

Life Works
When You Are Happy!
It Sucks
When You Are Not!
Your Guide to a Happy Successful Life

by Takara

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Spirit of Nature Publishing

P.O. Box 31275

Santa Fe, NM 87594

<http://www.SpiritofNature.org>

<http://www.Dancing-Dolphin-Essences.com>

<http://www.DolphinEmpowerment.com>

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Introduction

You will never be successful in business, or in any other area of life, unless you master this principle.

Life works when you are happy. It sucks when you are not.

What does that mean exactly?

It means that when you are sad, depressed, angry, frustrated and the like, your life has very little chance of improving.

Thoughts are things. And I mean that in a literal sense.

When you spend all your time thinking about and talking about how awful things are – your job, your health, your finances, your boss, your spouse, your kid, your government (you do realize that this list could continue on forever), you will only get more of the experiences that caused you to complain in the first place.

You'll be stuck in what I call the negative spin for the rest of your life.

If you are reading this, then I'll assume you are like we are, and you would rather have life be a little (or a lot) happier, easier, and more fun.

That is not only possible, but quite attainable. I'll share with you some of our story.

My husband, Raven, was once an R.N. in the Canadian military and he followed that with a career as a police officer in downtown metro Toronto. Day after day he was faced with danger and stress that were a natural part of his job.

I, Takara, was once a front line supervisor and Industrial Engineer in the pharmaceutical industry. I had a great job title and a fabulous little red sports car. I usually had a gorgeous man on my arm. I often enjoyed lovely meals in the ritziest restaurants in Manhattan and enjoyed numerous Broadway plays. I traveled well and often. I was living the great American Dream. But along with the dream came a huge decline in happiness, poor health, and mental and emotional stress that were almost unbearable.

Eventually we both left our comfortable, lucrative careers and headed off into the sunset to follow our respective dreams. We wanted to find ourselves. And we wanted to lead lives that had more meaning and greater levels of happiness. Luckily along the way we found each other and the rest, as they say, is history.

We live in the places that most people only visit on vacation. We work part time and play the rest. We've grown enormously as individuals and as a couple. We haven't always had a lot of money, but boy do we know what it means to be happy and at peace. We have the things that most people don't even dare dream about.

We have a profound romantic relationship. We have great friends. We are happy and healthy. Our careers allow us to do what we love. We get to spend tons of quality time with our son. We enjoy our lives.

We have a deep love of self and for each other. We have a deep connection with nature and with the Divine. We know who we are and we know what matters to us. We both are doing what brings us joy. We, each in our own unique way, help others improve their lives and that brings us great fulfillment.

We've healed and moved beyond our past, our programming, our fears, our worthiness issues – all the things that have limited us as individuals. And we have attained peace.

I once had a 70-something year old man tell me that he had traveled the world over and met innumerable amounts of people. He shared that in all those travels he had never met anyone that exuded as much inner peace as I do.

We don't have all the answers. But we do have a lot of them. We glide through life usually with a smile on our face. And we help others see life from a completely new and often more empowered perspective.

We have taken my favorite quote and turned it into a reality.

**Life is either a daring adventure,
or it is nothing.**

– Helen Keller

I've walked on fire. I've run at full speed barefoot down a hillside that dropped off into the raging ocean below - while blindfolded. I've given birth at home in water with only Raven there to assist. I've experienced miraculous healing - no longer needing glasses after wearing them for 15 years.

I've done daring and unusual things. And no you don't have to do any of that in order to be happy.

Thank heavens. Right?

Those things are nothing compared to the really daring things I've done.

I've faced my worst fears. I've looked at the really icky ugly parts of my personality, my past, and my human frailties. I've looked at what I've done that wasn't nice and the reasons I did them.

I've allowed myself to be truly open, honest, and vulnerable in relationship. I've dared to dream. I've dared to love. I've dared to move beyond what I thought I was capable of. I have evolved as a human. I've become real. I am no longer the façade – the pretend person – that I used to present to the world. And I'm damn happy.

So now it's your turn.

But first you have to shift your focus from what is wrong in your world to what is right in your world. And you have to make a commitment to making your life better. Why? Because despite what you think about yourself or what other's may have told you –

You Are Worth It!

Three things prevent people from truly thriving in life:

1. Judging themselves and complaining about others
2. Financial challenges
3. Physical (health) challenges

You have to actively work on improving all three all of the time. It doesn't have to be an arduous, horrible, loathsome task. It can be quick and painless. But it must be done consistently.

A few of the ways to start making positive changes right now are found in this eBook.

To completely move beyond your past:

- The traumas
- The negative programming you received from your family, society, culture, friends, enemies, teachers, lovers, spouse, boss, and everyone else
- Your habits and patterns that keep you stuck
- And the root cause of all of those

- the reasons you judge yourself and complain about others, [visit this link and download my ebook From Fear to Freedom](#). You will be amazed at how quickly and how little effort is required for your life to change for the better.

