



The following is an advanced reading excerpt from the forthcoming book, *Healing The Wanting: Making the Shift From Grasping to Gratitude* by Nancy Boyd.

ABOUT THE AUTHOR

Nancy Boyd is an award-winning writer, healer, coach, leader and survivor, who was awarded International Coach of the Year in 2009.

"I'm passionate about freeing people from painful beliefs so they can wake up to their own truth and power, moving ahead feeling good. I remember when I was bullied for being poor, female and different. I remember how painful that was, and that's why I'm so passionate about supporting survivors, spiritual seekers, sober individuals, and pet owners (yes, we see you!) to transform their pain into power and purpose.

Life is delicious when we invite goodness and beauty into our experience, and nurture it in ourselves and others. When you come alive in the truth of your own power you are unstoppable."

Her goal is to reach and inspire at least 10 million people to make this world a better place. You are invited to join her in this mission, from the place in your heart where joy lives.

For more information, you can visit <https://www.brightwings.com>

PREFACE

Poet David Whyte captures one aspect of wanting that I have personally experienced, and I share it here as we embark upon this exploration together. I call this kind of longing **The Urge to Become**. May our Becoming be blessed with every good thing.

LONGING is the transfiguration of aloneness, the defenseless interior secret core of a person receiving its overdue invitation from the moon, the stars, the night horizon and the great tidal flows of life and love.

Longing is divine discontent, the unendurable present finding a physical doorway to awe and discovery that frightens, emboldens, beckons and humiliates; makes us into pilgrim souls and sets us on some road that starts at the very center of the body, and then leads out, like an uncaring invitation, like a beckoning comet's tail glimpsed only for a moment, but through its agency and onward tidal draw, giving us the strength to give up an imprisoning work, a confining relationship, even a perfect paid-for home, or all of our uncounted, accumulated belongings, and to get out on the road again, closing the door as we leave.

Longing is nothing without its dangerous edge, that cuts and wounds us while setting us free and beckons us exactly because of the human need to invite the right kind of peril. The foundational instinct that we are here essentially to risk

ourselves in the world, that we are a form of invitation to others and to otherness, that we are meant to hazard ourselves for the right thing, for the right woman or the right man, for a son or a daughter, for the right work or for a gift given against all the odds. In longing we move and are moving from a known but abstracted elsewhere, to a beautiful, about to be reached, someone, something or somewhere we want to call our own.”

The above passages are shared with permission from ‘LONGING’ From CONSOLATIONS: The Solace, Nourishment and Underlying Meaning of Everyday Words. © David Whyte and Many Rivers Press, Langley, WA 98260 2015

Unfulfilled longing/want/need just plain hurts. It is not merely uncomfortable; it is a deep soul pain that cries for relief. For most of us, our hearts and minds find the state of wanting so painful, that we do whatever we can to make it stop. We seek relief and comfort in people, places, things ~ just about anywhere and everywhere but the one place where we can and do find ultimate relief and freedom.

The problem is, we are not doing what works – and therefore we are not only not finding relief, we’re making it worse by trying the wrong approaches. That’s what this book is all about~ what does and does not work to heal our wanting. I will be the first to tell you that the approaches I have discovered may not be the only ones that can possibly work; what I can say with assurance, however, is that they do.

If you find yourself baffled by any of the following, you're in the right place:

- feeling a sense of uneasiness or lack of safety and security, both physical and emotional
- feeling a lack of protection (which can lead you to seek authority figures to help you, as a first inclination when trouble comes)
- wanting comfort
- wanting financial stability
- wanting the foundational strength in your life to form bonds
- wanting a strong male/father figure (or a strong female/mother figure)
- wanting approval, validation and championing to be who you are
- wanting connection and meaningful relationships
- wanting your sacred integrity and innocence restored and repaired

If you identify with any of the above, all these are signs that you are suffering from some form of wanting, probably going back as far as childhood. We will be discussing how to heal from them all.

For me, to know at a deep level what is possible and yet not be experiencing it, is what wanting is all about. It's the bitter of the sweet. It is sweet to know; bitter not to taste it (yet.) If I didn't add the "yet" I am not sure I could endure this, the knowing without the having of it.

When I am deep inside the pain of wanting, it feels like an endless Hall of Mirrors that just keeps reflecting back to me the particular images of what is missing that I seek. Until I use the tools in my arsenal, I will be stuck there. However, there is always a way out. I'll share the ways with you here.

This journey is not an easy one ~ but worth taking. As Jody Ford (my friend from Facebook) says (and I quote with her permission here): "Nobody tells people these things! But I find most people don't want to do the work either because it's easier to judge someone else than face themselves."

If you are very brave (or perhaps just tired of hurting) ~ please look at yourself honestly. This is where you find real healing, freedom and power.

My question from inside the pain of wanting is: **"How can I make whole the world I see, when for me there is something missing?"**

That is what Healing The Wanting is all about.

How this book came to be written

A few days before one of the most horrific events humanity has ever perpetrated on the world ~ the atomic bombs dropped on Hiroshima and Nagasaki ~ I was born. Perhaps because of that, I have always felt a sense of destiny. . .that I was called to incarnate at this time, because the world needs me. It has always been very clear to me from the start.

The family into which I was born lived in the heartland of the richest country in the world, yet from the time I was born until I was nearly to puberty, we were hungry, lacking many of the basic essentials that other families took for granted (clothing, decent shelter, medical care, and the most basic of social connections.)

We lived well below the poverty line for all those years, because my father had returned from active service on Guadalcanal in WW II with what we would now call PTSD; in those days it didn't have a name and went largely hidden and untreated in untold thousands of men who managed to survive the war, including my father.

Because my Dad could not hold a job for long, due to his mental and emotional instability and dysfunction, my family was forced to move often when we could not pay the rent. I once counted that we had moved 27 times before I was 11 years old.

That is a lot of instability, disruption and chaos for anyone, let alone for a child. In most of the places we went, we never lived long enough that we could form any kind of meaningful social ties or connections, thus isolating us from structures that

most families never even realize they have and enjoy.

While I never heard anyone call us by this name, I knew what people thought we were: “poor white trash.” Because of circumstances completely beyond my control as a young child, our family was at the bottom of the barrel in terms of status. Our financial and social condition was the lowest of the low in the communities where we lived. And I knew and felt it keenly. There was no escape.

