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Dedication

With great love and gratitude in my heart, mind and soul, I dedicate this book to the late Reverend Jack Boland, who was the founding minister of the Church of Today, and was a living example of all that humanity can be! Jack arrived one night in Portland, OR where I lived, in mid-winter of 1989, to deliver an evening workshop on MasterMinding. Because of him, I was finally able to feel like I could successfully connect spiritually and that with MasterMinding I could at long last truly receive the assistance and supernatural cooperation I longed for in achieving any and all of my goals, desires and dreams. It is because of him, and what MasterMinding has meant to my life and the lives of those I touch, that I want to continue the message that he began all those years ago, and keep the MasterMind legacy alive.

Acknowledgements

With deep abiding love, I want to acknowledge my lover, my friend and my #1 MasterMind partner, my husband, Craig Reynolds, for the courage to hang in there and grow with me. To boldly join with me in following our passion and our purpose of huge proportions! Marriage is an every day growing experience and thanks to MasterMinding, we no longer feel we have to figure everything out, or understand every nuance of why we do what we do. When in upset, we have learned to MasterMind our way out and through to where we prefer, and the energy in motion charts new responses within and without.

I want to acknowledge Mary Manin Morrissey, founder of the Living Enrichment Center in Wilsonville, Oregon, where I found my first real spiritual home. Her weekly ministry created a safe haven for me to be nourished back to spiritual health, and during those early years of growing L.E.C. she invited Jack Boland to come and visit many times.

Thank God for Catherine Ponder, Unity Church Worldwide Ministries, the woman whose great written works literally saved my life. Her books in combination with MasterMinding and going to L.E.C. weekly for over a decade was my way back to health, total prosperity and abundance of all good things that life has to offer.

I want to acknowledge John Randolph Price, whose written work is like sweet poetry to my soul: a soothing, healing balm.

Last, but certainly not least, I want to acknowledge all of my MasterMind partners throughout the years, for because of their love and acceptance of absolutely anything and everything I asked for, my life has been and continues unfolding abundantly in all good things. Thank you to Connie Dawson, Judy Cooper, Darla Gunnell-Klovski, Judy Pearson, Diana Barker, Judith Farmer and Susan Martin. Thank you all from the bottom my heart, toes and soul!

Preface

How I Became a MasterMinding Maven

With the lights turned off for the night, a frightened little girl was laying in bed fretting miserably about the fact that other kids at school were starting to get the flu. One girl in her class had literally lost it all over her desk that day, and she was having a hard time getting the instant replay out of her head. She hated the flu, and in the dark she feared it more than death itself!

Every night, her mother would tuck her in and wait as the little girl of seven would say her prayers:

*Now I lay me down to sleep,
I pray the Lord my soul to keep,
God bless Mommy and Daddy, my sister and me,
Amen.*

After her mother left the room that night, she quite possibly had her very first experience of answered prayer:

Please oh please oh please God, don't let me get the flu!

From that point forward, her nightly ritual throughout that winter would be to pray this same prayer after her mother turned off the light and closed the door. She would then curl up and go to sleep in peace. She did not get the flu again, until many years later.

She was a very lonely child, especially in her heart. Her favorite Sunday school songs were, *You Are My Sunshine*, *Jesus Loves Me* and *When I Walk Through the Garden Alone*. By all outward appearances, it seemed that her sister hated her because she daily refused to play with her. Both girls were adopted. Her older sister had been the apple of her parent's eyes for five years before they brought this new, big blue-eyed, baby home.

Being a farm kid without someone to play with for miles around, she felt completely alone in her world since as early as she could remember. She didn't have any friends at school she could really trust or confide in. Early on she displayed a strong leader personality type and so she sucked it up when the older kids at school made fun of her calling her Woody Woodpecker. The little freckled red-head became very good at make believe, and every day after school she would play around the farm, singing and dancing, serenading the trees and the cows. She would climb up into the rafters of the barn and be the lead in her own one-act plays. She became accustomed to doing everything by herself.

Life under her parents tough, unyielding rule was painful and difficult for the quick-witted, strong-willed, creative little girl. It never occurred to her that God would help her in the troublesome situations she would often find herself in while growing up.

There just didn't seem to be a big enough reason to quantify praying until many years later when her mother almost died from complications of diabetes. It was only then, that she went to the hospital stairwell to visit with God and beg for her mother's life. She was clear that in no uncertain terms, she simply wasn't ready for her mother to leave. She was

twenty-one and had just finished her college degree and was about to begin her first job. She really needed her mom to live.

Sitting in the quiet of the stairwell, she didn't exactly feel deserving, but her heart drove her to beg, through her tears, for her mother's life anyway. She just figured that's what prayer was: begging God to fix things and to do it quickly.

She, like many of us, was raised in a church-going family. While her mother read her Bible every night, she never discussed what she believed with either of her daughters. The only thing she ever heard her mother say in regard to their family's spiritual beliefs happened one day after church on the car ride home. Her mother said that the only hell there was, was what we made for ourselves here on earth. Apparently her mother had gotten into a huge heated discussion that day in adult Sunday school class with the formidable, anal retentive LaVeral Buessy, who took every single word of the Bible literally. Her mother said that she thought that literal interpretation was just plain crazy!