Using the state of the art tools and technologies that I have personally developed, you will see everything from a completely new perspective and the state of happiness you desire will be much easier to attain and maintain.

Everyone who reads From Fear to Freedom talks about how they literally feel lighter – like huge weights (burdens) have been lifted from their shoulders and their life.

Until I can say in truth that I am a multi-millionaire, I don't feel you should take your money advice from me. That is why I suggest to immediately begin addressing and radically shifting your financial, career, and/or business struggles, [click the link and start Simpleology 101](#). It is free. And it will change your entire approach to life and success. Then continue on with Simpleology 102 which isn't free but very well worth the cost.

My husband, Raven, who also happens to be a fitness expert, certified coach, martial arts instructor, and personal trainer, is putting together a new book to help you with your health and fitness challenges. It is called Freeway to Fitness which I will be co-writing. We will make the

announcement when it is ready in our newsletter Spirit of Nature Speaks. So, look for it in the upcoming issues.

The place to begin improvement your health is with the fuel you give yourself. One of the most important components is water. Another is trace minerals. We get the best of both every day drinking [Xtreme X2O by Xooma](#). It is fast, affordable, and is a powerful first step in regaining or maintaining your health.

The remainder of *Life Works When You Are Happy, It Sucks When You Are Not* will walk you through positive steps you can take to make your life work.

Hunting for Happiness

Have you ever hunted for happiness? What I mean is have you ever looked around for signs of happiness and joy?

Walking down the street in your town or city – do you see any happy people there? In most cities people are arguing or preoccupied with worry or rushing about because they are late for something. In Santa Fe, New Mexico where we live, I get to see lots of happy people.

Why are they so happy?

What about on television? Fear Factor shows people terrified at the ridiculous things they are being asked to do. I hope they are getting paid alot. What about the news? Well that was pretty grim. No uplifting stories there. Hey look, I found a show where they are demolishing a person's house and then rebuilding it completely new. Wow, those people are really happy. Those people are jumping up and down, praising God, kissing people. There is actually happiness there.

Why are they so happy?

Will you find happiness if you visit a park? Guess what I found at the park? There were many happy people there. People were smiling and laughing. Children were laughing, running and playing. I observed someone going up to a lady walking a puppy. Everyone stopped to smile and pet the little dog. The puppy wagged its tale and tried to jump up and lick the person. There was lots of laughter all around.

Why are they so happy?

Where has the happiness and joy gone in your life?

I couldn't find mine for longer than I'd like to admit. But it is definitely very present now. How did I manage to find it and to keep it?

Why are people in Santa Fe happier than those in many other locations?

Most of the people walking around Santa Fe come on vacation. Santa Fe is one of the most popular spots in the world for travel. It was recently ranked number 10 Best City in the World by Travel and Leisure, number 5 on the Favorite Destination list by Conde Nast Traveler, and number 1 Most Healthy City by Organic Style Magazine. The people visiting aren't "doing" their normal life. They have taken time out to enjoy walking, shopping, visiting museums, learning about different cultures. They are savoring the beauty of the southwest and the adobe architecture and they are treating themselves to fabulous meals, fine hotels, and spas. And they are smiling because of it. They have gotten out of their normal routine and allowed their mind to focus on something new.

Shift your focus. Try something new.

The people who are getting a new house on television are thrilled because everything old is new again. Nothing is the same. There is a freshness and beauty that wasn't there before. And a dream that they never thought possible has come true beyond their expectations. They have experienced a dramatic change. And they are in gratitude.

What are you grateful for? Experiencing gratitude is your key to happiness.

The reason it's easy to find happiness in the park is very simple. The park is you connecting with nature. The park

has trees and grass and flowers. There are birds singing. When you walk in the park or sit down on the ground you have connected with the earth and the natural rhythms of nature and God. It is one of the most nurturing things you can do for yourself. Whether you sit in the park or on a mountain top or by a stream, you become still within. You feel rejuvenated. If you sit there long enough you will stop thinking about your worries and you will begin to notice the beauty and the sounds. You will be fully present in the now. It is so refreshing, so soothing, so healing and nurturing.

Spend some time in nature every single day.

We believe so strongly in the healing power of nature that we created a company called Spirit of Nature to assist people in reconnecting with the natural world and their true essence self. Raven takes people on sacred nature adventures in the American Southwest. Whether it is a 2-hour hike to ancient caves complete with petroglyphs, a sweat lodge experience, or a full multi-day vision quest, people from all over the world come to regain something they sense they have lost. Raven is powerfully grounded and has the truly gifted ability to create sacred space. This allows people to feel safe, to connect deeply with themselves and the Divine in all things.

How did I achieve happiness?

