

## True Hearts Desire Exercise

### Step #1

Answer this question. What would you like to have in your life that you don't have right now? List your desires here;

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_
6. \_\_\_\_\_  
\_\_\_\_\_
7. \_\_\_\_\_  
\_\_\_\_\_
8. \_\_\_\_\_  
\_\_\_\_\_
9. \_\_\_\_\_  
\_\_\_\_\_
10. \_\_\_\_\_  
\_\_\_\_\_

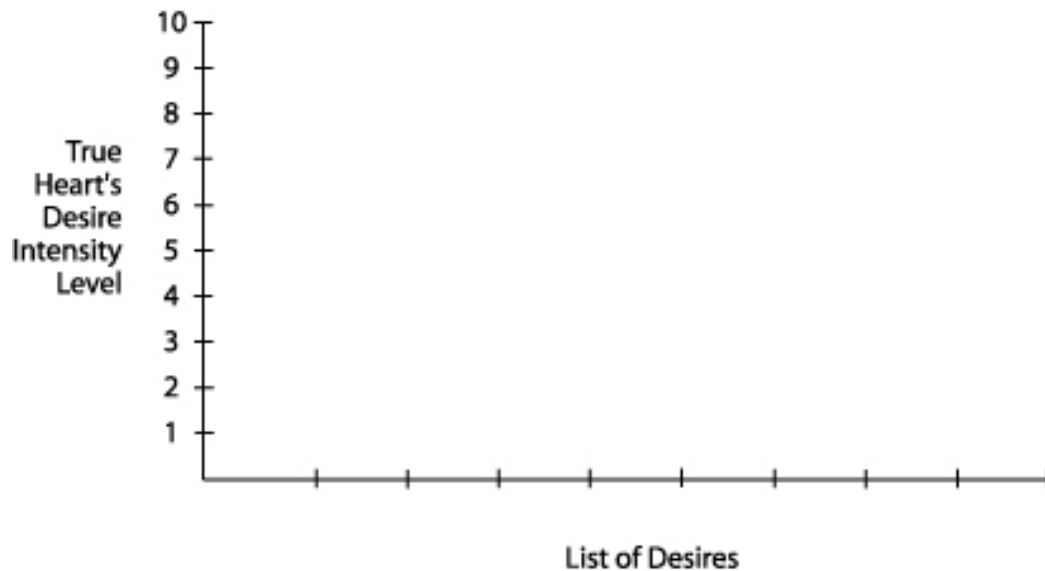
### Step #2

If you had that or you were that (the answers in step 1) how would that make you feel? Go through the list you prepared and really think and feel about each of your answers. The key is to really focus on your heart energy during this process. For example; the more excited you feel about a particular answer the better. Just make sure that you pay close attention to your true inner feelings.

### Step #3

Now, you must rate each response that you had on a scale of 1 to 10 on the heart's desire intensity scale where 10 represents 100% of your true heart's energy.

Fig: 1 – The True Heart's Desire Intensity Scale

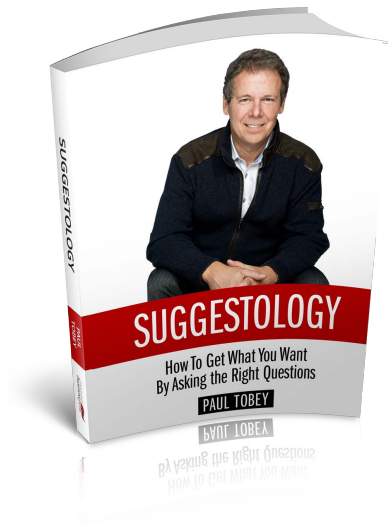


Remember anything less than a level 10 is less than good enough and no matter how long it takes, you must complete this exercise. You will find that for the most part you will only have 1 or 2 level 10 desires.

### Step #4

Memorize and Repeat the following at least twice daily...

In an **easy** and **relaxed** manner,  
In a **healthy** and **positive** way,  
In its own good time,  
For the **highest** good of all,  
I desire and intend "State desire #1" and "State desire #2" to come into my life and into the lives of **ALL** who hold this intention.  
**This or something better!**



## Exercise—Communicating With Your ESP

Set up an ESP request box.

This is a fun and effective way to deliberately create and manifest anything you desire. Basically the idea is to put in a request just like you would make an order at a restaurant. You can request anything you like—from small goals to big ones, interim desires to ultimate desires. Exactly how those desires manifest in your life is not the concern of this exercise. Simply put in the request and allow it to come to you.

Remember that you must always take action in the direction of your desires, but how they manifest and what direction they take is up to your ESP. In other words, turn things over to your ESP and let him or her handle the details.

Any box will do for your ESP request box. Make it or buy it. Make use of a family heirloom or use a cigar box. It could be

made of plastic, wood or even metal. Decorate it or don't. No one box is better than another. Just make it is unique to you and then put it in a place where others cannot disturb it. You do not want others to interfere with your communication process.

Once you have chosen a special place to keep it, put it in its place and say the following out loud: "This is my special ESP request box. From now on, when I put a request in this box, I ask you my essential silent partner, to act on my request immediately. I thank you in advance for your response to my requests."

Write out your requests on a piece of paper and stick them in the box. Do them one at a time. There is no special way to write out your requests, but here is an example of the way that I write my own requests:

*Dear ESP,*

*I request a big white yacht with two state rooms and plenty of space to entertain friends, family, and colleagues. This or something better.*

*I thank you in advance for your response to this request.*

*Sincerely,*

*Paul Tobey*

Finally, place the request in your ESP request box and say a quick mantra: something like "Thank you ESP, in advance, for your response to my request."

When you take focused action on this level, it activates the law of attraction and encourages your essential silent partner to bring your requests to you. Your focus is everything, and this exercise will keep you *focused*.

I am as logical and reasoning as the next person, but part of that is knowing the limits of one's own understanding. One thing I can say with the utmost certainty about this exercise is this: If you do not do it, it will most certainly not work.

Take a look at your current results and ask yourself, "Do my results reflect the efficiency of a great system?" If not, try this system. What do you have to lose? Many people would think that, because of the simplicity of it, it couldn't possibly work. Those same people would say that it's simply not realistic. To them I respond with, you guessed it, "Reality is for people who lack imagination."

In fact, Stephen Covey, the late famous bestselling author of "The Seven Habits of Highly Successful People" said, "Live out of your imagination, not your history." What he's really saying is that your history is likely made up of a series of misfortunes and small successes. If that is all you have to rely on to create your future, then you are very limited in what you will be able to do because your history will tell you that it's impossible. That is why you must learn to connect with your essential silent partner. Your creations depend on it.

Not everything in your reality is created by hard work and reasoning. Many of the things that you own or have accomplished in your life are a result of you either having a strong connection with your ESP or no connection at all. Usually what I find with people who do not have a strong connection with their ESP is that they live life by default. Most people who are not deliberate creators live life through a series of problems. Is that any way to live?

Do not put any time restrictions or limitations on the results that you manifest as a result of a connection with your essential silent partner. The mind will want to control the situation, but the mind cannot grasp this connection. Only the heart can understand what

is truly happening here. If it feels good, then you are heading in the direction of your goals. Doing the ESP exercise is one way to feel good and a very powerful way to bring about monumental change.

Incidentally, my request for the big white yacht has been fulfilled, not to mention dozens of other requests. I believe in it because I have seen firsthand that my essential silent partner is real and I trust in him to deliver me a steady stream of requests. He and I together are dedicated and efficient deliberate creators.