



Break the rules
BE HAPPY!

by

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You were, you are, you'll be

Once upon a time, there was a young child (a boy, a girl... choose your side and complete!) who really had beautiful dreams in mind and some stars in the eyes.

Growing up, you noticed year after year how much far you went from this time you wanted to be or do in life. This is the best version of the story... because in fact it has been a little bit different... Remember...

You've probably been one of these students at Uni, full of illusions and with an idealistic way of thinking. You know that: the kind of student who wants to change the world, stop the wars and give food to the poor countries. Maybe not. Maybe you were one of these students who perfectly knew what to think, do or be for the rest of your life, so you're now one of these grand industry leaders, a shark of finances, or a big lawyer (choose again, please!). Maybe you are no one of these people: you didn't go to the university, but started to earn your board and lodging early.

Notice that in each case, you have been someone you're not anymore at the moment. Time went by, and I bet whatever you did in the past, you've lost some illusions on your way. Why? What turned bad? What did you do or not to get this job, this life, so this smile missing on your face more and more often?

Something everybody should get in mind is that the changes are quite normal in life. Growing up, getting older are natural steps of human beings evolution. This young boy or young girl inside you is still alive, but differently (*eadem sed aliter*). It's not bad, it just reminds you how much you did to be the person you are at the moment. Life brought you a lot, and took off lots as well. You have had a million of reasons not to go ahead sometimes, but you stood up though. And here you are: a warrior, a winner, someone stronger than before. You are rare and special. You are what life and people have made of you, with your needs and your damages, and obviously some of your old wills and hopes deep buried inside. You are a human being. Welcome!

So don't be cruel to yourself. You must forgive you not to be exactly the man or the woman you've dreamt of a long time ago. You must forgive you not to be exactly the best father, mother, sister, brother, daughter, son, neighbor, friend (you get the right not to choose!). But you can decide to be good for you from now on. And almost all: don't feel guilty to do it. The process is simple: what you have to do is to become your best friend.

Would you tell to your best friend bad things like “you look tired today” or “why did you get your long hair cut? It was better before”, or “your dog, son, daughter, husband (don’t be so rough, strike out only one word!) is so rude with me” etc. No, you wouldn’t! You wouldn’t dare because you respect them and you surely don’t want to hurt them. That’s the same for you: nothing bad can be done, or told against you by yourself (neither by others, but wait a minute, please, I’ll talk about that later!). Treat yourself from dawn to dusk. Smile to your face in the mirror. Give your body and mind a good food, and some good time to rest. Be someone careful and indulgent with yourself. You deserve it. You are a unique person. Anybody, anywhere in the world, can’t be you. Remember that, next time you’ll think something like “I’m too fat, I hate my body... I’ll never find someone to be loved by”, or “I feel so sad that it has changed my facial features... I’m ugly”, or “I’m not an attractive person, that’s the reason why I’m single”, etc... Do I must go on? But once again, forgive you to have been so rough with yourself in the past. You needed to make this experience. And I can assure you that it’s writing nowhere you don’t get the right to change that way of doing with yourself!

So now, it’s a new time for you! You are ready to change the way you consider yourself, the way you live in that body and mind. Be happy! The first step to be the kind of person you really, deeply want to become has been done!

Well, things set up in your mind, then you reminds the time when you have been proud of you, careful and full of self-esteem. When was the last time? Probably many years ago... So you ask yourself how you have done to live up to now in such a different way. And you’re right: you can’t explain that. But no matter the reasons actually; a little voice inside tells you that your time has come over, and you’re able to appreciate what the Universe is offering to you, a new chance, a new you.

Ok, I can hear you thinking: “it seems unreal, my life is such complicated, so hard... it’s impossible to do”. So then, please, trust yourself. Be honest with yourself, and think that you could begin to change a little thing each morning: put a smile on your face when you look at yourself in the mirror of the bathroom. Is it really so difficult to do? So try to feel what happens in your mind, in your body after. Do you feel a thrill, something like joy or peace? Because if ever it is, you are in touch with happiness. And I can tell you that you should be careful because you’re going to become highly addicted! You should like it... and be interested in getting happiness at each second of a day... Are you sure you want to try?