I worked through - and continue to work through as they present themselves - all the issues and illusions that cause me to worry about things, to react to people and situations, to feel depressed or angry. Anytime I am feeling anything less than joy, I know it is because I have an issue to resolve. Most of you know how I resolve issues. But for those of you who haven't already read my newsletter or [From Fear to Freedom](#), I'll explain.

If you are reading this, I am going to make several assumptions.

I will assume that you:

- are dedicated to your personal and spiritual growth journey
- are actively seeking joy
- are following your inner guidance system - your intuition - knowing it is God's way of communicating with you
- understand that earth is a classroom and that everything that happens in your life is a reflection - a mirror - for you to look into in order to learn about yourself. Every person, every word, every strange situation, every trauma is an event designed specifically for you to observe and learn from.

If these are new concepts, or you want to know more, just get my ebook [From Fear to Freedom](#).

What stops you from being happy?

What prevents you from experiencing joy and gratitude in every moment?

There are many issues, but here are two I've mentioned before. The first is physical pain. The other is their financial situation. (Visit [my Xooma website](#) for an opportunity to improve both.)

Imagine for a moment how your life would be different if you had no pain and no financial worries. When you're in physical pain, nothing else can get your attention. Your body is screaming and you have to listen. And you will spend all of your time and money trying to make the pain go away.

Money.

Whether you are trying to live on a budget of a few dollars a month, or a few million dollars a month, huge amounts of time and energy are spent focusing on, and worrying about, money. At least that is largely the case in North America.

As with all issues, there is an underlying cause for these as well.

The underlying cause of any issue is ALWAYS an illusion - a fear, a belief, a judgment, an expectation that is false. It is NOT the truth about God, about you, about how life has to be. It is something that became part of you that is in direct opposition to the Truth. And those blocks, issues, energies, resistances to the Universal Flow - by whatever name you choose to call them - are the reasons you are in pain, have to worry about finances, don't experience joy in every moment, and can't manifest every desire you have.

Lets be honest. I have not cleared all of my issues. Nor do I pretend that I have. But I have permanently healed a bunch - definitely more than the average person. I have successfully removed the negative impact of personal trauma. And along with removing the pain of past trauma, I

have reprogrammed, transmuted, and released most of the fears, limiting beliefs, and judgments that I took on because of them. I've permanently removed many thought forms that were projected at me from others. And I learned how to experience happiness and gratitude a lot more often.

“How?” you ask.

Well some dolphins came to visit me one day and they never left. I'm not kidding. I was minding my own business trying to learn to meditate while in the midst of the worst personal crisis I had ever had, and this dolphin just popped into my meditation. He nodded at me and made his funny little sounds with that silly grin on his face. And do you know what I did. I began to cry tears of joy. I began to laugh. I began to feel wave upon wave of love. I began to heal the emotional pain that was quite literally killing me.

O.K. so now you are thinking I'm this crazy woman who has hallucinations.

You know what; all of life is a hallucination.

If something feels good, if it uplifts people, if it empowers instead of disempowers, if it brings joy instead of pain, if it heals and helps make whole, if it assists someone in strengthening their personal connection with God, then isn't it at least worth learning about?

So in the end, after much interaction with dolphins in meditation/prayer, I learned simple techniques to permanently heal issues, illusions, fears, judgments, limiting beliefs, blocks, disharmonious energies - those things that disrupt the flow and take us out of joy. And that's all I have to do.

Well, I also have to ask the right questions. And I suggest you do the same.

What is the single most empowering thing you can do for yourself?

Learn to ask the right questions.

One of the best questions to start with is why. Why do I have this pain in my body? Where did it come from? Why do I get upset every month when I have to pay the bills? What am I afraid of? Where does that fear come from? Why haven't I been able to manifest ____ (you fill in the blank)?

Listen for the answers. Write in your journal or sit out in nature and ask questions and observe the answers. After asking a question and getting an answer. Ask why again. And continue asking why until you know you have reached the root cause. Every time you notice that you are not feeling joyful or happy, ask yourself why. What were you thinking, or doing, or saying that took you out of joy? Become the greatest detective that ever lived looking for clues about what is really happening in your subconscious mind - the 80% of your brain that causes you to act and react without logical explanation. The 80% really running the show that you probably aren't even aware of.

If you don't seem to be getting anywhere with responses to your why questions, [Dancing Dolphin Flower & Gem Essences](#) were designed to help. Powerful and convenient, now in an aromatherapy roll-on, they make life easier and much more fun. Fear Buster and Core Issues help you uncover all the why's in life.

And once you have an answer to your why question. Simply follow the simple techniques in [From Fear to Freedom](#) to permanently heal that issue or fear.

Sensing the Subtle

"I go to nature to be soothed and healed, and to have my senses put in tune once more." - John Burroughs

Recently I was asked how I sense subtle energy. I've been immersed in vibrational healing for so long that I sometimes forget what a foreign subject it is for many individuals.