We could layer multiple further abuses into this picture; in addition to the burden of poverty I was also subjected to childhood sexual abuse at an early age. I am not going into details about that here, to protect my family. My paternal grandfather (who was NOT the offender) was a Southern Baptist preacher whose stern religious messages were far from comforting to a sensitive young child; though he personally was a very warm and loving man, his wife was a narcissistic harriidan who gave dramatic life to the term “put the fear of God into you.” Through this branch of the family I was first exposed to what racism is ~ and my first experiences with friction against authority because of it.

This story could easily begin by changing the places and times; “I was born into (poverty/wealth/middle class) and endured (hunger/pain/abuse – emotional, mental, physical and/or all three together/suffering/abandonment/social stigma) along with the stigma/s of (disability/color/class/economic status.)” The inner landscape – and damage – might feel just about the same with all of them.

But this is MY story, and this is how it went. For whatever Karmic reasons, I was made to travel a very uncomfortable path, and learned from The School of Life

what wanting ~and scarcity ~ is.

In fact, lack was my constant companion for all the years I was developing as a young person. In all the years since then, I have devoted myself to understanding what happened to me, what shaped me as a person, and how to get the hell out of the pain.

Now, Truth has many dimensions, and one of them is pain. In this book I will show you some of the other dimensions, which are much more pleasant – and I will show you the way out of the pain you feel when wanting is showing up in ways that are not good for you. We will also discuss the conditions that created such pain (so many common threads for people who can call themselves survivors.)

I believe that I have succeeded. I believe that I am well qualified to write this book. My transparency in sharing my experiences with you is to let you know that I understand, that I have walked that path, that I know this pain intimately. I also know the remedy for it. I escaped.

Come join me as I share with you what I have learned. The path away from grief, loss, lack, shame, and longing is a journey into dignity, happiness, wholeness and power. In my humble opinion, it will be worth every step.

SECTION ONE: ALL ABOUT WANTING

CHAPTER ONE

What is Wanting? How many kinds of wanting are there? How do we direct this energy? What are its common objects?

The first question I'm asked when I say I'm writing a book about Healing the Wanting is, "What is Wanting?"

I'll take that question a bit further, to ask "What is it, how does it work, why is it so powerful? How can it be so damaging? So destructive? Is it good for something, and if so, what?"

To answer that, let's first look at how the dictionary defines it. This is from Wiktionary, May 25, 2017, <https://en.wiktionary.org/wiki/wanting>, accessed January 12, 2018.

DEFINITION OF WANTING:

adjective: absent or lacking

noun: the state of wanting something; desire

And from Wiktionary, the definition of its root word, want:

Wiktionary, January 1, 2018, <https://en.wiktionary.org/wiki/want>, accessed January 12, 2018.

Verb:

To wish for or to desire (something). To be lacking, not to exist. To lack, not to have (something). To be in need of; to require (something). To be in a state of destitution; to be needy; to lack.

Synonyms:

(desire): set one's heart on, wish for, would like

(lack); be without

(require): need, be in need of

Noun:

poverty, want. A desire, wish, longing. Lack, absence. Poverty. Something needed or desired; a thing of which the loss is felt.

Other associated meanings might include insufficiency, lacking some essential or desirable element, not enough, inadequate, scarce ~ all of which lend color to the concept of wanting, as we are using it here in this book.

For our purposes in understanding what wanting is, I use the term as a way to identify anything in your life that you feel is absent completely, or in not enough quantity or quality (as YOU determine it), causing a deficiency of some kind.

The thing or experience that is missing is distressing enough to you that you seek it, with varying degrees of commitment and intensity, in an attempt to draw it into your life. The absence of it, furthermore, causes you some degree of pain, frustration, confusion, or all of the above ~ and compels you to take action to remedy what is absent.

The wanting I will be discussing in this book ~ and the need for healing from that wanting ~ is not a casual or incidental matter for you. The kinds of wanting I mean are serious and severe, in some cases life or death matters. Wanting, as I use it in this book, can also include other forms that are less urgent but still important to you for the kind of life you believe will make you happy and content.

You can think of wanting as a kind of vacuum, into which you are attempting to pull whatever it is that you feel is missing in your life to you. This big cosmic vacuum, however, needs to be well understood and mastered, if it is going to really work for you. And that is also what this book is about.

For most people, having missing pieces in life can be very painful, depending on how close to the survival level those pieces are. It also depends on your level of tolerance for discomfort, as to how you experience whatever is missing in your life.

There is a big difference between missing meals and missing a beloved companion. It also depends on how many of your basic needs are being met, as to how uncomfortable you are or become at any given point in your life.

The thing is, YOU know what your own priorities are. You know what matters most to you, and what it means when one thing or another goes missing in your world. It is from this place of self-awareness that you begin to venture into an exciting and often confusing or frustrating effort to bring things and experiences into your life that you feel will complete you in some important way. It is that “pursuit of happiness” that we are told is a human right.

The purpose of this book is to make that pursuit a little more effective, less painful, and more powerful in the end. It is my intention to share with you all the insights and wisdom you need, to fully heal your own wanting – so that one by one, may our healed pain help to heal the world.

What are some of the main reasons why you have the feelings of wanting in your life? Every area of your life is a potential reservoir for wanting something: physically, mentally, emotionally, spiritually. Until you become a perfect manifestor/creator of your life, there will most likely be one or more things missing for you, that you are going to try to bring into your experience.

As others have written, there is both freedom for, and freedom from. We can look at wanting from both places: **freedom from wanting**, and **freedom for fulfillment**. They each have different ways to heal, and we’ll explore all of them.