There was much that was not discussed openly during that time and prayer was one of those topics that it was just assumed, that the average person should know what to do with it. So her understanding of prayer came from what her parents modeled: it was simply something that you did at the table when the minister and his wife came over for dinner, or you saved it for really disastrous occasions as a last resort so as not to "bother" God too often.

One of her aunts used to say she wished she had God's phone number, because she had a few things she wanted to bend his ear about. Her aunt's interpretation translated into her mind that God didn't really want to hear any of her problems. God, like her mother, father and sister, didn't have time, and if she feared that if she asked for too much or called too often, he would shut off all communications, send her to her room or something hurtful like that!

To her it was all about God being unavailable and in the "great out there" a bazillion miles away, and so she continued to feel like she was living life alone. She would be fighting all of her battles by herself until, one day, she would finally collapse from total exhaustion. It never occurred to her that connecting with the presence and power that created the Universe could be as easy as turning on a light in a dark room, and therefore, she undertook everything she wanted in life as if it had to be arduous and painstaking.

By her early thirties, her life read like a disaster area in need of relief. She'd had so many losses that she felt like someone running their fingernails down the blackboard of her soul, and she just couldn't figure out how she could have tried so hard and failed so big.

It was just after the divorce from her first husband, when she found herself in absolute despair, that she drove up to the mountain top one day to try to find God and to once again beg. She cried (because every body knows that crying is required when you are begging) and begged for a God to bring her a man that would make her happy. All she wanted was to just be happy! Being somebody's wife was all she had ever really wanted since she was a little girl. But in the silence and stillness of her being, she knew she was not going to get what she wanted and what "she" thought would fix things for her, at least not for a time to come. It was a sinking feeling because she didn't even begin to know what would fill her reason for living, if not a man.

A Plan Unfolds

She left the mountain that day with a *peace that passes all understanding*, even though she had a sense that she had been told "no" at least to the immediacy of what she thought she needed and wanted. The only thing she could do was to keep on keeping on, for the sake of her infant son.

It seemed that no one had actually heard her prayers, let alone answered them. But then, she didn't really understand how to observe a prayer being answered. She was impatient and thought that if it didn't come immediately and exactly the way that she had asked, it must not have been taken seriously, been heard or have enough importance to get God's attention. But mostly, she believed that she probably wasn't deserving anyway, so why bother asking for something for herself.

What she didn't know at that time was that her requests were in fact answered by a plan that was unfolding in a way that she would come to learn and understand as Divine timing. Within a matter of a few short months she found herself drawn to move to Portland, Oregon. This was a move that made absolutely no logical sense, but she just knew she had to go there.

Immediately after she made the move there was a "series of events" in which she found herself going back to church. But this time she seriously embraced spiritual study, because of a great desire to "figure things out." She had been drawn to books unlike anything she'd ever read before, and she was alive with newfound understanding and a developing foundation for spiritual growth.

She fell in love with the soothing healing messages of Norman Vincent Peale's, *Positive Imaging*, Catherine Ponder's, *The Dynamic Laws of Prosperity* and Napoleon Hill's, *Think & Grow Rich* in which she first became acquainted with the concept of MasterMinding. As a result of these and other similar works, she was at long last able to interpret and comprehend what had been written about in the scriptures since the beginning of time.

Fifteen years have passed since I was lead to a spiritually nurturing environment and soon thereafter attended my first workshop on MasterMinding. As you may have guessed, I was the little girl who, up to this point in her life, believed she was plopped on to this planet, left alone to do it all by herself. It wasn't until I learned about MasterMinding that I fully began to understand that it was OK to ask, need, and want help. I learned that, through the deliberate thinking that goal setting requires, that I "get" to experience and hear God's will for me through the deepest urgings of my soul.

MasterMinding for a Rich Life

When I look at the dreams that have come true for me, I'm amazed at how many of them have occurred since a critical moment in 1987, when I embraced MasterMinding as a way to connect with God without the idea that to do so would be begging.

The Gift of MasterMinding

What MasterMinding really did for me is create a most profound and instant connection between me and God. Certainly we all have the power to be, do and have all that our hearts desires. And I was exhausted from trying to do it all alone, by myself. There is a spiritual solution for every problem, and sometimes, in order to be open to receiving new and easier solutions, it takes someone else believing and knowing with us and for us.

You may be thinking, well isn't MasterMinding really just having a prayer partner without calling it prayer?

Of course it's prayer. Goal achieving is intentional prayer. And, at the stage of my life that I learned about MasterMinding, I simply could not accept prayer as a viable alternative because of my previous misconceptions about God and the condemning and extremist interpretations of scripture that I had experienced from well-meaning people and various religious doctrines.

The concept of MasterMinding — *when two or more people are gathered in agreement, a third invisible mind is present and your requests will be answered* — explained the idea of connecting with God, as Infinite Intelligence, as a means to have requests heard and answered toward desired goals and outcomes. I could understand that. I could stop feeling and thinking that it was about deserving.

