

## FREE Report - Being Calm and Visualizing Your Desired Outcome

When the movie *The Secret* came out in 2006, I thought to myself, WOW!! What if you could alter your life just by imagining what you wanted. What would be possible? Like Cinderella and her fairy godmother waving a magic wand and suddenly your life changed right before your very eyes. Did you think this too? Maybe just for a moment? Maybe just for the time it took to watch the movie from beginning to end...

I believe that at times we'd like for things to be different in our lives. Perhaps more often than not. I'd like more money -- I'd like happier relationships, love, more comfort, a sense of ease, peace, and tranquility. Basically, have abundance in all areas of our lives. Is that what you want? That was me. Always looking. Going from one seminar to the next...

Taking this course and that course... Getting this certification and that one... And though I learned from all of them, what I came to realize is that I was going about it the wrong way. I was going about it like I was broken. There was something in me that I needed to fix. I needed to fix who I was. And in all honesty, I've been on this journey since I was a teen, and is the reason I've written a couple of books on what I discovered. I want to shorten your journey so you won't have to spend the money nor the time to find yourself a great life.

Over the years I've met some pretty amazing people - People who have removed the veil that kept me from living in the moment and moving beyond my current circumstances - Have me see possibilities without the haze of thinking that I was someone that was broken, but instead someone whole and complete. Have me see beyond my physical body and the thinking of someone else's programming - Not the thinking of someone capable of greatness.

This report was written to give you a glimpse of what's possible for you, and my style of coaching to save you the 10 to 15-year learning curve and

position you in a leadership role in your life.

You see, I've been looking for fulfillment in all areas of my life - It's been a constant drive for me. And the truth of the matter is, things don't always come easy. For the most part, we need to work at it. And it's with persistence and consistent effort, we get glimpses of the fruit of our labor. The ONE pressing question I continually need to ask myself is 'WHAT DO I WANT?'" And you need to ask yourself the same question. After all, without knowing what you want, how will you know what direction to take to get it.

I've read many self-help books since the '80s, attended many personal development seminars since then, received certifications during the same timeframe up to today all the while working full-time in Corporate - Compromising my life and health for a paycheck and benefits. Well I'm no longer in Corporate and I've regained my health and I continue to find fulfillment in my pursuit of desired outcomes. Life is for living - A journey worth pursuing. No matter what curveball is thrown our way we need to learn, get grounded, and see what next steps we can take to move us in the direction of our end game.

Take out a sheet of paper and start writing down your WANTS. Would you like to be more confident when meeting new people? And would you want those new people to view you as a professional, or maybe even an "expert" in your field?

You may be good now, but how would you like to be better? Perhaps, you'd like to be more effective - more persuasive. Or, maybe feel a genuine connection with people. Maybe what you want is material, a new car a house - a condo.

What if this was all possible and more. What if you were able to effectively achieve these changes mentioned and more in a very short period of time. Well, this is possible.

Once you have completed your want list, let's look at being calm. **CALM**

Being calm is having your heart rate beat at a normal level. And what I've come to understand how to have my heart rate slow down is to focus on my breath and the thoughts I choose to have during stressful moments.

During a fight-or-flight response, your heart normally palpitates quickly which in turn will activate certain hormones that will begin to circulate in your brain and in your body - Hormones like oxytocin or progesterone will begin to calm your stress response into a response that is calm yet energized and ready to respond. Focusing on your breathing during such times speeds up the calming process.

What I will also do during stressful situations (less now since my life is balanced) is shift my thinking to a state of compassion that can also transform the initial stress response into a caregiving and courageous response. Doing this allows us to approach suffering and urges us to act differently. More emphatically than perhaps judgemental reducing or eliminating lashing out and maybe saying something that needs an apology for having said or done.

Lashing out verbally or physically for that matter has us lose our power and in turn will have us oscillating at a lower frequency. We want to oscillate at a high frequency to get what we want. Maintaining a calm demeanor will have us maintain our power and in turn increase our amplitude of vibration. Therefore, we need to take full responsibility for the energy we choose to put out. Now some of this energy can be embossed in the brain from past conditioning. Positive or negative it's ours to accept and modify to suit the moment as it surfaces.

We just touched a bit on this. To continue this conversation and learn more about my process, ask to join our support group, by requesting to join our FB Group **LIFE IS TODAY**.

A Think and Grow Rich - Book Study Mastermind is currently planned for April 2021, more on this will be available in our FB Group **LIFE IS TODAY**.



Lynn Marysh

[www.resetmyfocusnow.com](http://www.resetmyfocusnow.com)