions is a pure, heartfelt “no.”

You see, *you* get to decide when and how you are going to feel, how you will view yourself, and how you will live in each area of your life.

I am going to give you seven steps that I have shared with countless people globally. I originally heard them from a nondenominational minister at a Unity church in Delray Beach, Florida in 1992. I have always remembered them and I believe they are going to help you, which is why I've included them in this book.

Seven Steps to Feeling Good Enough Now

1. *Decide.* This means that it is time for you to decide how you would like to feel about yourself and how you would like to view yourself. Along with this is your decision as to the general direction you would like to live in your life. You can stay stuck in one place,

or you can decide to move forward. Only you can make this decision; no one else on earth can make it for you.

2. *Commit.* This means that you commit fully to your process. You are committed to bringing out the best within you.

3. *Be willing.* This means to be willing to do whatever it takes with pure motives as you resolve to feel on an ongoing basis that your worth must be so much *stronger* than the complacent attitude that tempts you to just settle and feel less than worthy.

4. *Let go.* What do you need to let go of? It is time to let go of all of the old conditioning that has caused you to view yourself as less than equal to the rest of the human race. Let go of concerns about the future. When moments of decision are facing you, remember to make your choices based on what you prefer and not based on someone else's plan for your life.

5. *Follow.* From this moment on, for as long as you live, follow your deepest TRUTH. Follow through in actions that match your preferences. I cannot stress enough how crucial this is for you, for me, and for everyone else on earth.

6. *Wait.* Show a greater amount of unconditional, loving patience with yourself. You are in the process of transformation on one or several levels. Some areas take time to fully transform, and some are transformed within seconds. Trust that as you go through life, the timing of events, meetings, opportunities, and even announcing or sharing your plans can be more effective when done at one particular time as opposed to another. Go with the flow, and remember, it is the *process* of your life and self-expression that you are to be excited about instead of merely keeping busy with chasing after outcomes. Relax with patience as you enjoy this continually unfolding process.

7. *Experience.* You will discover that as you follow all of these steps, you will actually experience everything you decided to see manifest in your life when you first picked up this book and began reading it.

Inside or Outside

It is important for you to remember that what *you* create, imagine, and follow through with is what is actually going to turn around the conditions of your life.

Let's say you want to feel real, true confidence, just as I used to. If you are buying into the false belief that any condition outside of you is going to give you permanent confidence, I can guarantee that it will not—not now or ever.

Suppose you feel determined to make a decision that you are going to transform every false, negative, and miserable view you have of yourself and replace it with the real TRUTH of who you are so that you can actually *feel* who you are, which will result in your feeling confident.

This is what will work. It is your resolve to force yourself to triumph over the hurtful things that have been said or done to you, or that you might have even said or done to yourself. You do not need anyone else's permission to transform how you view yourself.

Moreover, no matter how much money you have or do not have, no one can think your thoughts *for* you. The thoughts that go through your mind about you must be carefully watched, especially if they are causing you sadness.

What to Do

Whenever you notice that you're feeling bad about yourself, immediately STOP and examine what is going through your mind. What thoughts were you just

thinking? Chances are very high that whenever you are feeling down or unhappy, the thoughts going through your mind are the very things that are causing your unhappiness.

The best thing I can share with you that truly works is to immediately stop all negative mind banter. Take a moment to focus on any object, such as a tree, your floor, your wall . . . anything. Then immediately tell yourself just *one* good quality you truly know you have deep inside.

How This Works

When you consciously put a stop to negative thinking, especially negative thoughts you have about yourself, your future, your past, how you think you may fail, or any and all of these, take stock and simply acknowledge that this is just an old, conditioned way of thinking that must be done away with now. When you stop the flow of these thoughts, you are creating a *new* automatic thought process within your mind.

If you simply allow the negative and hurtful thoughts to run rampant, undoubtedly you will feel upset. When you consciously put a stop to those negative thoughts, what you are doing is focusing on what is actually *in* the current moment *now*. By replacing

those thoughts with one statement of truth about yourself that is positive and is one that you believe, you are going to slowly experience a genuine transformation.

How This Transforms You

The way this transforms you is that *each time* you stop the old, conditioned, negative commentary as it runs through your mind, after a while it will not even come up anymore. Wouldn't that be nice for you?