In my mind, answered prayer equaled deserving, and at this stage of my spiritual development, there was no way I felt deserving about anything except struggle. I believed that everything that was important to me would only come through difficult and painstaking means. It's no wonder I had hit burn-out and illness from mental, emotional exhaustion.

MasterMinding revealed to me an understanding that as early as Genesis we were given authority and dominion over our world, with the implicit intention that we "use our authority" and preferably for good.

We were given the power of choice. Choice is not about deserving. It is about the desires that come through us and the decisions we make about them. Many religious doctrines and interpretations are based on fear, and therefore my experience of prayer was also fear based.

As I learned to MasterMind, I began to understand that God, Infinite Intelligence and all the Universe was my partner, whose desire for me was only good.

Seek ye first the Kingdom of Heaven...

With each weekly MasterMind experience — seeking conscious contact with the Kingdom first — I began to move more easily into what my soul really wanted for me, and not just what I thought I might deserve, or what I assumed God would allow. I came to understand, that I really didn't know God, and more often than not, resisted the good that was trying to make it's way to me.

And while I agree that this is also true of prayer, it was not how I felt when I tried to pray at this juncture of my life. Through the MasterMind process, I learned that if I had a deep desire that would not leave me alone, then it was “of the Father,” and that with the faith, approval and acceptance of my MasterMind partners, mountains would be moved.

It is the power of God plus faith that moves mountains.

We don't have to do it all by ourselves, even though we keep undertaking it as if we did. We approach our God given desires this way for any one of many reasons:

- 1) We still equate an outcome with deserving, instead of understanding that the outcome we seek is brought into our hearts, minds and souls so that spirit can do the work through us.
- 2) We think God is incompetent and unavailable, and therefore needs our help, so we over-effort and work ourselves into a frenzy trying to get what we want.
- 3) We think agonizing and forcing ourselves to push on is the only way to achievement. That God only acknowledges hard, arduous, painful work and then and only then, after enough long suffering, will God give us what we've been wanting.

We are vessels for good if we allow it. In MasterMinding, I learned to access my inner power and authority to acknowledge the urgings of my soul and to ask for help from my MasterMind partners in believing for me that I can accomplish with ease what is before me to do: the desires of my heart, mind and soul. For in believing, even if it's just a seed of faith between two people in agreement, you will in fact receive what you've asked for in some form.

Several months after my divorce, a thirty-something Baptist youth minister was in my office discussing some of the teens we were both working with, and he could see how much pain I was in. He could see that I was devastated over the loss of my marriage, and he prayed for me right then and there. I felt stupid and ashamed that I even needed prayer. I also felt like he was wasting his time on me. That nothing would be any better for me because of his prayers.

I, perhaps like you, didn't know how to feel or accept that God's presence, peace and love could come through me just because I asked. Something good may have happened the day he prayed for me, but I didn't recognize it, because I was too busy being in resistance and feeling ashamed about even needing his prayer. How sad is that?

At that time in my life, when someone would say they were going to pray for me, I looked at their offer as some kind of implication that I was inferior to them, and they were in judgment of me! I was repulsed by those who think it's their God given mission

to get in your face and say, "Are you a Bible Christian? Do you accept Jesus Christ as your Lord and Savior?"

*The very implication of their question being
that you aren't!*

There is a strongly held belief that this form of abusive-in-your-face treatment is going to bring people to salvation! That if your experience isn't exactly like their experience, then your experience is clearly the wrong experience. It's not what Jesus exemplified: it's arrogant and hurtful and it's a guaranteed way to drive people, like me, away from the light, not to it.

Because I resisted people who I felt had attitudinal religious arrogance, like they had the more superior *deal*, understanding and connection with God than I did, I simply could not accept prayer.

I couldn't bring myself to talk to anyone about God or Jesus or why my life was such a mess. I did in fact, deeply long for some kind of spiritual sustenance to fix my broken life, but the very thing that would help me, I rejected.

My religious training was totally contradictory. On the one hand, I did believe that all of my sins were forgiven, and then on the other hand it seemed I had been taught that I wasn't worthy of receiving any special attention or help from God after messing my life up in such a big way. Society would say, "Well, you made your bed, now sleep in it!" Wow, that was really comforting, helpful, compassionate, merciful and healing. So, I thought I just needed to accept the devastation of my choices and take my punishment and my loss in stride. "Just buck up, Mary!"

Is it any wonder we have a depressed society?

Once again, you see this deserving thing happens, so I did not, could not, ever consider utilizing the power of prayer as a means to bring ease into the tough situations of my life.

I now understand that God answers before we call, and so on that day when I went to the mountain top and begged for help in the only way I knew how to do it, a plan began to unfold. It was within a short time that I found myself filled with the relentless desire to move to Portland, which ultimately lead me to find the spiritual resources that I could accept and be nourished by. I was "gifted" MasterMinding as a vehicle which made sense to the way I was wired to learn, accept and take back my God-given power and authority, and to have dominion over my world as my soul wanted to guide me.

