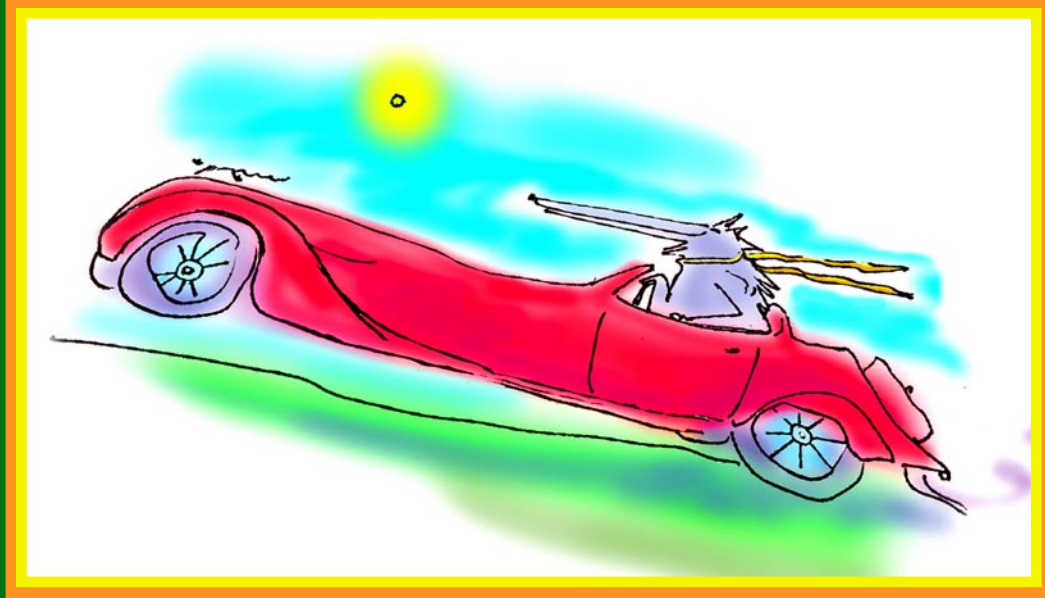


Prosperity is A Journey!



Angela Treat Lyon



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by Angela Treat Lyon

AngelaTreatLyon.com

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Sometimes it feels like my life is a wonderful cruise. Other times—well, I won't go there right now! What I notice is that when I focus on all the Bad Things in my Past, I crash.

Imagine driving your car while you only focus on the rear-view mirror! How could you end up anywhere other than the hospital and the junk yard!

But if I focus on my destination alone, it's

just as bad—I'm still not paying attention to what's going on all around me. I can't make intelligent choices according to Right Now. So what's the Balance?

I need to be aware of the past: where I've been, where I came from; and understand that the road in front of me is completely open to infinite possibility—even if it appears not to be. And I need to be awake, alive and aware in each moment to keep making choice after choice after choice. Right?



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Only thing is, if I don't have any idea where I want to go, I'm driving around aimlessly, and I do a lot of driving but feel pretty lost.

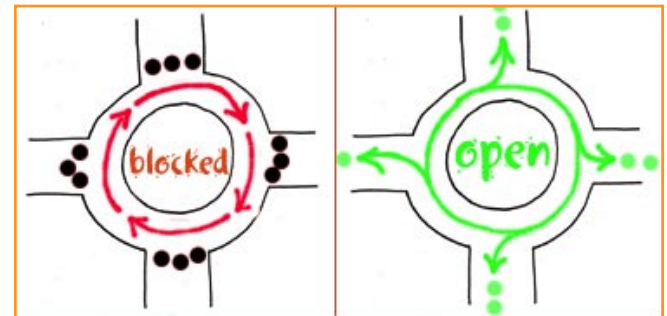
I need a map! Maps provide a Possibility Guide. When I drive from Here to There, I look at my Map and know that I can choose my route and pass right by Indecision Swamp.

Sure, I can go there for an adventure, but I think I'd prefer to set a course and have my adventure take me on the roads to There instead of Where.

Sometimes when I make a choice, it will look good right now, but in a day or two, or year or two, I realize I've goofed. My options look closed. I feel drained, and sorry for myself.

In the past, as I looked around for an opening I would panic and scream and yell and cry and get mad if there weren't any obvious openings.

But what I noticed about being mad is that it takes a lot of energy to be that way.



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If I hold it in, it hurts. Physically, emotionally and mentally.

I walk around Radiating Mad, and people stay away from me, because they can see it in my face and body language. Or if I'm trying to Be Nice, I leak it out and say just the Wrong Thing at just the Right Time to make myself into the Jerk of the Day.



Just what I need!

Have you ever been in a room with a person who has Underlying Mad?

It's hard! You find yourself always ready to sprint or defend yourself against it.

Often, they spill out their Mad before you get a chance to hold your hand up, and they splash it all over you. No fun! You feel bad, and they feel bad. Ugh!

So how do you get yourself out of Being Mad?