I’m kidding, but I’m not far from the truth. Being happy doesn’t need a lot to do. First, this is a state of mind, something you can’t push away, a smile in the heart that can’t leave. Secondly, you are what you decide to be, inside out. When you choose the

lightning side of life, nothing can be compared with that happiness growing up day after day in your mind, in your body and spreads all around you.

Stop reading, and take a few minutes to think about that. Does it seem to you so unreal yet? Are you so far away from this young boy (or young girl) you have been in the past? I'm sure a part of you is still in touch with them, and suddenly you feel a big emotion inside, maybe some tears run on your face. Happy you! Feel how you can be alive at the moment, just being with yourself, this old, old good friend you've lost and you meet again. This is you, this wonderful and authentic you, who wants to walk again by your side, on the path of life. You won't let this part of you go away again, you have learned your lesson yet, so time's coming to believe everything can be changed in better. Trust in yourself. You can do it (sorry, this sentence isn't mine, but who cares? It's a very good one!).

Now think about the dreams of this young boy, (or this young girl): a beautiful life, a good job, a family with kids, a big house. What's more? Did they think about "how to be happy", "how to get nice friends", "how to care on my old parents", "how to get the good way of thinking, doing, living", "how to care on me"? No, you didn't, because you were absolutely optimistic. You were sure that life will bring you up everything as it ever did as you were young. Then when did you lose your illusions? At the first failure? When your father died? When you've got a divorce?

You are the person who suffered, who loved, who had some failures, who knew how hard is a betrayal, who lost a good friend in a car crash or because of an overdose... who recently went on the web to find out a solution at any issues... so here you are.

Well, dear world's friend, you have to take care of you now. Ok, you forgot how to do. Ok, you should have done that before. Ok, you don't need a guru. You just need to connect again with the best friend you were for yourself in the past. This one who was optimistic, scared of nothing, sure he (or she) could have got everything in life.

Is it possible yet? Yes, it is!

First, you are going to throw away the old idea that time's over. You are not too old to start a change; it's not too late neither. It's less a problem of age than the one of getting some energy to take off a worn apparel. Take it off. No regret. Anyway, it doesn't suit you anymore.

So look at you on a mirror. What can you see? Be indulgent. Try to find out a beautiful feature, a wrinkle that reminds you an unpleasant time you went through as a warrior. In any way, Say "Thank You".

Now try to remember something you did in the past that makes you ashamed. What can you see? Don't be indulgent. Say and repeat you'll not do it again, because you've learnt the lesson. Say "I'm Sorry". Say "I Forgive Myself".

So now at last, look at this person in the mirror. What can you see? Be indulgent. Be loveable. Say hello again to this old, old friend you were for yourself in the past. Be happy about that. Say "I Love You". Tell it. Really. From the deepest place of your heart. Tell it and repeat it. Smile to you. Say again "I Love You".

You won. You can be proud of yourself. You did it by yourself. You're not alone anymore: you and your old best friend are one and a unique person. You're just gathered again.

So you can go further from now on. You are able to explore who you are, who are people around you and how you can live in this world for the best.

Well, this first chapter is far from being closed. You can go and find out more news about the different ways to connect with yourself. Nevertheless, begin to learn about the Ho'oponopono on the web, for example.

Each thing gets its right place

One thing I remember my father used to tell me during my youth, was “each thing gets its right place”. I can say here that many times I felt angry against that phrase, because it meant “be careful, do the right thing at the right time”. So you were a young girl (or boy) too, and you may know how much it’s difficult to obey our parents, sometimes. They wanted us to grow up as well as possible, learning early self-discipline, self-control, self-esteem, self... a lot of things, actually. In one word like in hundred, they wanted their kid to be responsible, a hard worker, and brave.

Did they succeed?

No, they didn’t. They just showed us the way to do it later, when we’d become an adult. They taught almost all the way to have a strategy for anything: what you plan, you do, you get. But as you turned older, you understood that it doesn’t work for everything, any when, with everyone.

Why?