We all have the ability to *see*, *hear*, and *feel* the subtle vibrations emanating from the energy that exists all around and through us. I call these the subtle skills. Since humans only use about 10% of their brain, most people have lost the ability to access the part of the brain that makes that possible. Telepathy and ESP are natural abilities. They just need to be developed and enhanced.

We are born with these skills. A small child will tell their parent that there is someone standing in their room. Since the parent can't see the "being," they tell the child that there is no-one there. Some parents make fun of the child and say the "boogie man" is going to get them. Other parents accuse the child of lying and punish them. Either scenario makes the child question what they saw - because parents know everything. Eventually the self-doubt causes them to completely shut down the subtle sensing abilities. Often by the time a child reaches the first grade they have already completely turned off these skills.

A few people are able to maintain the skills throughout their life. They often are ridiculed as being weird and quickly learn to keep quiet about what they sense. They themselves often wonder if they are actually insane - hearing voices or seeing things that others don't.

As a person wakes up from their illusions and begins pursuing spirituality, they begin accessing the subtle skills once more.

I personally *feel* things. People with that ability are referred to as *clairsentient*. I can hold a crystal and feel a pulse, a vibration, a warmth, or a coolness. I've always loved feeling things. When I walk through a

clothing store I enjoy the sensation of touching the various fabrics. I love the softness of a dog or cat's fur. I love the feeling I get when I step into warm water - in the bath or the tropics. I love how a storm feels - the power, the wind, the intensity of energy. I can feel the anger, tension, or love in a room, or in a person.

I only hear and see subtle energy on occasion. I have found that experiencing a shamanic journey or guided meditation allows me to access those subtle skills.

Some people *hear* voices or sounds. People with that ability are referred to as *clairaudient*. Many people have experienced hearing a ringing or high-pitched tone in one ear for a short period of time. At first they may think that it is a hearing problem or some mechanical device nearby. Its actually high frequency tones that they are briefly able to sense. Several people are blessed with hearing the angelic choirs singing.

Everything is energy. Energy is vibration. Everything that exists is giving off a vibration. All vibration creates sound - usually too subtle to hear. Some people can tap into that. The angels, the dolphins, the Ascended Masters, are all present right here right now. They just exist in dimensions that vibrate faster than ours. The average person can't sense them because it requires being at a higher vibration in order to tap into those dimensions. Also the beta brainwaves have to be slowed down. Another way to put that is the conversation that is constantly going on inside your head must be quieted.

Meditation or spending time in nature is the perfect way to accomplish that. I have a little eBook called [Peering Through the Veil](#) on the principles and practices of meditating to help those who have never tried it before and for those who want to learn about other ways to meditate. I hate theory. So it is a how to guide with real exercises to get you started.

Everyone has one or more Guides that work with them that communicates continuously with their Soul. Some people actually *see* these beings. People with that ability are referred to as *clairvoyant*. What they see may be crystal clear, as real as you and me, or it might be a very

bright light, or ghostlike, or shadowy. I'm sure there are as many ways to see them as there are people.

People with clairvoyance are always commenting about the dolphins they see around me. I've heard many times that there is a 6-foot dolphin just behind me and to the left. I'll just have to take their word for it because I haven't seen it myself.

A word of caution about what you sense yourself and what you are told by others: Whatever a person hears, sees, or feels is tainted by their own illusions about life - the beliefs, fears, and judgments they hold that are not the Divine Truth. A person may hear words - from a very high vibrational being such as an Ascended Master. But, what the voice says and what the person hears can be very different. Never blindly believe what a person tells you they were "told." Check it out in your own heart and see if it feels like truth. If a person is caught up in their own anger, fear, disease, belief about a particular issue, karma or something else, what they tell you isn't always 100% accurate.

So always use discernment. This is true of books, seminars, well meaning friends, everyone. All humans have limitations. Channeling can be fascinating, but *the messages are only as clear as the channel*. And even a typically clear channel can have an off day.

Why is it important to access these subtle signals?

Well prayer is you talking to God and your intuition is God's response. Whether it is health, relationships, finance, career, or something else, that you want to improve, having a guide or team of guides give you one more tool or reference for making better decisions.

You wouldn't blindly invest in a stock or business opportunity without first reviewing the financial history and maybe even consulting a financial and/or tax advisor. Or would you?

I don't remember who explained it this way, but it is the best analogy I've ever heard about what your guidance system can do for you. It's like are in a canoe traveling down a river you've never been on before. All

you can see is the river in front of you and the river behind you. But there is a big bend in the river up ahead and you can't see around it and you can't see beyond it. So you don't know what to expect or what to prepare for. There might be hostile natives, a giant waterfall over which you could plunge to your death, a beautiful spot to stop at for lunch or even make as your new home.

You have limited vision.