And so it was for me, that MasterMinding began to bridge an old ideology with a new methodology. One that my mind, my heart and my soul could accept. I could accept the idea that I could set weekly goals and take them to God, asking my partners support in knowing that my requests were being fulfilled.

I could use it with my girlfriends, or at work by saying to an associate, "Hey, MasterMind with me that _____," when I would have never felt comfortable saying, "Hey pray with me that _____."

I began to see things unfold for me each week. I began to feel peace at the end of each MasterMinding session, not really knowing why or how any of this would all come to be. I began to trust and know that I was being heard and that it wasn't about trying to bend God's ear. My resistance and religious barriers began to dissolve.

I could also begin understanding when I was making requests that I didn't really want, but *thought* I should want, and that they were being answered by not being answered! If I'd set goals that I didn't really want, I'd see them dissipate because they simply weren't right for me.

I began to learn to listen to my soul. I began to trust my spirit as it would direct and guide me and my requests. I found myself making requests for the first time that "I" of myself did not think were possible. But, because my partners had no problem believing for me, I could feel the absolute comfort that my requests were going to be fulfilled.

I have MasterMinded for money, and for health: relief from chronic head-ache pain, pre-menstrual syndrome and chronic fatigue syndrome. I have MasterMinded for weight reduction and that any false hunger, excess eating and interest in sweets, totally disappear. I MasterMinded for my second husband, the well-being of our children, the alignment of joining two families and peace, harmony, love and good will with our previous spouses. I have MasterMinded for everything from my "to do lists" to the restoration of our finances, business, what car to buy, to easily find a place to live in a new city, and for work to come in.

After building a foundation for our business, I decided one year to take a quantum leap in my income, and I MasterMinded and received easily my first 6-figure income. The next year, I requested the ability to write two books in one year and wrote both in under seven months. I even MasterMinded that this book would find its way to you.

My MasterMind partners and I write everything down and MasterMind for every single thing we are deciding for. We MasterMind for the well-being of family members and people in our community who are having a rough time. We MasterMind for "the good of the whole," always ending our MasterMind sessions with "this or something better" as our final request.

We turn every immediate or long range concern into a request, and then we ask our partners' support in "seeing" for us what we may not be able to "see" and "believe" for ourselves. And with that comes a peace that passes all understanding.

What is in front of me to do is most often bigger than I am, and so I just bring it to my partners, asking them for their support. Sometimes, what I ask for is bigger than they can believe, and so we all agree to remain committed to the process, realizing that it's not about us knowing "how" today, because we all know that with commitment, Providence moves too.

MasterMinding for a Rich Life

*There is something incredible that happens
in a MasterMind session.*

*Within minutes you feel an energy come over you
and through you.*

*You are ever so gently filled
with a peace that passes all understanding
and with it a high level of focus.*

*It's easy to maintain this focus and without realizing it, there are new ideas and
solutions being discussed.*

*You may think, why didn't we think of this before? Because, in a MasterMind session
when two or more minds come together in agreement, there is a connection that
takes place
with Infinite Intelligence.*

*You and I would all agree
that we were born with free will.*

*We get to choose whether or not
we want to connect with our creator.*

*In a MasterMind session,
you are intending to connect.*

Introduction

What MasterMinding Can Do For You

*Why you are here and what you desire
are the same thing.
This is the search that only the soul can make
and reveal to you.*

A group of middle-aged business men and women gather for lunch at the local diner. They have come for nourishment and connection. Whether or not they realize it, they are seeking spiritual sustenance and longing for the answers to radically new desires:

**Work less. Slow down. Stop multi-tasking.
Listen to your heart and soul.**

A recent poll, reported in the Wall Street Journal, indicated that a majority of top executives making over \$500,000 annually did not feel rich. For the most part, they felt insecurity and worry about a wide range of problems. This is an example of poverty consciousness in the midst of apparent prosperity.

There is a spiritual solution to every problem, and the good news is that you don't have to figure it all out by yourself. Certainly you have the power to be, do and have all that your heart desires. But have you noticed how difficult it is to keep yourself focused, motivated and committed toward those long term goals that you say you want?

By taking this time to learn about MasterMinding, you're acknowledging your desire to really begin living and enjoying life, freed from the constant negative obsessions with money, time, health and relationships.

*If you ever think you are too small to be effective,
then you have never been in bed with a mosquito.*

There are times we forget who we are, what we're made of; or we struggle to know the purpose for which we've been born. That's why it's so important to build support into our lives with MasterMinding. We are not too small to make a difference in the world. By infusing each week with MasterMinding sessions that help us remember this, we can begin and continue to do the work we have come here to do.

Your Soul Knows

Many have come to know and use the MasterMind Principle for goal setting, accountability, getting ideas and advice from your selected partners. And while that current practice is what it is, there is still so much more that MasterMinding really can do to bring you an incredibly delicious, rich life. In this book you will not only learn how to

do a *soul search* for the rich life you seek, but how to bring your greatest desires into reality through the power of the MasterMind Principle in healing the areas of your life that are calling out to you.

