

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. _____

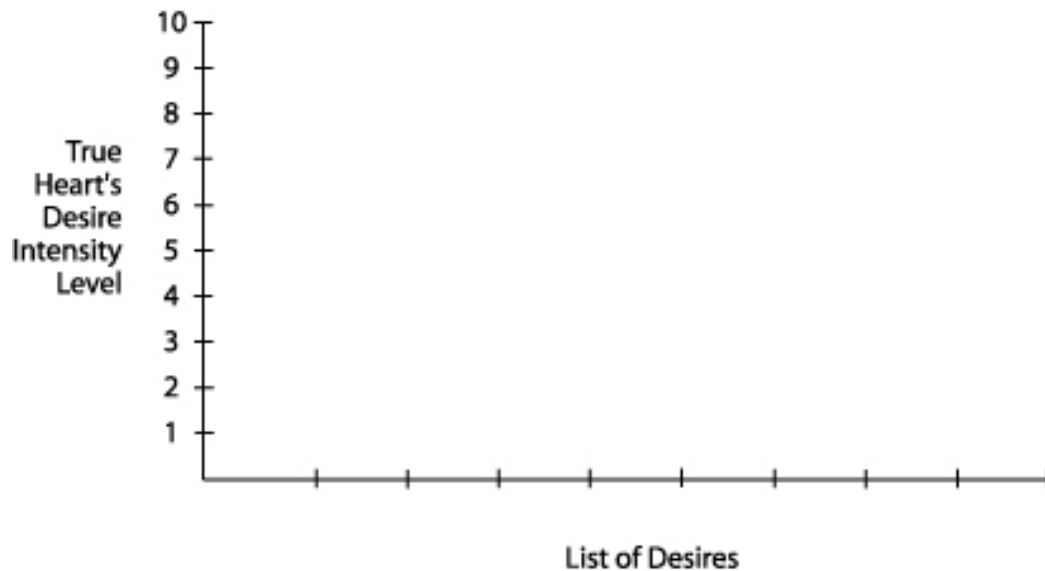
Step #2

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!