Maybe you’ve got the idea that you couldn’t get any control on everything. If ever it is the case, I must congratulate you because it’s true. You can’t imagine how difficult it is to forget it. For others, stop believing you can get any influence upon any events! And be happy. You’re getting free. I mean you are not responsible of everything that happens to you or around you. It’s not bad. On another level, all of you are really responsible of any things happening to you. For example, you plan to drive your car for a long trip, so you don’t check up gasoline and oil. If ever your car breaks down because of one of these reasons, you can be sure it’s your fault. You didn’t check the car before leaving home.

There are many situations in which you’ve got a responsibility, and you know them very well. But some don’t depend on you. There are called Destiny, Providence, or anything else, according to any religion or belief. You’ve got no power on them. And it’s not very important actually.

Why is it so difficult to get exactly what you have planned? Maybe your aim was too unrealistic. Maybe you didn’t get everything in hands to succeed. Maybe something happened and turned bad. In a way like in some other, you probably forgot to take your time on a strategic level. You forgot there is a time for each thing. Repeat out loud, please: there is a time for each thing.

I want to show you how a failure can come from this obligation you didn't note: the best time, the best place, the best thing.

So now, your turn is coming! You need to connect with your deep you, so be on your path. Up to now, you offered a lot of attention to others: kids, husband or wife, parents, friends, boss, pets... (please, complete!). Now, it's your turn: you are the best person at the best place, doing the best thing. You may not forget the people you've loved by and you love as well, you just have to become the center of your own world. I'm not talking about selfishness, but about taking care of you.

Does it make sense for you?

When was the last time you did something for you? I don't mean the last dinner at the Smiths' or last time you have had a massage at the beauty center, nor when you bought that very beautiful black bag, or that sports car... No, I don't. I mean last time you've decided to learn a new foreign language, how to knit, or how to write well, or to go fishing with your best friend... When was the last time you went to watch a movie alone, take a tea at a nice tea room, read a book on a bench in a quiet square garden, watch a boat sailing? When was the last time you bought something very expensive for you, only for you? When was the last time you've travelled on your own, choosing your hotel, your place?

Do you really think you need to do all these things with someone? Think about it for a while. Be honest: you do lots, but never for you only.

Why?

You deserve to be your best friend, to take care of you and be at the first place. You are the most important person for yourself. Repeat out loud: "I am the most important person for myself". Then shout it now! Put a smile on your heart.

You could forget the words like: I must, they wait for me, they want me to, they need me, nobody can do it but me, the boss asks me to...

You could think differently from now on: I wish, I could, I hope, I'll do it but I finish my current work before, I could ask someone to help me, I don't do that because it's not my turn, my duty, my problem (please, you can keep it all!).

You could simply be you. For one time. Forever. Because you deserve it.

You are the best person, at the best place, doing the right thing: be yourself. Start now.

Your dreams on a vision board

The next step when you have decided to change your life for the best, is to connect again with your old dreams. Maybe you've got new ones, some you can't confess to anybody because they seem too eccentric, too unreal, too big and awesome (if ever it is the case, please, go back and read the first chapter, you need to get more self-esteem and more confidence!).

I want to talk about good dreams which could make you live happier. You may have kept them shut for a long time because life has been hard with you, so you didn't get any time to dream. Or to think you could. These dreams come from your soul, because when you think about them, you feel so fine, so peaceful, so happy, that you know deep inside you are right. So you are. You are on our path. Obviously, you don't really know how to make your dreams come true... then this is a recipe that works. Here it is:

Take a big piece of paper (23inx19in at least). Choose a nice color, your favorite one (but it could be any pages of an old newspaper or a magazine... be creative!). Then think about your dreams. The more they seem to be completely unreal, the more interesting they are, because it's coming from your inner vision. Put a picture of you where you are smiling, happy and alone on the middle of your board. You must be proud of this picture. This is you, this person you like and you feel respectful with. Then go and seek on the web any pictures, images, drawings that you could print. So cut and stick them around your picture. You must like them; if not, please find other pics. This is your board of vision: it has to be perfect for your eyes.

When it's over, you can notice there are some vacant places here and there, so don't worry: you'll complete your vision board as your dreams will come over your mind. You get time for it.