In our society, we are not taught to listen to our soul. In fact we are taught to ignore the desires of our soul, believing we can't have what we want anyway. We have been judged, shamed and ostracized for many of our desires. The result of this is that we have become either too constricted or too loose with money, time, responsibilities, commitments and love. We see "experts" shaming and berating people on national TV to "get them to do the right thing." We are totally missing the mark on what's trying to happen here. Desire means, "Of the Father," and it is only through desire that we can find the way to bring our dreams in to reality.

We have not learned to be discerning between soul desire and the absence of a connection to our soul. And we don't see the driving obsessions and addictions that this can bring into our lives and experiences. Therefore, we do not trust the soul when it is truly speaking to us, and so we disallow spirit to flow through us to make our way a whole lot easier.

People by and large haven't been gently guided in their formal training as to how to support each other unconditionally and without resistance. They don't know how to listen without judgment or worrying about what they are going to say next, as if that's what's important! We as a society have come to believe that the only real way to remain safe is to uphold and nurture "hard minded" perceptions and decisions that actually cause more harm than good. We haven't been taught what it really means to practice *harmlessness* in the face of adversity.

I want you to know, and experience, just how easy listening can be when you don't have to have all the answers, or be the expert or the policeman of what's right, what's wrong, good or bad. When utilizing MasterMinding as it was intended, you will come to know how to relax and learn to share from your hearts. You will then know how to listen to another's desires of the heart, no longer believing that it's your job to jump in, fix or rescue, or to hold someone accountable to what they said they wanted. You will begin to discover how to set healing in motion.

And the greatest thing about your MasterMinding is that it will filter into all areas of your lives, in communication with our spouses, children, co-workers, absolutely everybody. We've really just been making this all too hard.

Why doing a weekly soul search can bring your dreams into reality with ease:

Judith, a sixty-one year-old Land Specialist, brought MasterMinding to her closest colleague, and in agreement together they set a spiritual goal for him to bring in a designated amount of new business. They committed to meeting weekly, and they rigorously set goals and made spiritual requests that his job be saved at a time when her company felt they needed to cut back. Within six months, he was closing more than enough properties to keep the company solvent.

In the midst of the economic decline, she has turned around more than ten impossible people and land purchase situations. She presently has the biggest land developer in the country financially committed to a very large project, and they are totally intrigued by how she is making things happen where there "appeared" to be no hope!

She has also easily reduced her weight by fourteen pounds.

In the past year, Gina, a forty-eight year-old administrative assistant in a major corporation, has been steadily meeting the goals she set out for herself, because of her weekly goal achieving MasterMinding sessions. She writes,

"I am now meeting my goals one step at a time. It has not been as hard as I thought it would be. It took some courage to trust myself and go for it.

Here's what I've done through MasterMinding and the power of my resolve:

Lost sixteen pounds without dieting, just MasterMinding. Putting things in perspective helped me release the weight without dieting.

MasterMinding also helped me take action regarding my twenty-eight year old step-son in taking charge of his life. He's now out of the house having the adventure of his life!

My brother in law, who went back to doing drugs, is now in drug rehab, and he's found his spiritual connection, finally. He's tried to depend on himself, and he now realizes that there is definitely something greater trying to happen.

The peace that came at the moment of my resolve, after the MasterMind Session, was indescribable, and I found that I had a skip to my step that I haven't had in years. MasterMinding gave me the approval I needed to believe in myself and to *set energy in motion*. My marriage is also back on track, and Life Is Good."

Judith and Gina are "MasterMinders," someone who joins with another in agreement to achieve goals that previously have seemed unobtainable. Inviting your inner spirit into your weekly meetings in order to achieve new outcomes to old redundant problems gives life rich meaning. When you make time for a weekly soul search, you begin to be true to yourself and begin to journey down the road less traveled into a most extraordinary life filled with all that you desire.

The reason why so many people are not achieving their financial, personal or health/weight goals, is not because they aren't trying hard enough or aren't disciplined enough. The reality is that we are trying to do too much by ourselves, void of the support that could be available to us through the energy of MasterMind partners.

MasterMinding involves the recognition of a power greater than ourselves when two or more are gathered together, the third invisible mind - Infinite Intelligence - the MasterMind - God. Thousands of people have demonstrated dramatic, positive changes in their lives, and have experienced happy, successful living as a result of putting these principles into practice.

Here's why You need MasterMinding.

You do, in fact, have the power within you to actualize whatever is at the heart of your deepest desire. And, in fact, you can do it all by yourself with enough focused effort. It's true, and it's being proven every day in a bazillion places throughout the world.

Your mind is an incredible goal seeking mechanism. But you and I have had an extensive education, with reinforcing experiences, about not listening to our soul's desires, because we have believed that we can't have what we really want, therefore we shouldn't want it, or let our feelings out, or know what we know. Because, if we do this, we'll just get ourselves hurt and disappointed, again.

We tend to only set goals that we "think" are possible, which means we are most likely still trying hard not to hear the whisperings of our soul. Our inner spirit is speaking to us, and if it's guidance is bigger than what we currently see as "realistic" we tend to dismiss it rather than bring it out and turn it into a request.