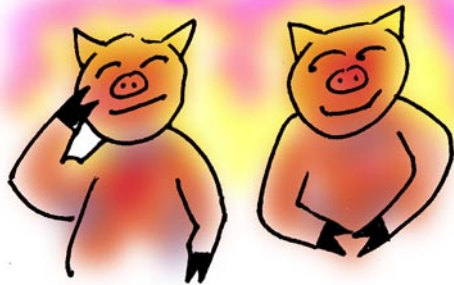


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I use [EFT](#), the Emotional Freedom Techniques. It helps me handle my Mad / Sad / Gloom so I can be clear to make a new choice, or at least understand that I need to wait until I'm ready to choose.

It makes my life and that of my friends easier when I'm not a walking bomb ready to go off at any moment.

Have you ever noticed how contracted you feel when you're upset? How it seems there are fewer choices available to you, how many people shy away from you, and how lonely you feel?



And—this is a big one: how impossible it is to handle anything other than the smallest things? It seems like your energy's all gone! Surprise! It is!

But when you use EFT, your energy expands and you're able to take in new opportunities, information, ideas and energies you didn't even notice were right in front of your face!



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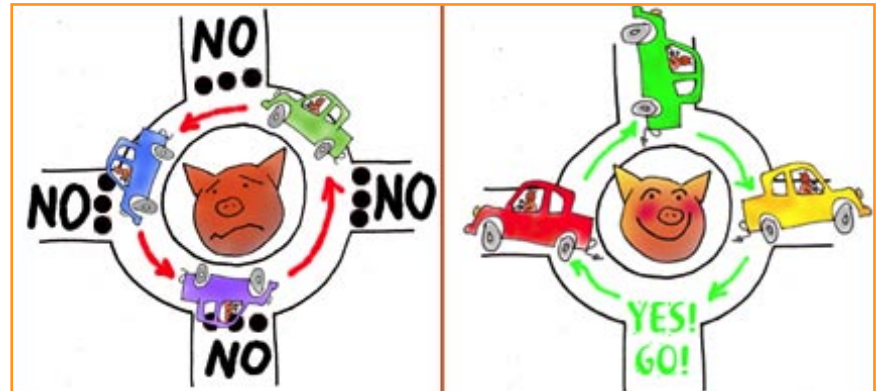


Now, remember how I was talking about having a There to go to? I don't know about you, but when I get to be 90, I don't want to regret that I hadn't done all kinds of things that I could easily have done if I'd just have made up my mind to do them and gone about doing them one by one.

I'd much rather get to the age of 90 and be able to tell my great-grandkids about all the amazing things I'd done, and all the places and I'd seen—that are either gone or changed, or, incredibly, still the same now.

I want to tell them about all the people I've met and had the good fortune to know!

I'll have a whole Who's Who of my own to tell them about! All their Great deeds, funny quirks, little secrets, silly facts—what fun! Not to mention all the places on the planet I've been. But I can't do it unless I choose Right Now to do it!



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Life slips away in front of our eyes so quickly! I could wake up one morning and it will be too late. Un-uh! Not me!

Pretend with me now. This little drawing on the right is the Whooooole Cosmos. Imagine—that little red dot is about all humans actually know about life.

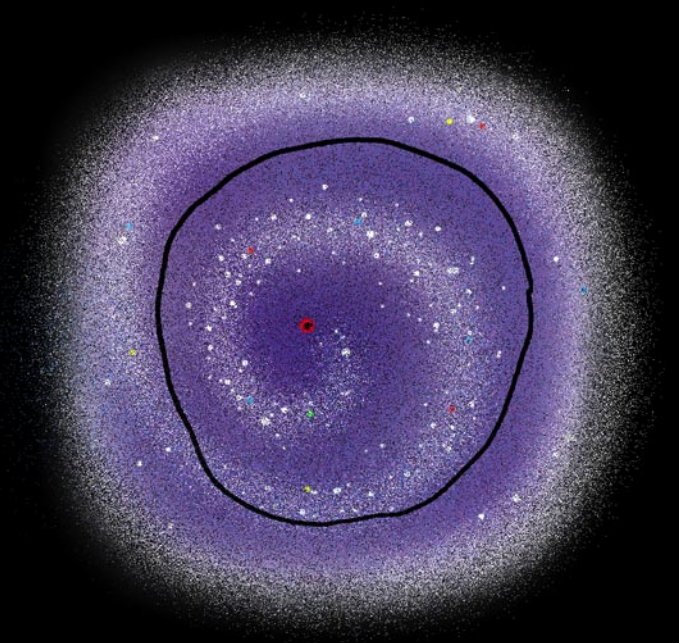
And pretend that everything in the little black circle is all we can imagine life to be.

Life is so much bigger than we can imagine. If I was to try to draw it, it would swallow up this page and our little Red Dot Lives in a blink!

If life is that big, why do we carry on so Small?

Why do we think life is only about Making a Living? Or Going to Work? Or Raising the Kids? Or Getting a Degree?

**What happened to Passion and Curiosity and Daring and Adventure
and Fearlessness and Determination and Bigger-Than-Life Ideas?
What happened to Joy and Exploration?**



Why do people make faces when I say I want to do Impossible Things?