Your guidance system, however, is like an eagle flying high above the river. It can see way beyond the bend. It can also see if anything is coming up from behind. It can make suggestions based on the expanded vision and awareness that it has. So it may indicate to you to "take the right fork at the Y in the river."

You may not know why at the time. In fact, you may never know why.

Sometimes it is to avoid an unpleasant situation. Other times it is to avail yourself of an opportunity.

In my eBook [Manifesting Your Beloved](#) I go into this and how it works in great detail. I also share in much greater detail the following story.

In my own life I very clearly received guidance to "go now" to a particular store. I thought I was going there to sell a product. So I put on a beautiful dress and did my makeup and hair.

I didn't sell anything that day. I did, however, meet my husband. Did it help that I looked absolutely beautiful and radiant in the way I presented myself? Of course it did.

Here is another much more recent example of the radical benefit offered by this guidance system.

Jonathan Goldman, a very famous musician, sound healing expert, and award winning author, and I have been communicating for about 7 or 8 years. For the past 4 we've been trying to put together the Essence of Sound – a collaboration infusing his sacred healing sounds into my

flower and gem essence aromatherapy roll-on products. I was able to create the technology that makes that infusion process possible again using the guidance system.

Jonathan is exceedingly difficult to reach because of his travel schedule. He was in Santa Fe, where I live, as a guest lecturer at the Science and Consciousness Conference. I knew he was coming so I had tried numerous times unsuccessfully to reach he and his wife by phone and email. I was trying to set up an appointment for tea or a meal or something – anything - so we could nail down the details and get on with this deal.

Now he was in town and I had not been able to reach him. I had become frustrated. So I just said out loud to the Universe, “If I don’t meet with his man fact to face, this is never going to happen.” And instantly, just like when I met Raven, I got “go now.”

So I piled my son, Jes, into the car and headed for the conference hotel. I went upstairs to the registration desk to see if anyone had seen Raven. He was helping with the conference. As I stood there at the desk, I just turned my head to look into the bookstore and there stood Jonathan. I rushed over. We embraced and exchanged our excited hellos. In less than 10 minutes the deal was agreed to and complete and now the [Essence of Sound](#) is available to the public.

Your guidance system is a powerful ally. Use it. It can save you a lot of struggle and help make your greatest dreams come true.

Spend time alone in nature or meditating as often as possible and your subtle skills will begin to naturally unfold. As John Burroughs said, your senses will be put "in tune" once more.

My Journey of Self Discovery

You've probably heard of the dark night of the soul. I woke up one morning not feeling well. I called in sick. Before I knew it I was lying on the floor in the fetal position, crying my eyes out, reliving being raped. This was 15 years after the experience actually happened. I had never before shed a tear. Fifteen years of denial is a very long time! The emotions I felt were completely foreign to me.

I grew up without witnessing strong emotions. No-one ever expressed anger or fear. I didn't know it was normal to have those feelings. So whenever they were present within me I just shut them down.

That doesn't mean they go away however!

They get stuck in the body and turn into illness.

This dark night brought them all to the surface. I had no reference for the intensity of the anger and fear I was experiencing. For the first time in my life I felt completely out of control.

I found that terrifying.

I realized in that moment that if these feelings were a part of who I am, then I didn't really know myself AT ALL.

My journey of self discovery had began.

I went, for the first time, to a New Age bookstore. I picked up a brochure for someone that did "Energetic Clearing." I had no idea what that meant. But it felt like the right thing and I made the appointment anyway. It's funny, when the

ego is shattered, new doorways suddenly become available. If I weren't in such a desperate place, I never would have been open to new concepts or alternative therapies. And I wouldn't have been so quick to follow my intuition.

Anyway, while in the bookstore I bought an audiotape called Ocean Dreams by Dean Evenson. It contained beautiful music and real dolphin sounds. I played it all day over and over. The music bathed me with its melodies and the dolphin sounds whispered to my soul. It soothed my pain as I shed 15 years worth of tears.

When I went for my energy healing session that evening, I was completely amazed by what transpired. The woman had a stereo and about 50 tapes to choose from. The one she played was Ocean Dreams by Dean Evenson.

All I could think about was how on earth she choose that tape.

After the session was over I asked her why she chose THAT ONE. She said that it was the one she felt I needed. Wow! That's when it hit me that something much bigger than myself was at work and there might really be something to this New Age stuff.

I quickly became a regular customer at all the New Age bookstores. I began reading, listening to audiotapes, and attending seminars. I was learning a great deal about myself and about emotional healing.

I felt very drawn to Native American Spirituality and turned my second bedroom into a meditation room. In it I built a gigantic medicine wheel. Using the newly built wheel, I tried a guided visualization meditation for the first time.

I discovered that I had an instant affinity for voyaging into alternate realities and could easily experience what I was visualizing with most of my senses.