Then look at your vision board now, and pin it to a wall of your bedroom where you'll be able to watch at it easily. It must be the first thing you can see when you wake up, and the last one before sleeping. Your vision board is made to give you self-confidence; you must trust in your dreams. Coming from your inner and deep wishes, all these dreams are the reflection of your soul, of what it is good for you. Be confident. Your awareness is opening up to you. Maybe you'll get some tear rolling on your cheek, meaning that you have walked on a different path than on the one you were dreaming

about when you were young... Don't be angry, nor sad. Life is life. But from now on you'll be able to change things for better. Be happy!

Looking at the pics around the one of you, try to imagine what would be your life is ever all these dreams could come true. Ask yourself if you'd be happier. Take a few minutes to appreciate the feelings. Think what your vision board is missing, and try to understand why. Now you're ready to go on your new path!

Everything you'll do for now on will be linked to your vision board. The Universe is going to bring you all the solutions you need to succeed and make your dreams come true. Be confident, put a deadline in your head if ever one of your dreams require some time. For example, you want to buy a new car, so you decide to spare money for two years. Maybe two years later, you'll do anything else with the money, but it will be your own choice.

There is one important thing you should know before you start: the dreams of your vision board are made to show you your true path in life. So you'll succeed if you are deeply convinced to be in deep harmony with this path.

Another thing that's hard to understand is how the vision board works. People who have made lots researches and have communicated them through literature, videos and books explain that their inner vision talks to them; it comes directly from their soul. What they just had to do was to be confident in their ability to reach what they were really made for. It's not easy to do because a lot of people can hardly imagine they've got a soul. Our era is a very materialistic one, then some people get no education about something else than money, sex or power. Thanks to their spiritual quest about unconditional love all over the world, some other people gain to go further in the realization of their dreams.

Well, I'm not saying your dreams won't come true if you're not spiritual! But spirituality brings a big material to be thinking, especially the role you have to play in the plan of the Universe. That's a new other reason why it makes you more confident about your dreams.

Well, at that point of this chapter, I sum up: you've got some beautiful dreams in your head, into your heart too. On your vision board, a nice pic of you is in the center; all around it, some images of your dreams. No matter they are placed at the right, or on the left, up or down. You can do what you want because it is yours.

Each morning, you'll look at it, and the same before sleeping... Why? Because your mind is slowly getting the idea you need to change some things in your life. So your brain will know how to find a solution when it's time. Little by little, you are going

to accept the idea your dreams are very important for you. Because you get some wishes. Because it's your life. Because it's about you.

You'll be very amazed to state that the vision board is a marvelous tool to adapt yourself to your expectations. You'll see how much things will change insidiously to make a difference in your way of living, sometimes. As time goes by, you'll notice that some little changes come up in your ordinary days: you give up with the bad habit to eat cake (if your aim is to lose weight), or you start to do some sport, or you get free lessons of computing, etc. You start by some things you needed to change before going further.

Originally, things which bring you very fundamental changes in life, often come from some little decisions or fewer steps. Your inner vision sticks to your dreams on the board. This is what leads you slowly to your achievement. Listen to your inner voice which helps you to reach your aims. The way will be easier if you do everything feeling your emotions, so your sensitivity. Stop thinking, but follow and be in harmony with your feelings.

At this point of your actions, you probably noticed you are not the same person. Many ways of thinking have moved, and you first feel a situation when you need to get a real answer to a question. You now understand you're at the center of your life: your feelings, what you like or no, are some of these little changes you have done. Maybe you feel more comfortable, because you take more time for you, you do news things, you are connected with your inner voice at last.

Who are you now? How are you? What do you feel when you look at your vision board?

It may be possible you get happiness in your heart when you think about your dreams, your aims. Maybe it's clear now that you're able to change your life for better, that's not as difficult as you thought before. Maybe you now consider your past is behind you, at last. It has driven you here; it has made a part of you. Ok. So now, you just need to move on, to go further. That's why you're connected again with your dreams.

Welcome! Welcome in the life you're choosing. You're the perfect person to do it. You're the most important person for yourself. You take care of you, of your dreams, of your inner wishes. You can be proud of you.

You are a warrior of happiness!

Why do people around you dislike your changes?