But first, we need to look at some of the many ways that wanting can show up for you, from my own experience and from observing countless others:

- wanting something you think you lack (broad category)
- wanting not to feel pain (avoidance of pain)
- wanting a relationship/intimate connection
- wanting to love and be loved
- wanting someone in your life and thinking (or knowing) they won't be there (facing a real or perceived loss)
- wanting sex (or a particular kind of sex, or more sex, or less sex)
- wanting money/financial abundance/prosperity
- wanting material comfort
- wanting possessions or objects (with the mistaken idea that they will bring you happiness)
- wanting to be understood/not be misunderstood
- wanting to belong
- wanting to be a better person/improve yourself
- wanting to achieve something (success, status, etc.)
- wanting a better job/higher social or economic status
- wanting to be accepted (not be isolated or shunned)/belonging
- wanting freedom from poverty
- wanting freedom from fear, anger, depression
- wanting to feel peaceful (vs. agitated, upset, stressed)
- wanting to be forgiven
- wanting to look better (improve appearance in some way)

- wanting to be physically fit/attractive/healthy/sexy
- wanting freedom from ridicule/bullying
- wanting not to feel like a victim
- wanting not to feel like a victim (or BE victimized)
- wanting freedom from oppression/abuse
- wanting to heal from past trauma/PTSD/emotional pain
- wanting to feel safe/security
- wanting to be accepted/validated/approval
- wanting to be assertive and confident
- wanting to find satisfactory creative expression
- wanting to make a contribution, fulfill a sense of purpose and meaning
- wanting to feel connected with Source/God/Supreme Intelligence

This brings me to a list of the top ten things that most people want according to clinical surveys (this one from Rosalind Tompkins, shared with permission):

1. Having love in their lives
2. Being healthy
3. Having high paying jobs
4. Looking better

5. Losing weight and toning their bodies
6. Learning new things
7. Living longer with their families
8. Being safe from perceived and real hurt, harm, and danger
9. Being comfortable
10. Having more pleasure to satisfy their appetite and desires

From looking at the above list, I would comment that it depends on your own life experiences how far up or down on this list you would personally place each item; for a battered woman, for instance, being safe would most likely top her list; for a person who is relatively comfortable economically, the priorities would shift according to what they most value, and where their areas of perceived lack are.

Few would judge that there is anything inherently wrong with anything on this or most other lists. The problem comes when the wanting itself gets in the way of your happiness and ability to experience life on your own terms. When the wanting takes over your life, you have a problem.

Wanting = Lack

Lack/loss usually feels painful/bad/something to avoid. Of course loss isn't entirely avoidable and neither is pain. The course of one's life rarely goes as desired or planned, yet happiness is possible under all but the most extreme conditions, provided that you know how to master the art of healing the wanting.

That's what this book is about ~ leading you to the place inside where you can change the pain into acceptance, joy and lasting happiness.

Why? Because there is too much pain and suffering in the world, and not enough ladders to climb out of it. This is a ladder. Use it to free yourself. Your freedom will come at whatever pace you choose, so long as you keep taking steps.

As we begin to look at what wanting is and how it operates, I'd like say that for every kind of human state or condition, there are ways that wanting shows up for you. As you work through the layers of how to heal, it becomes important to recognize the potential for wanting to show up almost anywhere in your life.

Here are the broad categories where wanting shows up:

PHYSICAL/MATERIAL REALM

RELATIONAL REALM (how you connect with people, places and things)

ABSTRACT/POTENTIAL REALMS

In this book, we will delve into all of them, and show how the realms intersect and play upon one another. That actually happens more often than might be obvious, which is why I'm including it here.

However wanting shows up for you, if it results in you thinking that you can't have something you want, thereby fostering a sense of futility and hopelessness, a lack of personal power or will/drive, along with a presumption that what is desired is not available/possible for YOU ~ the resulting state of helplessness is a powerful force that needs to be healed, along with the original causes that produced it.

One of the first awarenesses I want you to consider is this: you keep hopelessness alive every time you believe you cannot have what you want.

You need to change this, because it is the one doorway whose key is in your own hands. We are talking about not only healing wounds that stop you from having more of what you want in life, and therefore satisfaction and happiness, but we are also talking about deep soul healing.

Heaven (or a state of consciousness where you understand how life works) is knowing that we all (and always) live in the vast field of unmanifest potential, where all things are possible; you bring those things into your experience (probability) through choosing “that” (and no other.)

When you are operating in a belief system of limitations and lack, you cannot see any other potential, any other perspective, than the absence of what you want. This is the thing to change – to open how you perceive, so that WHAT you perceive will expand and manifest with greater ease and mastery.

What I am sharing with you in this book WILL challenge your perspectives, and open the doors to greater potential than you had any idea exists. When this happens, in my experience, you cannot unsee it – you have to include the awareness in everything you witness from then on.

Once you know what is possible, you may never again be content with half a glass, or false beliefs that limit you. Fair warning about that!

You need to understand that we all have wounds. Some of them were inflicted early in your life, when you may not even have realized what was happening to you (as in the case of child abuse or hunger, for example.)

Some of the wounds you received left permanent scars (or at the very least, patterns

that would stay with you for most of your life.) In some cases, you may have known exactly what was going on, but been powerless at the time to do anything about it.

However the wounds happened, most of them set you up for an extremely powerful desire to change things, so that you would not only not feel the particular pain that caused the original wound, but, in your own mind, try to keep it from ever happening again – to you, and sometimes also to others, if you are so motivated.

Now, this is a tall order, one that could reasonably be argued is impossible to fulfill. However, I personally take an optimistic view towards change, because so much has transformed in my own life. I have also been blessed to facilitate and witness similar transformation in the lives of others. So perhaps it's worth exploring some ideas and see what comes of it. After all, you have nothing to lose but your misery.

Let me ask you this. Why do you want, if wanting produces pain? I'd say that's the wrong question, because you don't intend to want; it's not something you deliberately seek. Most people intend to manifest a life of happiness and goodness. It's when something happens that prevents what you intended, that the sense of lack and feeling of wanting appears.

You don't intend want ~ you intend results. When the results don't happen, that's when your reactions kick into gear. And that could be a problem for you, as well as for others. The reasons why you want something can be put into three general categories:

- to avoid pain
- to get pleasure
- to become

Which is stronger? I always thought the urge to become is strongest, because even if you don't survive you always want for yourselves some improvement in your condition, and in order to achieve any kind of progress in any direction, you have to become someone you aren't now. It's always a process, whether you follow high aspirations or "merely" survival ones.

Within pleasure, I include survival, esteem, ego/prestige. . . because all of these are at their base little more than stepping stones to what you really want: to feel better about who you are, about what you are doing here, and about your capacity to function as a human being.

The realization that the process of becoming is central to change and development is not anything new; but the idea that this process is also core for manifestation and healing the wanting is a new twist for me in the evolution of my thinking about it.

It extends the idea further into who you are as souls and what you will and will not do to become more than you are now. It speaks to the survival of our species in fairly blunt terms: **Evolve Or Die.**

And that is a mandate whose message I was born to carry! I've spent more than a little time working out how to deliver this message in as palatable form as I can ~

but the bottom line is still the same. Either we change and grow, or we cannot survive as a species ~ and we risk taking the entire planet with us in the process.