Why do people shy away from Outrageous Ideas as if they were going to get burned?

What a pity! What small, narrow-minded, unhappy, unfulfilled lives most of us live! Well. Here's a Gift for you:

I hereby give you permission
to burst out of your
This-is-How-it-Is
Balloon.

There! See how easy that was?

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Here's another way to Create A New Reality for yourself: First, you go get some green duct tape at the hardware store. Or pull about a six-foot length of green wool from your knitting basket.

You lay that green tape or wool on your floor right in front of yourself, left to right.

Then, you feel how Your Life is Right Now.

You hear all the sounds around you, all the little voices inside saying No! You Can't! You'd better not, or ... ! Or What if...? Or....

You get the idea.

Conjure all that stuff and all those inner limiting messages up. Really feel it and really GET how much you dislike it and how it looks, feels, smells and sounds to have it be so in control of your life.

Keep standing by the line. Dream up your Something a Whole Lot Better. Bring in the big house if you want, the jet helicopter, the Mercedes. Or the little place in a secret grove looking over the ocean—whatever place suits you. Being and feeling Rich doesn't always mean having Extreme Things or being ostentatious!





Bring in the people—are they family? Friends? Colleagues? Strangers?

Listen to the laughter!

Feel the friendship and joy and fun and love. Listen to them all!

How supportive everyone is, and how easy it is to talk and get along and have a good, heart-warming time!

Imagine how you really really really really really Want It to Be. When you're ready:

JUMP!

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Now, stand there and close your eyes, and feeeeeeel what it's like to be happy, have joy right smack dab in the middle of your heart.

Hear the laughter, the birds call, the breeze wrap itself around you gently. Is the sun warm on your face? Is the moon glowing softly above? Are there lots and lots of stars poking themselves through the dark dome of night?

Whatever you have created, enjoy it for a few moments.

And then... bend down and RIP the tape (or wool) off the floor!

Scrunch it all up and toss it in the bin! Now there's no way to get back to your Old worn-out Raggety Reality!

HA!



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Enjoy this new one—thoroughly!

And then, when you want something better,
create that!

And more...and more...and more! You go!

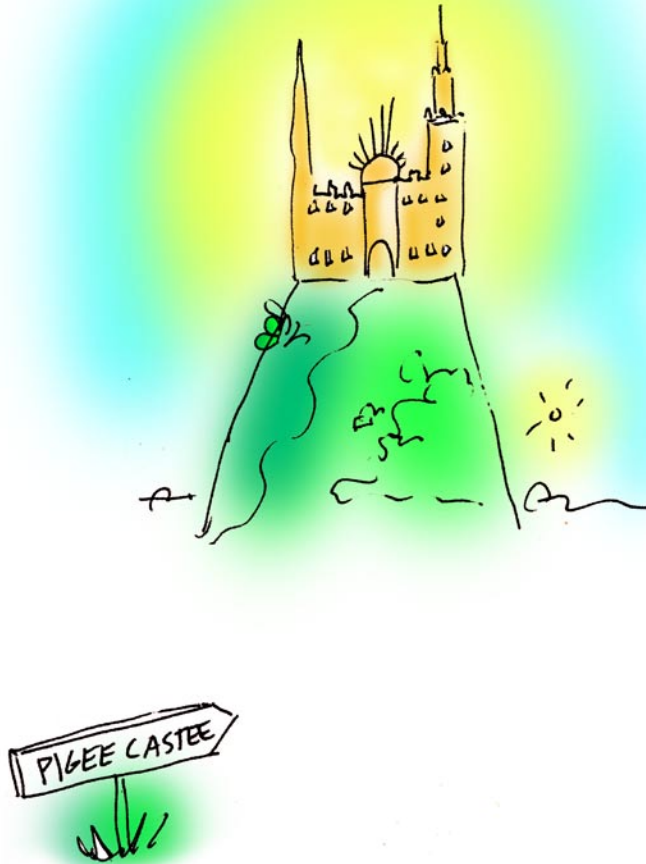


Unless your life is exactly the way you want
it right now, I invite you to add EFT to your
Inner Tool Box (or maybe your paint box, or
your knitting basket).

Just think—what if you were free of anxiety?
What if your pain was relieved—or—imagine
this!—eliminated!

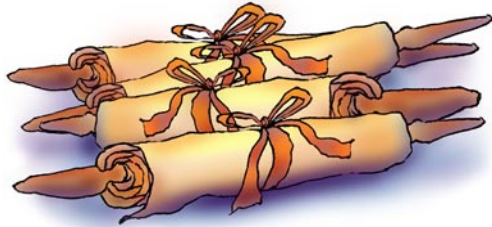
I use EFT on myself and with my coaching
clients to get amazing results in very little
time. I hope you'll use it, too, as you go
about creating and living your Dreams!

Remember: Prosperity is a Journey!



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My best aloha to you, your health, Dreams, success,
happiness, and prosperity!



Angela

Angela Treat Lyon

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Call for individual and business
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Lyon@PIGEES.COM