The first time you'll notice people around you seem to be different, they won't actually. But you are. Your inner vision led to this time you feel and live in the other side than before. You're adapting yourself to a new state of mind, but people around you don't know you have done that.

You're evolving. Don't think it's going to be easy for others. They used to get you in a way they perfectly knew. Be indulgent. Not for them. For you! Because the person you were up to now is not this one anymore. You've decided to change some things in your life, a part of your mind, in the aim your dreams come true. Don't think your friends, colleagues, family (you may not to strike out some word!) are going to help you in this way. They just want you to be the person they have known since ever. This is not a comfortable situation to look at you with your new colored hair, this new car or this idea you want to change your job, home, husband, wife, place to live in (please, do a thing after one another, it's easier to live!).

On your way, you'll get two attitudes in front of you: people who don't support you, and the others. In the first case, your desire to move on, to change is a bad mirror of theirs: you dare to do something, to try, to dream again, without the certitude you're going to succeed. They think you're crazy, and they chat behind your back; they tell you how much they're so sorry to see you in that so confused situation. They couldn't confess it anyway, but they would like to be strong enough doing the same. So they couldn't, because they want their life to be static, with no movement, no waves. It's impossible to live, but they think the contrary, because they try to control everything every time. I should add: with everybody.

Some of them are getting out of your life, others will just become old relationships. For those who will try to understand your new actions at last, you'll build a true friendship: they'll show you how much you are important in their heart, accepting you to be different, to be who you've decided to be.

Be confident. You're not going to feel sad because people you used to share a friendship or some memories are getting out of your way. You'll get new friends, new colleagues, a new boss (unless you're going to be the boss!) and maybe new neighbors. Maybe the man who mended your car will be a new one, so for the banker, hairdresser, beauty shop, etc. You've decided to be someone closer from the one you've been dreamt of a long time ago, so be prepared: things around you are moving. But it doesn't mean you must break everything around you. Consciousness, awareness is necessary to

feel whether you're right or no. You are not in the state of mind to break everything around you just because you need a change. You must get discernment. What you plan to be or to get can be hard to live for those who love you and you love as well. Pay attention to little stuffs that make them happy and at ease with you.

For the people who get you right, who probably think your time has come to feel in harmony and live your own dreams, things will turn easily. They will be a precious help in your will to make some changes. You'll be happy not to feel alone, so you'll get some supporters. Some will be here to listen to you, others will give you smart advises or any connections with people you need to create your new life.

Anyway, you'll be the only person able to know exactly you have to do: this is your soul which talks to you, to your heart; then your feelings drive you on the right path made for you. Take your time, slow down to look at you in the mirror, to give you a smile and make grow happiness! Slow down: you need time to think about this new person growing up inside you. Be proud of all these actions made yet. So don't forget: you are your best friend. You must be indulgent too. Nothing will go on if you use strength. Use your feelings, your heart, and be sure it will be easy to get or do what you've decided.

Remember that each intention you can put on your mind will come true one day. Don't be in a hurry to get it. Don't wait for too. Be just at the good place: you're creating a new intention. The Universe will show you the good decisions to be taken, the best things to do or the best people to meet. Be confident. When your desire, your dream or wish is sincere, when it comes deep from your heart, you can be sure the Universe will reply to you and give you what you plan.

So now, it's time to make your vision board. Take scissors, a piece of a beautiful paper, any pins, choose a wall on your bedroom, look for a nice pic of you, and some of your deepest dreams. Go. Be happy!

Going out of your comfort zone

Obviously the previous chapters you have read up to this one didn't explain to you the work (the psychological change) you'll have to do during the process of the creation in bringing these dreams to reality.

Think about all those things you never did in the past because you were afraid of any change, of some different ways of living. Remember how difficult it has been to give up your plans however. You have been frustrated for a while, maybe you're still yet. You gave up your plans because you were shy of a failure, which would have turned you in a big confusion. So what? You would have survived! Then you would have learnt something from this experience.

The way people consider a failure in some countries is a question of education. In others, it's called an experience. What do you prefer? Isn't it better to learn from an experience? Can you imagine what would be your life if we wouldn't be able to learn from any experiences? I mean the day you have made your first step, the day you have had your first date, the day you've saved someone from drowning. Little or big events... it doesn't care. What you have done at that time has been driven by your inner intuition. There was no reason around all these events, but only a generous or a vital impulse. This is life force. You can't go against it because it's stronger than your reason.