That message is only part of the reason why I am writing about wanting; obviously the healing of wanting will go a long way to help change much of what is wrong in our individual lives. But more than that, healed people make different choices – ones that are healthier for themselves and the world. And that is something rather urgent.

Speaking of urgent ~ the reason why you want something may be linked to the intensity or urgency you feel about it, and even the degree of commitment you feel that brings you to take action towards your desires, rather than just wish and fantasize.

You will not invest deeply in anything you don't care about. Just doesn't happen. It's only when you are passionate about something that you will act upon it. It takes desire. Wanting.

There are those who have subscribed to the belief that if you merely envision what you want in perfect clarity, write it down (as a form of manifestation), then release it to The Universe, then magic will happen and what you want will come to you.

Unfortunately it's not QUITE that simple. You also need to align your beliefs to accept and allow that which you want; you need to see it as accomplished; and you need to adjust your feelings about it from one of lack to one of joy. These are all essential components of a successful manifestation exercise. No steps can be skipped if you want it to work.

You cannot feel joy at the same time you feel fear or doubt, which is why your feelings matter so much when you are working to manifest something. And even then. . . if what you want is not something that is for your highest good, your Higher Self may intervene and override your desires so as to leave the path open for that which is better.

There are many instances where you might have your heart set on a particular person and want with all your heart to be with her or him. . . only to be disappointed when it doesn't happen; then somewhere down the road (usually after you have done some further growing and reconnecting with Source energy) that someone comes into your life unexpectedly, who turns out to be so much better than what you thought you wanted, that you could not even imagine such goodness for yourself from where you started. I've had many such experiences myself and know of others who have too. It can be rather humbling to say the least.

It's not easy to relinquish your attachment to something you want so fervently. At the time when you are being asked (ahem, challenged) to release your attachment, you will not know (nor have any basis TO know, other than faith) that anything better is ahead for you.

All you know is that your vision represents something you want very much, and for now that is good enough reason to cling to it, as your ego will insist. It is only with the utmost humility and faith that you can let go, hopefully with comfort that The Universe has your best interests at heart.

Most people feel that wanting is something that happens to you – not something

that you create, let alone something over which you have any form of control. I'm here to challenge that view and show you another way to work with it.

When you think about wanting, your own or others, what thoughts come to you? Here are some that have come to me at various times:

- **Do we generate wanting?**
- **Control it?**
- **How does wanting happen?**
- **Do we direct it? Manage it? How do we do that?**
- **Is wanting useful and if so, how?**

What I will say is that from my point of view you are the originator, director, manager and controller of your wanting – and responsible for what happens as a result of it.

Your wants are not the same as mine, but they are as important to you as mine are to me. Abraham Maslow created a chart signifying the hierarchy of needs that people have, and for purposes of helping people sort out their priorities it is useful. But human desires are intensely personal and individual – and shift according to their development and life experience.

As you move through life your wants and needs actually do evolve and change, so that what might be true for you at one period of time surely won't be later on. Just think about what was important to you as a teenager vs what is important to you

now; many of your priorities will be very different now than they were then.

One thing I want to note here. If you are reading this book thinking that I am going to teach you how to get what you want, you may be disappointed. That is not what the book is about; it's about healing from the pain of thinking you cannot have what you want, and from the pain of not getting what you want. In some ways, that's almost the same thing as learning how to manifest powerfully ~ learning what does not work, and eliminating it from your behaviors.

In this book, we are going to discuss such things as:

- Sometimes you don't get what you want, because it isn't good for you. Think about a sober alcoholic who craves a drink, for instance.
- Sometimes you don't get what you want, because your Higher Self/Source has something so much better in store for you; you are settling for less than you deserve.
- How your beliefs about what is possible for you, determine your ability to manifest.
- It's not what you want that is the problem, it's how you think about (and go about) getting it that is the problem.
- Why you aren't getting what you want, and what you can do about it. (And no, this is not a formula for manifestation; it's a formula for inner peace and stability.
- Whether there is a price you think you have to pay to get what you want,

and if you think this way, how it influences the outcome.

There will be some discussion about manifestation but mostly from the standpoint of “troubleshooting” what goes wrong, and how to correct it. That’s where the pain comes from – when things don’t go the way you planned. And despite what you might think about that, that’s where you can find the answers.

When you think about something you want with all your heart, you often tell yourself (and know deep down) that you will go to any lengths, pay any price asked, to get what you want. You tell yourself that the reward is worth whatever effort it takes to get there.

That goal might be the attainment of a cherished ambition, such as climbing Mt. Everest, or in the case of Diana Nyad, becoming the first woman to swim from Miami to Cuba. People on a mission will go to any lengths.

In Nyad’s case, it almost cost her life – several times. She gave it everything she had, and eventually, with the help of a great support team, got there. It took years to plan and millions of dollars worth of support to build the team, to train, to prepare. And it paid off. She achieved a goal many said was impossible, especially for a woman.

So for Diana Nyad, was the price worth it? She would say it was. Her motto, then as now: “Find a way.”

But when you first set out on a big goal like this – or even one that’s big to you, whether it seems that way to others or not – often you do not actually know what the price will be. All you may know is if you are willing – willing to go the

distance, to give it all you have, to do whatever it takes.

That is admirable. It shows courage, determination, and perseverance. We are, like Diana Nyad, eager to “find a way”.

However, when the unknown costs start adding up, that’s when you are tested both for your resilience as well as for your ability to accurately assess the appropriateness of the risk/reward ratio that often keeps changing as you go.

Despite your best plan, the unexpected happens. Circumstances and people change. Something you thought secure, turns out not to be. Misunderstandings surface. In some cases, health issues can arise (as it did for me at one point.)

You never know in advance, once you set foot upon a path, what will happen for sure. You know what you hope and intend. What you cannot know for certain is how the efforts you put in will pay off, what results it will produce, and what it will take to manifest your aim.

You cannot know for sure that you WILL get what you want, or even if you will come close. All you can know, as clearly as you can manage, is the concept of what it is you want, and how much you think you are willing to give to the Universe to deliver it to you in return.

Sometimes, often only in retrospect, you can come to the conclusion that the price you were willing to pay wasn’t worth it. That could be because:

- you did not get what you wanted
- the results were disappointing in some way (example: you got what

you wanted but it wasn't what you expected, or the feeling you had upon getting it did not match your expectations about what you thought you would feel.)

- Or perhaps in the process of attempting to reach your goal, you lost your entire investment in trying, with little or nothing to show for it.