So for every positive thought and soul desire that we have, we often have a contradicting thought and fear. We do have the internal resources to deal with this, and we can ultimately do it all by ourselves. Or, we can partner up with one or more other individuals who are also exhausted with doing it all by themselves, and begin to learn how incredibly awesome the energy of combined Mind-Soul Power is.

You can be helping each other experience one hundred percent unconditional approval, which will launch each of you with new energy and a sense of ease to pursue your deepest passions and dissipate your biggest dragons.

And here's something you can look forward to: as you learn to be unconditionally approving of your partner's soul desires, you will be able to hear your own more brilliantly.

A Spiritual Life Achieving System

MasterMinding calls for no "hard labor." It calls for no sacrifice. It does not require one to become ridiculous or incredulous. To apply it calls for no great amount of education. But it does call for sufficient imagination and approval to enable one to see for another and to understand for another that the accumulation of riches in any form cannot be left to chance, good fortune or luck.

You will be learning how to specifically utilize your own personal power, along with the power and the energy of others, to lift yourself to new heights toward your soul's goals. You will learn how to *gently* poke around your souls' deepest desires, and the conflictual data stored in your psyche, making it all so much easier on everybody!

I just love making things happen through MasterMinding, especially big, juicy, impossible dreams. I truly am a woman who practices MasterMinding weekly, and have as my experience immense freedom from lack and limitation. I love to lift others into the exploration of their souls, to accomplish that same mastery, and a whole lot more. It is my greatest desire that through giving you specific, easy to use tools, you and your MasterMind partners will find your way back to your inherent power.

At the outset, this book identifies the most important mental, physical and spiritual components of consistent success, through the fundamental concepts of:

- truly hearing and acknowledging your soul's desire;
- applying less effort for more results;
- knowing that you never have to do it alone;
- the power of decision backed by desire;
- the physics of desire is energy in motion;
- developing unusual clarity;
- interpreting intuition;
- understanding that disrupting your habits determines a different and intentionally better future;
- and using a "no exceptions policy" approach to focus on what you want.

Of all the self-help books I have authored, this is my favorite one, because it has the scientific research and explanations of physics as they connect with the spiritual. The information I bring to you explains exactly how the power of deciding, the emotion of desiring, and the making of formal requests actually sends energy in motion. A highly targeted request, backed by the emotion of desire, is what brings a goal, the soul's desire, into reality.

MasterMinding, as I have come to understand and practice it, has a spiritual foundation that bypasses all lack and limitation, and it uses time tested strategies that really work, if you will work them.

I love the stories I receive from people who have lived with impossible situations, then attended one of my workshops or read my book and tried MasterMinding for a while. Their results are miraculous!

I use all of these techniques in my own life, and I now have more free time than I ever had before. It's exciting to be able to work less and accomplish more. I have better health, more vacations, stability in my family, children who are excelling because it's fun and so much easier for them when we MasterMind together. We have more joy and more financial success; all of this just because I have MasterMinded regularly for over fifteen years.

This book is a practical, no-nonsense guide that really gets down and shows you how to utilize the MasterMind Principle to do a regular *soul search*. Through this honest search, you will be lifted into states of awareness and energy which will directly affect your ability to reach your business, personal and financial goals for a rich life, without getting burned out in the process.

I have drawn from over two decades of my personal experiences, through my most intense and darkest hours, using MasterMinding to fine-tune what "Goal Getting" really means, as it relates to the requests of your soul. I will show how, once these requests are examined and fine-tuned regularly in the MasterMind session, we are literally *setting in motion the energy which creates worlds*. I will weave my story, and a treasury of my personal insights into MasterMinding that will be healing for you in your journey to riches.

*Genuine healing is frequently unexpected and radical, seemingly out of the blue,
and often depends not on what we do
but on how we choose to be.*

- Larry Dossey

According to Webster's Dictionary the word rich means: 1) owning much money or property; wealthy 2) well-supplied 3) valuable or costly 4) full of choice ingredients, as butter or sugar 5) abundant 6) yielding in abundance, as soil 7) very amusing.

It is my intention and deepest desire, that you amass great wealth from utilizing the principles in *MasterMinding for a Rich Life*, that you become as *well-supplied* as your soul wants you to be, and that, as a result of your victory, find life *very amusing*!

I strongly encourage you, as you read this book, to heighten your mindfulness about your truest desires and the energy you are putting in motion. Don't wait! Make a little bit of time here and there to begin using the strategies in this book, and then write to me and share the results you get in your life.

1***Easy Plan, Amazing Results***

*MasterMinding is for the ordinary person who has felt
that relentless pull inside
to reach for an extraordinary life.*

"So, how's everything going with you?"

My husband commented to me the other day that, before he began MasterMinding, his flippant response when he was greeted with that question was, "Nothing wrong that \$20,000 wouldn't fix!"