Imagine this: all of the self-defeating thoughts you have had about yourself, thoughts that have been based on the false criteria list you have believed and which have set the condition of your worth, can be permanently transformed. Can you imagine this?

Can you imagine actually viewing yourself as good enough and equal to the rest of humanity simply because you *really are* worthy?

I am positive that outer circumstances, no matter what they are, do not *ever* constitute a person's worth. You are that person.

A Challenged Ovation

I want to share something with you; it was an experience I had along with about two to three thousand

other people, and it was one of the most touching and rare experiences I have ever witnessed regarding a person's worth.

At my daughter's high school graduation ceremony, there was a young man who was in a wheelchair. I later found out from my son that no one had ever seen the young man walk. When the school administrator called his name to give him his high school diploma, the young man walked across the stage using titanium walking sticks. You could tell he was using every ounce of energy he could muster to be able to *walk* and accept his high school diploma.

The entire graduating class, along with everyone in attendance, stood up and cheered for him, and it was a standing ovation unlike anything I had ever seen.

I got so choked up with joy for that young man. What made an especially positive impact on me was how every senior graduate stood tall, cheering him on. In that moment I felt I had witnessed one of the most beautiful moments in the history of humanity. The boy who couldn't walk decided he was *going to* walk, even if it meant using titanium sticks.

His determination to triumph was met with pure celebration, and the standing ovation he received

showed me how much value every human being has; in this boy's case, everyone present knew it because we *all* showed it. I was standing, clapping, cheering, and my eyes began to get teary. I do not know that boy's name, but he truly had an impact on me and I believe on everyone who was at that high school graduation ceremony.

His effort came from his heart. He wanted to do something no one had ever seen him do, and that was to walk. It didn't matter that the walking sticks supported his balance; what mattered was that he dared to overcome his greatest obstacle, and at the same time, dared to create a defining moment in his life which had a positive ripple effect in my life and a few thousand other lives as well.

We all felt so much care and respect for him. This is the love we should always share as one body of humanity. It is more important to bring out all we've got inside than it is to collect trophies and awards.

He rewarded us by bringing all of us to our feet. He showed what he had inside: the ability to triumph based on his *decision* to do so. You can do the same.

Nothing matters more than your motives and intentions.

There is no amount of money or number of possessions that you could ever have that would make you more precious than you *already* are.

This I want you to remember . . . always.

Just like that young man, you, too, can make the decision to move an internal mountain and then with steadfast determination, will, vision, and perseverance, you can show yourself that you are more than good enough now, you have always *been* good enough, and you always will be.

I have shared many examples, techniques, processes, and from-the-heart experiences to help you fully grasp within your mind and soul that as replaceable as you may have felt in your life until now, you are actually *irreplaceable*.

Let every decision enhance how you view yourself. Do the mirror dialogue. Consciously stop old, negative thoughts when you notice yourself feeling down and depressed, and replace them with TRUTH.

In actuality, there is only one thing that will ever show you that you are being enough now, and that is when you decide to live your life from your heart, because doing so will cause you to feel the greatest joy throughout your life.

You deserve to feel this joy as much as we all do.

I *know* you are good enough, now. How do I know this? You cared enough about yourself to read through a book to help you. Whether it is this one or another one, you are learning how to bring out the best from within you, and this, my friend, is all it takes to feel good enough, now.

ABOUT THE AUTHOR



Barbara Rose, PhD is the bestselling author of sixteen books, a dynamic public speaker, and an internationally renowned expert in personal transformation, and spiritual communication. She is a pioneering force in incorporating Higher Self Communication, the non-denominational study and integration of humanity's God Nature into modern personal growth and spiritual evolution. Dr. Rose is known for providing life changing answers, quick practical coaching and deep spiritual wisdom to people worldwide. She is the Founder of International Institute of Higher Self Communication, Authors In Action, and I CARE Global Initiative.

Her life transforming spiritual work is highly sought after by her subscribers in over 175 countries. Her articles are widely published internationally transforming the lives of millions across the globe. Dr. Rose works in cooperation with some of the greatest spiritual leaders of our time to uplift the spiritual consciousness of humanity. Her website is *BornToInspire.Com*.