When you look at your vision board, you can imagine yourself living a new life, at least new dreams. You are working at being more confident, happier in life. That requires to be brave and determined. You may understand that you'll try some things which will work and others no. You bet on your inner force, on your intuition to lead you on the best choice, the perfect way. So why should you be scared?

Each day, you must do something good you don't use to do, think or are supposed to be. Try. Give you a chance to know how things could be if ever you decided to make a step on the side. After a while, you'll see that you went out of your comfort zone. There are a lot of examples to begin: change the road to go working, buy food from other shops, try a new sport, wear different clothes, etc. Little by little you'll win more independence, you'll go further. Obviously, you'll become more self-confident, with more self-esteem. Then you are on the good way to make bigger changes to reach your dreams and make them to come true.

So, start now! And be happy!

A step to the side

This title sums up how important is your mind in the process of living your own life. It means that you have to make your own choices, and not live in a way that's not good for you anymore. Your hopes are leading you to your dreams, so your life is going to be what you plan.

A step on the side is an image to explain you must change your state of mind. Thinking positively needs to speak and think in positive words. Your sentences will be as positive as you can, which is possible only if you have changed your way of thinking before.

You will not say: "I don't get enough time to make this report" but "I'm going to do my best to make this report in time" or "I'm not rich" but "I've got enough money for a living, but I hope someday I'll get more to live very comfortable" or "I feel alone because I'm single" but "I'm on my own but I'm sure one day someone made for me will share my life, so I'm working at this intention" and so on.

Thinking positively is not hard to do. This is a habit to get. This step on the side will show you that positive intentions can bring exactly what you need. Time is not a problem. When things don't come over as you thought, you must be honest with you: is that wish came from your heart or no? Did you feel very happy inside thinking you could succeed in your aim? If not, don't be disappointed, you have made an experience, so in the future, you'll know how to be connected with your inner voice, your intuition.

You have to change any of your attitudes too. Be at ease with yourself in any circumstances. You are a perfect person. You try to adapt your life to a new aim, your dreams are more important than ever in your heart. Your feelings are more significant than your reason, so a lot of things turn good in your life. You are at the right place, you've got a high importance for people who love you.

When you can measure how feelings inside you bring you happiness and so for people around you, you must be proud of you. The Universe will bring you all you need, and will make your dreams to come true, because you are Love, and you give Love all around you. You are one with the Universe, with all the people on Earth.

Be congratulated.

What's moving on?

You are on the way to find out who you're inside. Your soul talks to you in many different ways. This little voice inside you which never judge nor prevent you from doing anything but gives you good advises and takes care of you is an example. You may have some people close to you who can talk with you about your new decisions. You may meet someone who knows exactly what you've got in your mind because this person has made this kind of experience too. It could be a leader in the personal development you've known on the web as well.

All the people who can help you are good for you. But remember that the only person who is able to know what's the best for yourself is... you! We have noticed that some people don't appreciate your changes because of jealousy. Let them go on their own path, wishing them abundance. Nothing else. No pain, no suffering, no regret, nor anger. You are walking in the Light of the Universe, you're a soldier of Love, a maker of peace, so don't waste your chances with bad emotions.

Your path is planted with seeds of Love: in your heart, in your mind, in your life. You'll be so comfortable for now on, that it will be quite impossible for you to go back to your previous way. This is what you're going to notice: how magical your life turns. You're learning to see the signs all around you, to be more sensitive. You can hear more things, so this little voice which whispers in your ear when you feel lost, or when you don't know what to do... Everything turns good to give you what you need to reach your aim.

Go on with planting intentions to the Universe, so ask for some help when the issue seems to be too hard for you, so ask your Angels to guide you for the right decision and keep you stay on your own path as well.

You are not alone. Physically, you may be living alone, be on your own for a long time, but remember, you're not alone. Your guides, angels and the Universe make you happy and give you everything you need. You just have to ask them.