MasterMinding is a spiritual approach to releasing your greatest potential, that you may truly enjoy a rich life. It supports your ability to fulfill your desires with effortless ease. And yet, the creation of a rich life has always been thought to require hard work, and, it is often believed, at the expense of others. For most, it means that in order to get a bigger piece of the pie, someone else has to get less. And a bigger piece of the pie is what would solve all of our problems, right?

With the knowledge and practice of MasterMinding, we adopt a prosperity mindset. We amass all that we desire with the assistance of the combined mental power, confidence and approval of the people we select to be our partners.

Becoming rich in all important aspects of life is a journey, not a destination. Financial freedom just happens to be one of the things that make the journey more enjoyable. But Riches also include radiant health, balanced energy, fulfilling and loving relationships, creative freedom, emotional and psychological stability, a sense of well-being and safety, purpose and, probably most importantly, peace of mind.

That Relentless Pull

Fifteen years ago I was in the kind of poor mental, physical and financial state that so many of us have experienced. I had more month left at the end of the money. I had done everything the "right" way, according to what I was taught by my parents and at school. And yet, by age thirty-two, I had racked up so many tough losses that I had very little left in me to make it out the door to a full day job.

I had worked my way through college, earning a B.A. in Elementary Education and a Master's degree in Educational Psychology. I found myself in a teaching job that paid me minimally for my education, experience and talent, and was excessively demanding of my time and energy. I was always left wanting, dreaming and longing for just enough money to have a few nice things. I just wanted a nice house, nice clothes and a nice car. Really, just simple things when you think about it. And so I, too, had that reoccurring belief that, if I just had an extra \$20,000, life would be grand.

But, like most people who work hard for their money, I had done the credit card number on myself. I felt I just needed a little financial replenishment, you know, for all of my hard work and long hours. I just wanted something new to wear, and because our income was fixed, I somehow justified a little spending spree here and there. Oh, how those bills weighed on me every month. I couldn't see how I would ever get them all paid off. With no hope in sight, I decided I might as well just spend a little more, because extra needs always did have a way of arising.

My first husband was a *gamblin' man!* I now understand how he thought that, if he could just win enough, he could get us ahead. And yet, that inevitably resulted in losses we couldn't afford, which created the need for more loans. It seemed like an endless spiral downward.

*Why you are here and what you desire
are the same thing.
This is the search that only the soul can make
and reveal to you.*

No Money Down

There really didn't seem to be any way out on a fixed income. And so, maybe like you, I began to ponder how other people did it. There were a few teachers I knew who had already received their inheritances, and so they had the beautiful house and clothes. There were teachers who were married to people in other professions that made a lot more money. But, I had married a school teacher, so that was out. And then, one day, I caught one of those infomercials on *No Money Down Real Estate Investing*. I immediately picked up the phone, took out my credit card, and ordered the \$189.99 package. As with most communication in my first marriage, I told my husband later!

When the material arrived I read it with a vengeance. We had just had our son, and I wanted more than anything to be a stay-at-home mom. It was ripping me apart that I had to go back to work, and in between pages of the course material on Financial Freedom, I cried inconsolably. I wanted to be financially independent so very, very much.

Real Estate was a language that was foreign to me. My father was a farmer who had provided very well for our family and had also done exceptionally well in the financial markets and in real estate investments. But he never taught me anything about money. Even though I was in 4-H, he had taken over all that I was supposed to be learning about the expenses and net income from the sale of my cattle. He just put the money in the bank and filled out the forms so I could get my ribbon.

I shared the information from the real estate program with my husband, and he was game for it too. We followed the ideas in the book, and we began looking at properties. He would help me see how it worked on paper and yet, we couldn't seem to find a house that fit the formula because the houses that fit the formula always contradicted my mental picture of my dream house. I couldn't get past that, or the fear of such a huge financial commitment when we were barely meeting our monthly obligations anyway on two pay checks. So, like most people who get excited about making lots of money, we fizzled and within nine months so did our marriage.

There were many factors involved in the demise of our marriage. Money and communicating about money was definitely right at the top of problems that we couldn't seem to get beyond. When we divorced, we decided to split the debt right down the middle. It was the first time since I had married him that I had any money left at the end of the month. My payments for my half of the loans were less than what we had been paying to each separate institution. I remember thinking, "Why didn't we consolidate our debt before?"

Why?

Why indeed. Because neither one of us had been schooled about money! We didn't communicate about money, when we did plan about money, unexpected needs would show up. Every penny (and more) was spoken for. Before I married him, I was totally debt free with \$2000 in the bank. He had been married before, with a child, and he was required to take all of the debt from that first marriage and make child support payments. I didn't mind because I was in love! He was the love of my life, and *love would find a way!*

I know you know what I'm talking about. So here I was, divorced, physically exhausted and emotionally needy. I now, for the first time, had enough money. And what did I do? Being a newly divorced woman who hadn't had any new clothes since forever, I went out and racked up my credit card on clothes, expensive perfume, jewelry and, of course, 5 pairs of shoes (I really don't have a shoe fetish, OK?) ! And, I felt better for about a day. It seemed to help to dress nice for work, to smell nice and all of that, but hey, my heart and my entire life really hurt.