The meditation I was following guided me around the medicine wheel in my mind. In each direction I was to stop and ask for guidance from the energy or animal. I was amazed at how vivid and real the experience was.

I was visualizing the south direction, working with Coyote medicine, when suddenly the Coyote began running around in circles. It transformed itself into a dolphin swimming in circles. I began to cry tears of joy. This was my first dolphin encounter.

After that, practically every time I closed my eyes, the dolphins appeared.

The encounters progressed and transformed into much more. I soon began seeing the images and having the feeling of being in the water with them, not just seeing them from a distance. In the water I would be belly to belly with a dolphin, my arms around it, and it would spin the two of us through the water like a torpedo. Tears would stream down my face every time these encounters happened. Afterwards I felt completely cleansed and renewed. Eventually I found myself shape shifting into a dolphin and seeing the world through their eyes.

Since those first encounters years ago, they have become my greatest teachers and source of inspiration. Through my dolphin journey of self discovery, I've become much more joyful and fulfilled and I now teach others how to do the same.

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The Negative Spin – Don't Go There!

It begins so innocently - with a simple thought. But soon there are more thoughts. And then you find other people talking about the same thing - the same fear, the same circumstance, that “wrong thing” that is going on in the world.

Suddenly its like a tornado and you are being sucked down inside the cone. The walls are so steep and the energy pouring in is so powerful that you have no way of climbing back out. You are stuck at the bottom of a negative energy vortex - that you created by your own thoughts.

What exactly is the negative spin?

It can take many forms but it usually boils down to being stuck in negativity and not being able to get out.

Being in a negative spin is very detrimental. It can hugely impact your health, your relationships, and your ability to manifest what you desire. It keeps you feeling a negative set of emotions. It takes away your joy. It can cause you to experience accidents, theft, illness, endless financial worries, and a whole lot more.

On one of my typical Friday mornings with my son Jes at the Santa Fe Children's Museum, I had a rather disturbing encounter with another little boy. Jes was busy playing in the large outdoor sand box. I often sit on one of the bails of hay and enjoy the sunshine as Jes digs, fills buckets with sand, jumps off the hay bails, and helps other children create whatever they've decided to create in the sand.

I heard someone behind me and turned to find a cute little boy about 6 or 7 years old who couldn't find his mom. I

asked him some questions about where he'd seen her last. Then he made a comment that I found very intriguing. He said, "I'm afraid of being kidnapped." I looked at him very calmly and asked him why he would be afraid of being kidnapped. His response was that "There are kidnapers everywhere, all over the world."

I assured him that there weren't any kidnapers at the Children's Museum and offered to help find his mom.

Manifestation happens when you think a thought with strong emotion (negative or positive) and then expect the result to happen.

When you are stuck in a negative vortex, what you create can be scary. And often can be very hard to get over - financially, emotionally, and even physically.

If this little boy really believes that he might be kidnapped - thanks to comments made by the well-meaning people in his life - there is a very high probability that sometime in his life he REALLY will have that experience. It depends on how strong the fear is. And, the entire fear probably came from a simple comment made by a parent while watching the news one night.

You create your world. What you are experiencing in this moment - however wonderful or horrible - is there because you thought it into being. The stronger your emotions about something, the faster it comes to you. Every moment of every day your thoughts are creating the world that you are about to step into.

In one of the final scenes of the movie Contact, Jodie Foster is taken to another dimension, or planet, and she puts her hand out. She is looking at the beautiful scenery, but when her hand touches the edge, the scene begins to move or

wave. It is a perfect visual showing how very malleable your world really is.

Do you realize that you are living our own movie, your own experience, your own dream?

Sometime in my youth I had this really odd thought: “What if I am the only ‘real’ person here (meaning in my world) and everyone is just actors or puppets or something?”

Boy, I had no idea how close to the TRUTH I actually was.

We are all the only “real” person in our world and everything and everyone around us just reflect back our own beliefs about how life is, about how people are, about what is and isn't the truth. If you really observe someone, you'll notice that they act one way with certain people and completely different with someone else. We all adapt and act out how a person believes others are. And, they do the same for us. I find it an amazing dance we do with one another.

There are so many examples I hardly know where to begin. From my own background I created bosses repeatedly that initially thought I was wonderful and later became disappointed in my performance. Why? Because I believed that my dad was proud of me on the one hand but that I never quite fulfilled his expectations on the other. So, I had this fear about how all men “in authority” would view me and my actions. I always had male bosses and it always ended the same.

I was just living out my false belief - as we all do!

How do you shift it?

How do you change a lifetime of false beliefs into the world you really want to live in? The same way you began - one thought at a time.

You have an internal guidance system that is NEVER wrong. Your Inner Being, Inner Self, Higher Self, or whatever name you choose, remembers all your past and fully understands what you really desire. Particularly if you take the time to get really clear about what you want. And, until you've developed a very close relationship with it, its only way of communicating with you is through your emotions.