At those times you can find yourself wishing that you had made different choices. While it's easy to convince yourself that if the thing you want is as wonderful as you think it will be, any price would be worth it ~ the reality is that you risk serious disappointment and sense of loss if what you want does not manifest.

It is really worth your time to be honest with yourself about whether you can financially or emotionally afford the potential loss if what you want does not happen. If you feel you can afford it, after a deep soul search, then you can embark upon your quest with a clear conscience, knowing that at the end you really could lose everything you put into it.

It takes a courageous person to be that willing. A few times in my life, I was that willing. On a few occasions it was worth it, but more than once I found that it was not, and I had deep regrets about the money or time I wasted with nothing to show for it.

If you are a risk-averse person, you might try to cut your losses before you reach your goal. You might give up too soon, and lose out by default. Or there may be instances where because you are not willing to risk, you put the rewards out of reach.

All of which brings us to the question, “How do you accurately assess the risk-to-reward ratio of the investment of time and/or money required to manifest what you want?”

Unfortunately there is no such thing as an actuarial table to decipher these choices for you. There may be crystal balls, but there are no guarantees. Furthermore, your own appetite for risk or reward ultimately is the deciding factor for you; what works for you might never do for someone else.

There are many things influencing the manifestation process for you that are impossible to know in advance. There are no “magic bullets” and anyone who claims there are is a fraud.

You probably already know that, but it bears saying because it is another way that you can give away your power in trying to get someone else to tell you whether or not you will definitely get what you want. Many people do this; it’s only natural to seek validation. But to seek outside confirmation rather than trusting your own inner truths is an abdication of your role as a person responsible for your own life.

Note: I have nothing against fortune-tellers, tarot readers and psychics; there is a place for them. I believe that the good ones provide a needed service. Just don’t rely solely on outside influences, when you are the one paying the price in what you do or don’t manifest.

My best advice? Don’t waste your time or money trying to find out in advance whether or not some future event will or will not happen. Instead, do your best to analyze the potential for success; know your tolerance for risk; and know yourself

well enough to know if you are prepared to commit what seems to you to be reasonable time and/or money to make an earnest attempt to get what you want to manifest in your life. That is all anyone can do.

If you actually require outside confirmation to give you the courage to risk, then by all means find someone with whom you have had prior satisfactory experience, or find someone who comes highly recommended by those you trust.

But leave the ultimate decision in your own hands; use the information you get from all outside sources as just that: information. Use it to help you make an informed decision – but don't let it make the decision for you.

Now, here is a place to discuss the Law of Attraction, because it applies to your ability to manifest what you want. Simply put, the Law of Attraction says that you attract a match for what your energy is.

The way I think of it, and understand it to work in my life, the energy of wanting or lack repels, while the energy of gratitude and joy attracts; when I generate the emotional state of gratitude (for what I have already, or even the energy of belief that what I want already exists and only time keeps it from being in my experience in this moment) then things flow into my experience readily and more easily.

The belief that I do not have something, in other words, becomes the very barrier I am seeking to avoid; if I believe that it is not here, that I lack it, that belief keeps it from coming to me – because how can I attract if I believe it does not exist? So the Law of Attraction, in my experience of it, has a lot to do with my beliefs as much as it has to do with my emotional and mental state. If I am sending out an energy

of doubt or fear, I know it will sabotage the ease and grace with which what I want can flow to me.

The power of belief is so important, I will be discussing it throughout the book, to demonstrate how it affects whether or not you get what you want, or whether you get something you don't want instead.

There are times in your healing progress where you have gone beyond the threshold of anything you have ever experienced before. It can be a bit unsettling when you do. For instance, when you finally get to the point that you don't need something or someone because they are already in your life as presence, it's both incredibly simple and bewilderingly confusing.

Feeling that you're no longer alone, the shadow of pain is gone. Simple connection of having someone present in your life whether they are there with you physically or not, or even if you don't know who they are but sense that they exist, is a profound experience. Just having the awareness of the potential can be comforting.

I realize that this sounds anywhere from mysterious to impossible, but I assure you it's not. Whether you experience the presence of another psychically or just in your imagination, once you have the experience you can never return to the kind of existential loneliness you had before.

Awareness is everything. When you know beyond a shadow of a doubt that what you want exists, you will have no more struggle or resisting. You'll feel completely at peace, no longer anxious, no longer impatient.

See, **the way you manifest perfection is not from avoiding pain but by embracing vision**; not from pushing away what you don't want, but from pulling towards you in perfect confidence that which you do. You release all fears, all thoughts of "not having" – and bask in the celebratory energy of how it feels to enjoy the goodness. That's putting is as simply as I can.

There have been times in my life when I find myself at a choice point. Come to think of it, if I'm honest, I'm almost always at a choice point ~ and so are you. I will acknowledge the situation much like this, in my meditations:

"I think I'm meant to do X, but I don't even know how to begin. Creator, could you just put the information and particulars in front of me so it can happen, if I'm right about it? Inspire me and show me how, if this is my right path. I don't know how to know other than asking you to show me. Could you take care of this please?"

Make your request without a demand. Attach no desperation to it. Then once you have asked, release the results. Allow the answers to reveal themselves to you in marvelous and mysterious ways. They will, so long as you remain alert but not anxious about it. Relax in perfect confidence that what you have requested WILL be revealed, and come to you in an appropriate way.

"Whatever is peace for you, surrender to it and give it everything you've got," says Peter O'Donnell, my colleague and good friend. This is one of the biggest secrets about manifestation that I know: allowing, without resistance or demand. Keep your energy neutral, your attitude positive.

As far as how to keep your energy neutral, here is how I see it. Requesting

something is a masculine, assertive energy. Being open to potential and possibility is a very feminine energy. Again, according to Peter O'Donnell, "the energy of the request is masculine, the energy of the acceptance is feminine."

What I see about this is that trust requires a balanced meeting of both the masculine and feminine energies within you; it takes both, in balance, to be able to trust The Universe – and the powers of manifestation. This concept feels delightful to me, because it does not require anyone but you to take part in it. Anyone can do it.

Ask and receive in the same peace. Request and open the same. Allow both energies to flow without restriction. This is a powerful way to look at manifestation ~ and a way to discover where you might be creating blocks or obstacles to smooth manifestation.