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and reveal to you.*

Life Insur-ances

I had worked hard to do build my "Life Security Plan" by doing everything the "right" way. Then, what appeared to be out of the blue, tragedy had struck.

Within a period of a few short years: I had lost my first born son at birth, after many years of infertility treatments, surgeries and fertility drugs; I made a major move, and got the job of my dreams as a high school counselor in the largest school in Wyoming; I had additional infertility problems with resulting surgeries, got pregnant with our second child, and ended up in bed for six months with a terrorizing high-risk pregnancy; I was in and out of the hospital five times, scared out of my mind that I might lose this precious one, and had the baby a month early; I went back to work hating every single minute of it, and divorced my husband nine months later. Then I was doing the very thing I said I would never, ever get myself into: I was now a single mother!

I had migraine headaches periodically since high school. By college I began to experience run-of-the-mill headaches daily, which caused a growing addiction to pain medication. It all caught up with me in professional and physical burnout, and from being the primary care giver of our son. With the precious exception of my son, whom I love without reservation, I had somehow managed to get everything in life that I didn't want.

And I had done everything the "right" way. I had finished my college degree before getting married. I worked, had my own life, had savings. I did everything my parents could have wanted me to do to prove I was a good person, doing everything the right and approved way. I was an excellent, no, an outstanding teacher, and all my students loved me and told me and everybody else. I was crazy in love with my husband and I had waited the appropriate amount of time to begin having children.

I had done everything the "right" way, don't you see. I had worked hard and now I had minimal energy reserves left, and I couldn't figure out why, let alone fix it!

So I did what most people do when they don't want to add any more addictions or problems to their already messed up lives. I began reading spiritual literature and searching for meaning.

By this time in my life, I had accumulated so much pain and loss that I was screaming inside for help, and my soul heard me, because it wasn't long before I found myself reading *Think and Grow Rich*, by Napoleon Hill.

After reading this book, I felt like I had independently stumbled upon a most incredible Principle — MasterMinding — which, when applied by anyone, in any walk of life, would actually work to help people create the life they said they wanted — more success, more money, and more time off to spend with their families and friends.

The next thing I knew, I attended a workshop on MasterMinding. The speaker was Rev. Jack Boland from Detroit, Michigan who had flown in to deliver the program he developed on The Master Mind Principle, a concept he had taken from the very book I had just read. A coincidence or synchronicity?

*We all have an innate need for spiritual connection, and through MasterMinding
we acknowledge God's working in 'all' people, no matter their background or creed.
We strive for peace, love, harmony and good will,
that we may truly be living examples of what humanity can be.*

MasterMinding is not intended to be a religious philosophy. It is a vehicle that has the capacity to dissolve religious barriers. It is the superb way to bridge religious and cultural differences together at long last, and in that, bring spirituality into the workplace, home and our most important relationships with ease. There are some guidelines and instructions about how to go about it, but there is no sacred text or liturgy, per se.

MasterMinding is not aligned with any specific religious sect or belief system. It doesn't need any religious interpretation to have a powerful and miraculous effect on your life, unless you want it to. We all have a spirituality about us, a spirit within us. There is no denying that there is an intelligence in this world that is much greater than each of us. We were created from this intelligence, and we continue to be part of this intelligence every day.

In my diverse experience, working with corporate, entrepreneurial and spiritually-oriented audiences about setting and achieving goals, it has come to my attention that, not only do we tend to generalize about what we want, but we leave our inner spirit out of the equation. By doing this, we are minimizing the importance of what we want, and we will only let ourselves want and ask for what we think is possible, not what we really want in our heart of hearts.

MasterMinding for a Rich Life

People today are struggling with the weight of the world on their minds. MasterMinding is about how to have a truly rigorous spiritual workout for our soul following the *less effort more results* model. It's no fun feeling flabby and lifeless. We can lose spiritual, moral and muscle tone by doing nothing, or by trying to do it all alone.

MasterMinding is also not about doing it the "right" way. In fact it can heal you and free you from that kind of controlling, micro-managing, scarcity mentality, hopefully forever. MasterMinding is about deciding what you want your life to be like through your weekly *soul check-in's*, increasing your desire about it, and then receiving the approval of another, who will "agree to agree" with you on whatever it is that you determine you want.

My journey of over a decade has taught me about money and love and health as they relate to feeling rich, regardless of present circumstances or problems. Feeling rich in mind, rich in body, and rich in spirit and therefore, rich in manifestation. Rich, rich, rich!

Since I began MasterMinding, my idea of being rich has evolved. My experience of "rich" is, yes absolutely, about having money in the bank, having it always be enough, and continuously enjoying more coming in. Being rich means different things to different people, but I think we would all agree that in the world we desire as our experience, it would include being rich in relationships, health, money, fun, and free time - and not necessarily in any specific order.

And here's the greatest part of the whole deal, *you don't have to do it all alone ever again.*

To purchase the virtual book online and pre-order the printed book, click this link:
<http://www.makeadifference.com/TYG/EB1.php>