Every emotion you experience - whether it be jubilant bliss or devastating sorrow - is communication from the Divine part of you. Feelings like joy, happiness, love, and excitement tell you that what you are doing, saying, and thinking are in alignment (in harmony) with your desires. You are creating the future you want.

Feelings like fear, anger, resentment, and sadness are letting you know that what you are thinking, doing, and saying are not in alignment with what you desire to have in your life.

The stronger the emotion, the faster you create. So if you are experiencing a strong negative emotion, its time to STOP immediately what you are doing and think about what you really want instead. And STOP exposing yourself to things that cause a strong reaction - like the news.

Pay attention to all your emotions. When a negative one comes along, STOP everything. Close your eyes, take a deep breath, focus your attention in your heart area and think of something you are grateful for. And realize you could have gone into a negative spin.

There is another really powerful technique for STOPPING negative emotion in the moment and for permanently healing the underlying false belief. It's just one of the techniques I've included in [***From Fear to Freedom***](#).

Greeting Each Day in a Natural Way

How do you start your day?

I begin my day before 6 a.m. - before anyone else is awake in my household. I intend to wake up that early and I do so without an alarm clock.

I sit in silence.

I go to our outdoor garden sanctuary where the fountain is running and do yoga sun salutes. I job on my mini tramp and watch the sun rise. The birds are singing. And I meditate or write or walk around and touch the flowers.

I commune with nature. I sit upon mother earth. I observe what is around me. I drink in the beauty. And I am free.

I feel gratitude, love and joy. All is good in my world. I have no stress. I have no worries. And my day proceeds the same.

Let's contrast that with the typical North American morning:

A very obnoxious sound jolts you out of your dream state. Depending on how deep in dreaming you were, it feels like you've been slammed back into your body.

You head for the kitchen to start the coffee and turn on the news along your way.

Soon it's a hustle and bustle getting ready for work - whether it's just you or an entire house full.

It's frantic.

It's a frenzy.

Something in the newspaper or on the news catches your attention and you contemplate the horror - and consciously or subconsciously you experience fear - and your underlying belief that planet earth isn't safe is reinforced.

The fear of your inability to control what is happening in the world - that feeling of being a helpless victim - along with the stress of being jarred out of bed and the rush of the day creates stress. And stress creates contraction.

Contraction constricts flow - whether it is the flow of communication and fluids inside the body or the natural flow of the universe where

- health,
- joy,
- prosperity, and
- fun

are the natural order of things.

Contraction causes you to shut down your ability to see options.

You feel stuck.

When faced with challenges on any front - be it deadlines at work, financial headaches, health problems, or communication issues with a loved one, you can't see the million opportunities and potential solutions because you haven't slowed down, become fully present in the now, and released the contraction.

When there is expansion, there are infinite possibilities.

You can argue and say that your entire household is up by 6 a.m., so this couldn't possibly work for you. And I'll say, "When I worked in the corporate, world I got up at 4 a.m. to do yoga and meditate and enjoy silence. And then I was out the door by 6 a.m."

You are either dedicated to your own happiness and well being or you are not.

I doesn't take long for it to become an easy natural thing that you greatly look forward to.

21 days makes a habit.

And it's well worth it.

This practice will greatly assist you in letting go of contraction and opening up to possibilities. Releasing stress improves the body and the mind.

So find a quiet spot and greet the sun.

You can also do this indoors if you must. Add a fountain. Play nature sounds on your stereo - birds singing, waves on the shore. Have a live plant in the room. Make sure it is quiet and undisturbed. Look out the window to enjoy the sunrise or view a tree.

And enjoy the Spirit of Nature.

The first email I read every week day morning is "Notes from the Universe" by Mike Dooley. Every day there is something new to uplift, inspire, or motivate me. And after reading it, I almost always have a smile on my face. Visit [Mike Dooley's website and click on "The Notes"](#).

Keep Practicing

When you were learning to play tennis, did you get mad and give up just because you couldn't get the ball over the net the first few times or serve like a pro?

Of course not!

If you ever became good at the game, it was because you were taught by someone else who was good at it. And you practiced what you'd been shown. And then you practiced some more. And you continued practicing until you became proficient at just one of the skills involved. And then you learned another one of the skills. You had to keep practicing the first skill as you were learning the second. And then you added a third skill. And it continued until you became really good.

The pros never quit practicing and they always have a coach. They know they are never “finished” learning, practicing, and perfecting the skills required for the game. And they always go back to the basics and practice to keep them honed.

Well the practice I'm talking about isn't some sport to be played on occasion. It is a way of being all of the time. It is a way of life. And you never finish learning, practicing, or perfecting the skills.