Here's what I mean by that. If you are feeling like things are not flowing the way you hoped, you can check to see if you are asking without expectations or demands. Are you attaching any kind of energy to the asking, such as grasping, doubt, or fear? Do the same thing with your openness and receptivity. Are you allowing, or not? If you discover obstacles, release them and start over.

Another good way to find out if you are creating obstacles around your manifestation work is to notice what your body is doing. Are you breathing freely and easily? Or are you holding your breath or breathing rapidly? Are your muscles tight anywhere? Or are you relaxed?

Notice these things, and consciously change whatever cues your body is showing

you, that tell you that you could be unconsciously holding on or restricting yourself in some way as you think about asking and receiving.

Note the concept of fluidity ~ flow and ease and grace. That is the optimal way to manifest anything. **When it's not flowing, life force is not moving.** And stuck is not what you want. It's not what anyone wants. So check where the blocks are – and see that you remove them. Make it easy for Life to flow through you.

When you are manifesting easily, you have come a long way towards healing the wanting. But how do you know when it's really healed? Does that mean you are finally getting what you want? Not exactly.

Here is the outcome of a healed wanting: you have done the inner work, you have placed yourself in right relationship with Creator/Source/The Universe/God, and you have achieved at the very least a state of inner peace – if not the actual manifestation of what you want. You will be in equanimity about what you want, whether you have it or not.

When you have not healed your wanting? That's a different story. It's old and it hurts; that's one way you recognize it. I acknowledge how deep and painful the roots of unhealed wanting go. What is not always visible is what is driving the pain and what makes it feel so urgent.

It can feel like one's very survival depends on the outcome, whether or not that is in fact true. As long as it feels this way, one can go to almost any lengths to see that either:

- the outcome one fears intensely does not happen

- the outcome one feels is urgently needed, does happen

When something triggers the fear of non-survival (which I am going to say feels different from death, and perhaps I should go into that in more depth) then the entire array of wanting powers come into play and sharp focus.

What triggers wanting? What triggers fear? Does fear always lead to a trigger or is fear itself a trigger? We will be discussing throughout the book how wanting is triggered and released, the role that fear plays in generating fields and patterns of wanting, and how fear itself is always a trigger for something – usually related to wanting.

Why is the fear of non-survival stronger than the fear of death or dying? Death might feel like a nothingness, a cessation of physical presence and form; while non-survival feels like the death of the soul, a complete obliteration and annihilation. Neither one is a tolerable feeling for most people; you will go to great lengths to avoid it, and take drastic measures to get yourselves out of the feeling if you happen to find yourself there.

Triggers force actions that are driven by unconscious needs, expectations and beliefs. I will go into this in great detail in Chapter 3 when we discuss PTSD and key ways that wanting shows up for you, and in subsequent chapters as we learn how to heal from all these ways that wanting interrupts and interferes with your happiness and satisfied living experience.

Where does the fear go if you face it? In simple terms, it transforms into a different energy. A wise teacher once told me that all emotion is nothing but

energy seeking resolution. After many years of study, I am finally learning to understand what she means by that – and hope to share many of my findings here with you in this book.

Where does the pain go if you accept that you may not get what you want, if you allow your ideal or something better to come into your experience without demanding a specific way it shows up? Again, as you work with it, pain transforms into healed energy which you can use as a creative force to make good things happen for yourself and others.

When you are stuck, frustrated, and not getting what you want, it's the pit of perturbation. No one enjoys being there. But few know exactly what to do, to change the situation. Nobody shows you how to get out of the pit, until now. This book is full of veritable ladders, that show you how to climb out.

One way to start this journey is to acknowledge that there are going to be some things you need to let go, if you want to be happy. Most of the time if someone were to ask you, what would make you happy, you'd list all the things you want.

But what if you have it all wrong? What if it's not what you have but what you are able to let go, that makes you happy? Have a look at a list of 13 Things to Let Go of to be Happy, by Shashi Chamling, from her blog *Scribbles & Pebbles*:

1. Overthinking.
2. Pleasing everyone.
3. Comparison.
4. Self doubt.

5. Past.
6. Mistakes & Heartbreak.
7. Anger/Resentment.
8. Worrying about future.
9. Fake/toxic friends.
10. Chasing people.
11. Negative thoughts.
12. Procrastination.
13. Expectations.

At first it may be challenging to let go of things you have held onto for a long time, but the more you practice, the easier it becomes.

The reason I have introduced the idea of “letting go” in order to be happy is because there will be things you will need to face as you look deeper into your own patterns around wanting, lack, and unhappiness.

When you do face them honestly, you will see that many of those things are not serving you any longer, and you will want to get rid of them. Start thinking now about the healing process of release. You’ll get more comfortable with it the further you go.

So what about expectations? Good question. For one thing, they limit potential by defining the edges of what you intend. They also limit potential by what you are willing to include or exclude, especially when you are able to define those qualities with crystal clarity rather than in some vague or murky way.

Expectations are a setup for disappointment. They can keep you from getting what you want, by focusing your attention and energy on finite qualities that define what is possible for you to experience.

If you wish to open more potential and expand your possibilities, release ALL expectations. Open your heart and mind for the BEST outcome, one that you may not have the insight to even see available to you. Oh and in the process? Try to avoid defining what “best” means. Perhaps that’s better left to your Higher Self to co-create for you.

There are ordinary expectations (including such things as “there will always be tomorrow”, “the sun rises and the sun sets every day”, “as long as you are still breathing you’re probably still alive”, etc.), expectancy of being pregnant with a child, and the expectations of cosmic cocreation, where you are dancing with multidimensional potential.

All of these expectations define limits – and the sooner you grasp that concept the easier it will be for you to understand how to work with your wanting from a more comprehensive place of mastery.

You will learn how to define and shape your visions and dreams ever more clearly, so that when you are declaring what it is that you want, you will be aligned better with what you do and do not wish to allow into your experience. In later chapters we will get into this much more thoroughly.

For now, please just know that expectations are something that you can and should learn to adjust, define, and control, if you are to heal the wanting from your soul’s

highest perspective.

One point that is important for you to understand, if you have not already learned this through your own life experience:

**Just because you want it
doesn't mean it's good for you**

Sometimes the biggest blessings are when what you want . . . doesn't happen.
Only you may not know it at the time.

Just because you get what you want does not guarantee happiness and contentment.
Likewise, just because you do NOT get what you want, does not mean that you must be miserable and in despair.

In fact. . . wanting, of itself, can become the barrier to the very happiness you seek.