Ask them to allow you to find the best way to keep a good health, to get more love, more money or more friends... They will do it for you. But you must know that everything is inside you yet. Go and catch what you need inside you. You've got everything yet. You just forgot it when you're born. You are making the experience of living on the Earth: you've got to remember why you decided it, so what you've got to learn about it.

Spirituality is about all that. It can take a long time to figure out simple things. Just because our way of living, our education, the country we're living in didn't teach us

elementary notions of spirituality. Your best guide is your divine part of yourself, the one who is living in a no materialistic world. This part is your inner voice, your soul, the best of you. Your physical part is making the experience of living on the Earth. You can get the help of your divine side, hopefully to drive you on the good path, your own path.

Nevertheless, your active work is the hardest one: you're surrounded by many people with different ways of thinking, doing, living. You have to deal with your family, your boss, etc. This is very difficult to live! But you have to keep quiet, to be confident. You're going to succeed, so don't be invaded by bad emotions. Keep them off your mind. It's not easy, but little by little you're taking possession of this way of doing. Trust in you. Trust in your intuition. Trust in your inner You.

So repeat: "I trust my inner power, and I'm thankful and grateful to the Universe who has given me everything". You must be sure of you. Say "I know" instead of "I think" or "I believe" because you need to be confident. Remember: words can be your friends if ever you pay attention by using the good ones. Take care of your negative sentences, and your negative thoughts. You must turn them in positive as soon as possible, right now. A positive mind will bring you positive actions. So if you want to change your life for better, you have to start with a good mental.

On the same idea, give up the verb "to want" and replace it by "I wish" or "I hope". For the Universe, "wanting" means that you don't get what you're asking: so it's wrong, because you've got it yet since ever. So to the phrase "I want", the Universe answers: "Ok, go on with wanting". The Universe is made to help you and open you to everything when you've decided it. So you'll be waiting for a long time what you are supposed to get yet, considering that you just "wanted" it!

All those notions are very new for you, so be ready to find out on the web everything around them. It's better if you make your own choice, because your subconscious will drive you exactly where you need to go. Didn't you ever go to a shopping center to buy a book without a special need, but the one to read something new? What did you do? You have made your subconscious to drive you into a corner, a shelf, then you found out "the" book. You bought it. Then after a chapter or two, you've got in mind the reason you bought it: you needed this book and no one else, because you had to know something major for you.

Do the same for everything: let your subconscious do! Trust your intuition!

In front of a new you

You're not the same person than a few days ago. Something inside (and outside as well) is different. Is it the way you talk? The way you get more positive thoughts? Because of people around you? Are you planning new events, new wishes? Day after day you build the shape of what you really need to change and create.

Your life seems to be more attractive, open to new perspectives and desires. This is like you were awake from a long sleep. You feel fine, maybe you know at the moment how much you need to learn more about spirituality, unconditional love, angels, guides. Maybe you go outside as often as you can, and feel alive just because you take some time for yourself only. You've got some time for your friends too, so you appreciate their company. You've got some time to do nothing, just because you need to slow down and think about what you wish to do next. Life seems different, but it's the same one. You have changed your mind only. People are the same too, but you consider their affection or their presence differently. You are alone more often, but you feel free and fine. Soon you'll change your life for better: you'll be ready.

You've learned to be here. Here for you. Be grateful!

Did you notice as you became more enthusiastic? Go on, go forward to find out your inner visions, and stay connected with yourself. You'll learn soon how to be more connected with your angels, your guides and how you can develop a clear audience or clear vision if ever you feel the need. Start to make silence inside out you. This is a good way to improve your inner power and give you some chance to be connected with the divine. You can learn how to be in meditation, this is easy and good for health.

In front of this new you, what do you feel? What are your emotions or feelings? Do you keep smiling on the mirror? What do you feel?

Your best change is to trust your inner power, this little voice inside which is not your ego, but your divine part. Make the difference: your ego treats you as a child and prevent you from going on, but your divine part cheers on you, leads you to go further, to be more self-confident. Your divine part trusts you.

You are the boss!

This is easy to say, isn't it? Since when didn't you consider yourself as the boss? I mean the boss of your own company that is made of you, your family, your job, your dreams, your wishes, your friends and so on?