There is always room for improvement in your level of peace, tranquility, joy, love, prosperity, compassion, allowing, co-creation, vitality, psychic (intuitive) abilities, union (oneness) with All that Is, and the fulfillment of your mission and dreams here.

Do you ever find yourself in a situation where you think, “I just want to stop playing this game, take my marbles and go home.”

The game, or practice, I'm talking about is being a Divine Being living in a human body upon planet earth with a bunch of other Divine Beings living in human bodies upon planet earth.

It takes a great deal of practice to do it well.

It first requires being able to figure out what set of skills is important. Then to find a coach or other method to learn all you can about each individual skill. Each skill requires a great deal of practice.

Every new situation, and even the old situations, offer endless opportunities to practice the skills you are attempting to perfect. And it is very beneficial to have one or more people in your life to act as coaches, to remind you of the basic skills, to review how you did or didn't use the skills in a certain situation, and to talk about what you could have done, but didn't.

You will never be finished.

Are you hard on yourself because you haven't mastered it all? Do you feel you should be able to love all your neighbors (everyone in your life) no matter what they do, instantly manifest anything you want, heal yourself, and not react to circumstances or people? If you can't do all those things consistently, it's because you're still practicing like all the rest of us.

I was able to heal my eyes. By that I mean that after 15 years of wearing glasses, I don't need them anymore. And

I've been writing and working on computers for over four years without them.

Does that mean I can heal anything and anyone? No. In fact, I haven't been able to heal myself of a skin condition I've had since birth and allergies that I experience on occasion. I even sometimes catch colds - heaven forbid! Why is that? Because I'm still practicing.

I used to get frustrated and think "I should be able to fix this." But now I realize that perfecting the healing skill is one of the reasons that I'm visiting planet earth. It's my classroom. It's one of the reasons I'm here. So I continue to learn new healing skills and I continue to practice.

I was able to manifest the relationship of my dreams. I did it so well that [I wrote a book about it](#).

Does that mean I can manifest anything I want? Not so far.

I do manifest some extraordinary things. But I can't say that instant manifestation is something I am a master at. It is something I focus a lot of attention on. I read many books on the subject. And I practice all the time.

I no longer get frustrated when it doesn't happen just the way I'd planned. I use each situation as a learning opportunity. I review it from an observer perspective and find out "why" the result wasn't as expected.

The things that stop you from being a master at this game called life are the same things discussed in almost all of my teachings. It's the fears, limiting beliefs, judgments, and attachments to expectations that prevent you from living the Divinity that you are. They are the things that cause you to feel less than joy in every moment. They are the

reasons your health, finances, relationships, and career are not always to your liking.

I was delighted to discover that someone who offers me a great deal of inspiration, Joe Vitale, has a team of people and techniques that has assisted him in removing and/or transmuting his personal limitations. He worked with one person every week for almost 10 years. Now Joe is outrageously successful, well known, well respected, and prosperous. And he never stops practicing.

Have you been trying to do it all on your own?

I certainly couldn't. In addition to being a consultant and coach for many others, I receive a great deal of assistance myself. As I listen to my inner guidance: I read books, attend workshops, and call on friends and consultants or energy healers for advice and energy sessions. And they call me for assistance as well.

Pick an area that you'd like to see improvements in. Read books. Take seminars. Discuss the topic with like-minded friends. Set up your support network of friends, consultants, energy practitioners, and/or coaches.

When you discover that you haven't handled a certain situation very well, be gentle with yourself.

And keep practicing.

If you enjoyed this writing,
Then you'll simply love Takara's eBook,
From Fear to Freedom.

Whether you are a top executive **burned out from stress**,
A person facing a serious life or health situation, or
Someone who is **simply fed up** with
How unhappy your life has become,
Then this book is definitely for you.

*"How do you thank someone who comes into your life and because of her influence your **life is changed forever**? Takara has graced my life with her many talents and skills. Especially through her healing arts, **I have made quantum leaps forward in my life**. At one crisis point she was able to facilitate my integration of **a significant shift in only 10 minutes!** Her knowledge, and keen ability to share it, have enriched my life forever! Perhaps due to her engineering and teaching background, she has an amazing ability to take extremely complex concepts and information and boil it down to bottom line usefulness with clarity. **She makes things implicitly simple** and understandable to a lay person. Her extensive studies in metaphysical and philosophical areas allow her to create freeways for those of us who don't have time to sift it all out. The clarity she creates with **her accelerated techniques** allows you to quickly come on-line with the information, to transition, and to **push past limitations.**" - Theresa Wright, Carlsbad, California*

Visit the website to get yours now:

<http://www.dolphinempowerment.com/spiralingbook.htm>

Sign up to receive Takara's free monthly email newsletter, **Spirit of Nature Speaks**, read by thousands of people in over 80 countries around the globe. Get uplifting and motivational articles on personal and spiritual growth, wellness, happiness and success and much more.

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