When you try too hard, you create drama – and while drama may be temporarily entertaining, it lacks the power to bring dreams into form except through fantasy.

There is a difference between playing a game (as in creating drama for yourself and those around you) and making your life fun and playfully creative; one is a distraction and avoidance, the other is a powerful way to create things.

Know the energy with which you are working; there are uses for both distraction and creative playfulness. But don't confuse the two or try to engage both at the

same time.

Here's the thing. When you have acknowledged and let go of all negative feelings, and you have graduated from smallness to the recognition of your greatness so that your internal joy comes from the pleasure of giving and loving, then you are really invulnerable to loss. From that place, all things are possible. What you want can come to you with greater ease.

When you think about pain, what is the worst pain you can imagine? I don't know what your answer might be, but I will tell you this. The thought of separation is one of the most painful experiences you can have. As long as you're experiencing separation, you'll never really feel abundant. And that is going to be a problem for you, as you try to manifest things you want. Your feelings of being separate are what underlies and fuels the pain of wanting.

“When you undo the experience of separation, you'll never feel lack. You'll feel abundant even if you're broke. With separation, you'll feel scarcity even if you're rich,” said author Gary Renard.

The ultimate separation is when you feel separate from Source/God. But even quantum physicists are now saying what spiritual teachers have said for ages: “Heaven is within.” We are all sparks of Source/God. We are made of God-stuff. You cannot be separate from what you are!

How then do you heal the sense of separation? There are several ways to approach this one. First, realize that you are not separate from God/Source. The idea of separation is an illusion (albeit a painful one.) That energy and presence is within

you always. It's been said that God is consciousness; when you are conscious, you are experiencing The Divine.

Another way to heal the feeling of separation is to connect with something beautiful in Nature, or with one or more of the elements: water, earth, fire, air. Let Source speak to you through a form you can experience with your senses, and allow that connection to help you release any fears or thoughts of being separated.

Finally, realize that your thought of separation IS just a thought. You can change a thought. Change the thought of separation to one of connection. If it helps, you could create an affirmation to repeat until you are able to consistently hold the new thought; you might say something like “I am one with All That Is” – or “The Divine is always present in me” – or “God/Source/Supreme Intelligence is within me now and always.” You have to know what you're working with. When you realize that YOU are the God-stuff that you've been thinking is outside somewhere, or impossible to attain or find, you are in a position to heal your wanting, heal the separation that keeps you from knowing you can (and deserve) to have what you want.

Knowing your true relationship with Source is being truthful with your soul. Honesty is the attunement with source from which you can create something beautiful. You have to acknowledge the divinity that you carry within, so that you can manifest with freedom and courage, without fear of separation from the Divine.

When you are at peace with Source, you allow life force to flow. You are not creating difficulty. You are not putting up obstacles.

According to energy healer Honovi Strongdeer, “The disconnection you feel in your life is a deep longing to reunite with the Source that binds all others together, with the Oneness of creation. And try as you might to fill it with friends, relationships, objects and experiences this feeling persists until finally you turn inward, returning home to yourself as the creator. Knowing that nothing can separate you from the love of Source.”

When you finally understand that the separation you are feeling is a sense of disconnectedness from Source, rather than an insufficiency of “things” or experiences or love, and that you are never actually separate from Source because Source energy is what you are – then you are free to heal that wanting by shifting the focus away from “getting something or someone” to “being who you are” and knowing that you are enough just as you are.

What people feel when they get what they want, or imagine getting what they want, is the feeling of connection and flow they get from Source. If this is experienced with someone or something other than Source directly, people can get confused and not realize it’s actually God/Source they are seeking (or more accurately, a deeper closer connection with Source energy) that they get through someone or something special.

They also don’t realize that they can get this same experience directly from Source, and it is this illusion that keeps them seeking – and locked in suffering.

It must be said here that, so far as I can tell, Source is always seeking to know itself through you – and to become more than it is now. The urge to become will lead you to want to connect your Source energy with that of others, to have experiences that

expand your awareness and make more conscious the gifts that are uniquely yours, and much more.

There is a reason why First Nations peoples refer to Source/Creator as the Great Mystery (or The Great Mysterious.) It is always becoming more of what it is, through us and around us. We can only humbly know it by being as open and aware as we can.

So the paradox is: while Source is always present in us and can never be separate from us, Source will also always want to become more – and experience itself through us in ever expansive ways; we may always want connection with others, as the ways we experience Source in its becomingness.

It's a strange dance that we learn – how to be perfectly comfortable within our own self, while also experiencing the longing to connect with others in their expression of Divinity.

To acknowledge this is great wisdom. To live it gracefully is mastery at a high level. To heal this kind of wanting, perhaps it is a lifelong journey – one that we take a step at a time. In this book I will share with you all the ways I know to get there.

First step, I think, is to allow. Allow Life to be what it is. Allow it to unfold as it will, without trying to make it be other than what it is.

Allowing means accepting what is, not making your life about what is missing, but truly accepting that THIS is how it is right NOW. This is not the same thing as surrender, or acquiescence, or resignation. It is the beginning of Grace. It is the allowing of all that is possible, vs rejecting your situation as less than desirable

because you want something different instead.

From the space of allowing, you are saying to yourself (and The Universe) “You know, I am OK even though I don’t have that thing (or person) I want. I can live if I don’t have it. I accept that it is not in my experience right now. I would still like to have it, but I am OK if I don’t. This is good enough for me, as it is.”

And that message? It tips the scales in favor of probability, because it changes your energy field from one of grasping, to one of receptivity. The grasping energy is repulsive; it pushes things away. The receptive energy is attractive; it beckons and calls things to you.

One more thing to know about pushing things away. Most of us reject what is painful. We don’t want to look at what we judge as ugly or unacceptable in ourselves. We would prefer to ignore it, hide it, or make excuses for it, rather than face it honestly— let alone accept or embrace it.

“What you resist persists” – meaning that the energy of pushing something away from you, will keep you attached to it. Rather than make it go away, when you put energy into fighting something you are ensuring that it stays in your experience until you actually do release it. Your energy of resistance keeps you connected to it.

When you embrace what is in your shadow, transformation is possible. Without acceptance and allowing, transformation is impossible. When you work with the shadow you are not allowing the darkness to rule you, rather the opposite – you are shining light on what is.

See, the shadow is there whether you acknowledge it or not. Unless and until you openly and consciously deal with your own shadow, it remains active in the subconscious, affecting your life in ways you may not even suspect.