The major way to be connected with you, is to be sure you're the boss of your own life. It makes the difference in any circumstances, with people you meet. You can decide what to do in any situation to be in harmony with your inner intuition, with the person you have chosen to become. Be happy! Knowing who you are, what you are made of is a big step ahead. You don't wait anymore for anything, you take the decision at the good time because you trust in your inner power. You feel things and situations before analyze them with the reason. You are thankful to the Universe to give you the chance to do that, to feel stronger than ever, to choose to make your dreams come true. You are the most important person for yourself, that's why you have taken this rightful power to be what you need to be for now on.

You don't "want" anything, you now consider you've got everything you need. You just have to plant an intention to the Universe, so the answer is coming soon. Bad or good, your actions are full of learning, so all those experiences get an aim. You try, you fail, but you succeed in almost all your decisions to be more independent, more powerful, and obviously happier. You can slow down in your life, whatever you do because you need to feel who you are and where you need to go.

You have decided to make your life a happy one, with you in the center of it. You were someone else, so you are someone who is working to be someone new at each new second.

You started to ask you some new questions, get new friends, and maybe you are hoping to change your job, the place where you used to live. Anyway, the more you connect with your inner light, the more you're right. Trust you. So love you as your best and loveable friend!

What's next?

The following is yours'. Exclusively yours'. You are the master of your life. You can make everything good happen in your life. Awareness, happiness, self-esteem, self-confidence, inner power, all of that creates your new you.

Remember that the anagram of the word creation is the word reaction. It's not the same: the creation is supposed to make you live the life you've decided to live. A reaction means you're not in harmony with a decision you should have taken before or you didn't take at all. Choosing your own life means you must get feelings and not use your reason for it.

The following is due to the fact you are in harmony with your inner power. Each decision, each situation, each person you meet can be on your path because you've had an intention. Do you need to change your car? Put an intention to the Universe! And so on.

But of course, you may not be interested only in getting more money or having a new car! It's not bad to be rich nor having the wish to be famous. Be honest with yourself, so you'll exactly feel what is your inner truth made of. You may also be someone who gets the wish to do something for helping other people. You may be interested in transmitting a recipe of happiness that works, just because you want to play the game of life: being the best person at the best place.

Take your time to feel all those new sensations inside. You are moving on, changing paradigms you have lived with up to now. Things are getting more beautiful, because your mind is connected with your inner vision. Be happy. You are such an awesome person! Keep smiling in the mirror and love you!

Thanks

To all those wonderful people who lead me to ask a lot of questions to the Universe. I thank them from the bottom of my heart. I've got an intention few years ago: meet people from any country or any religion with the same aim than mine, happiness. I know something can turn bad sometimes, and we'll never know why. But for having lived something hard few years ago, I perfectly know that I've made the best choice when I decided to go with the flow and not resist to this drama. Moreover, I accepted it, making a strength with it, a bubble of light. It had taken many months before I could put a smile on my heart, but I did it. I succeeded. Not because I wanted it, but because I knew it was there, hidden somewhere inside me, and ready to go out when I'd be fine in my mind. This smile is mine, entirely due to my inner power. I cherish it because it has been very difficult to make it grow up again. I feel as a rescued person from the darkness of sadness. So I'll never forget that no one can die because of love. Because love is the most living things all over the world. Love can't die!

Then to all of you who have lost someone you've deeply loved, be confident. This person is still alive. Not as you used to know, but in a different way. Remember: eadem sed aliter. It means: the same, but differently. This person is living in the divine world, in their divine part. Be happy for them. Be happy for you too: you've got the chance to know them even a few minutes. Even if they are never born. Even if you were so sad when they left. That's the other side of our travel on Earth: we have to learn there's no end.

Feel alive. Be the memory of this love you gave and received. Be proud to be the one who can talk about it. This memory is yours. Nothing could take it away from you.

That's why you'll do your best to feel happiness! Happiness is your divine you, the side that drives you on the good path. Be like young children: they are always smiling and laughing! Go and come back with your inner child hidden deeply inside you and tell them, there's no more reason they don't dare to follow you. There are some sweet feelings and a beautiful smile coming back again on your heart!

With love,

Jane