The work you are doing to heal the wanting will require you to face many of your own shadows, parts of yourself you may not be so proud of, aspects of your behavior you'd just as soon no one else could ever see.

You will be taking a good hard look at attitudes, thoughts, and actions that are going to need an overhaul – to be replaced with ones that are going to make your life much more satisfying; you are going to heal your wanting.

But in order to do that, you have to take responsibility for yourself – for your thoughts, your words and your actions. You have to be honest with yourself in ways that you may never have before. Ultimately that's going to feel wonderful. But I can't promise it will be easy. You will need courage and guts. But you can do it, I know. I've been on the outside, looking in – on the bottom, looking up – and found the way out and through. So can you.

The first step on this pathway is to own your shadow (the part of you that is not your ideal self.) Stop pretending it isn't there, or is something other than what it is. No one can do this for you but you. It is your work, and it is sacred, a sacred responsibility.

When you take responsibility, you have power. When you want "them" to be responsible for you, to save you, to rescue you, you're just a victim.

Victims are not response-able; those who feel victimized do not recognize that

they DO have power or how to use the power they have. They do not see where or how they can take back control over their lives, because they imagine or BELIEVE that someone else is controlling them.

This is not to belittle those who are actually in dangerous situations; there are times when temporarily a person may not have enough control over their situation to free themselves from it – but eventually they can and will. They will have escaped from victimhood and become survivors.

We will be discussing victimhood and lack in greater depth later in this book. For now, what I want you to understand is that you have a great deal more power than you think you have, especially when it comes to getting what you want – and more importantly, handling it when you don't.

There is wanting what you do not have; there is wanting what you think you should have; there is wanting to not have something you don't want; and there is wanting nothing except what you have in your mind as the ideal or most desired outcome.

The thing that all of these forms of wanting have in common is (and I am oversimplifying here): **a sense of “not having”**. A void. A vacuum. The nothingness of lack is a powerful force, drawing into itself all that is even remotely connected or related to the desire expressed.

The thing you have to consider is that Life works in ways you don't always understand. Sometimes, in my experience, that which you want can come to you under awkward circumstances:

- Someone who seems to be the perfect lover can appear while you are with someone else.
- The object you have waited so long to have, comes onto the market the week before you have the funds to pay for it.
- You decide to settle for something “almost good enough” only to come across the PERFECT thing you wanted all along a day later – but cannot get a refund for the first purchase so that you can get the other thing instead.

These are all very common forms of manifestation gone slightly awry – things that manifest in ways that don’t work for you. Everyone has them. What you will learn is how to handle them when they happen.

I must share with you that once you stop stressing over what does or does not happen with your manifesting, better and better outcomes start happening too. I’ve observed that in my own life and in countless other lives as well – enough to think it’s probably not an accident.

And that’s all for now.

I hope you’re eager to read the rest of this book!

What’s still to come ~

Healing The Wanting: Making The Shift From Grasping to Gratitude is divided

into two sections: 1) All about wanting/scarcity/lack and 2) Healing the wanting.

In Section One, we cover:

- what wanting actually is, how it begins, and what makes it so powerful
- what are the many ways wanting/scarcity usually shows up in your life
- how wanting often hides or masquerades as something else, making it hard to understand
- how to sort out what you really want vs what others want from you
- what to do if you keep getting what you don't want instead of what you do
- the shocking role that fear plays in setting you up to fail repeatedly
- what early wounding has to do with the patterns we have in our lives, and what to do to begin healing and untangling them
- why we stay stuck and how to break free
- how working with your own mind changes the vortex of wanting
- healing the shame and cultivating dignity around money (and other hot buttons you didn't know you have)
- the relationship between shame and poverty, and why that matters
- the startling relationship between victimhood and lack

In Section Two, we cover:

- What is healing, actually? What are its stages?
- Steps you must take to free yourself from lack/scarcity/wanting
- Dancing with disappointment ~ what to do when you don't get what you want
- What to do when you get what you want but later lose it
- How to “throw the switch” on transforming old patterns and habits ~ The Replacement Code
- What NOT to do, to heal the wanting
- How to keep desire healthy, not toxic or addictive
- How to maintain freedom from wanting, once you learn how

What else is included?

- More than 25 pages of powerful resources, tools and help for your healing journey, to give you everything you need to break through every block you have ~ and reach the ultimate freedom from lack/scarcity/wanting.
- Workbooks, checklists, self-assessments, and more, to give you focus and encouragement at every step of the way
- For those who love connection, we're planning a community space where you can meet others on the same path, share your challenges, experience, ideas and strength, and ask questions in a safe space for everyone.
- We're developing new online courses for you to go as deeply as you need, and get expert support at every step of the way. This will roll out after the book launch once we get the pieces in place.
- A book I read recently that helps to shed light on our collective shadow (as a human species) really does set the stage for the rest of my book and will help you gain more understanding about historical and cultural factors that hold in place some of the systems that tend to work against too many of us. Although it's included in the Resource List in my book, I feel it important enough to offer it here, so that you can get a head start on thinking about some of the issues that truly affect us all. This book is ***Caste: The Origins of Our Discontents***, by Isabel Wilkinson. It's well written and powerfully moving. Go get this now and read and share and talk about it with others:

tinyurl.com/caste-healing

WHAT'S NEXT FOR YOU?

You are going to be first to hear when this book is released in its first edition, and become part of an exciting mission to heal the wanting for everyone. You already signed up for that when you requested this book excerpt. Thank you for that! I hope you're as excited as I am.

Until then. . .

Until *Healing The Wanting* is published in its final form, here is an important resource you will find to be immediately and powerfully useful in your healing journey around money:

<https://tinyurl.com/heal-your-money-energy>

Let me share with you that I joined this community in 2020, and loved it so much I became a partner so that I could share it with others as widely as possible. It has been for me the only missing element to the deep content I created in *Healing The*

Wanting.

It's a great starting place for anyone. Here you will find a wealth of resources to help you completely transform your relationship with money, and heal everything that stands in the way of a life of peace, happiness, and deep connection. It has my highest recommendation.

I urge everyone reading this to explore what you can find there (much of it low-cost or free if you're on a budget.) I would love to welcome you as a new student in this remarkable program, along with your participation in any or all of the programs I myself am creating for you.

Let's DO this!!

<https://tinyurl.com/heal-your-money-energy>

**May you walk in peace, happiness, and
dignity always!**

