

*21 Days
to a
Changed Life*

By Evette Gardner

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Boston, Massachusetts

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PART ONE

IN PREPARATION



Introduction

The answer to how do you break an old habit? Develop a new habit to take its place. *Research shows that it takes 21 days to break a habit.* 21 days to transform the way you're used to reacting in a given situation. For instance, you may go from *I have to have my morning cup of coffee because it's the only thing that gets me going in the morning to a little fresh air, perhaps a few gentle stretches and I'm ready to tackle this day like I'm not guaranteed to get another.* Breaking a habit is really more about altering your mindset than it is about changing your actions. Because actions follow thoughts, when thoughts change actions change. It's not that it need take 21 days for this transformation to occur (for your mind would change in an instant if you would just believe it could be so). It's that it needn't take more than 21 days to transform your way of thinking about any specific thing. But what we're talking about here, in this material, goes far beyond simply changing how we act. What is being proposed is something much more affecting. Why settle for just stemming an unwanted obsession in 21 days when you can change one whole area of your life experience within the same timeframe? Not to imply that giving up smoking, for example, doesn't qualify as something that would dramatically change your life experience; but the information provided in this material deals more directly with manifesting the

experiences you envision in your dreams. It's the difference between merely breaking the cycle of smoking and bringing a sense of an active and healthy livelihood to All of your life experiences.

Change your life in 21 days. Go from an experience of poverty to an experience of richness; an experience of self-doubt to an experience of self-confidence; an experience of limitation to an experience of freedom... We're talking about changing the very nature of your life experience, not merely changing your customary reaction when faced with certain situations. Think bigger than *I'm going to stop reaching for cake when I feel depressed.* This is not about simply making your response to life's triggers more constructive. It is also about using your triggers as lessons on how to create a better life for yourself. Those triggers (which prompt those destructive habits you would like to be rid of) are highlighting for you the areas of your life experience where you could be doing so much better for yourself. So you tend to eat cake when you feel depressed? Okay so let's live an experience that's free of depression. That would not only take care of your cake problem, but enliven every other area of your life.

Take a moment now to pick one piece of your life experience that you are dissatisfied with and learn how you can turn it around in just three weeks. The 21 day promise is

only as good as your willingness to persistently follow through with the information about to be given to you.

Intelligent Energy

The universe is bustling with activity. Every manifestation of anything can be reduced to bundles of symphonized vibrations. Nothing in the universe is at rest, everything is in motion, energy is absolutely everywhere, even in empty space. Physicists estimate that "every cubic centimeter of so called empty space contains more energy than the total energy of all the matter in the known universe!"¹ All of creation is both alive with action and alive in Consciousness for the energy that pervades the universe is guided by Intelligence. If this were not so, how else can such order, such complex simplicity, such synchronicity in the universe... be accounted for? There are too many wondrous "accidents" in creation for chance to be a credible explanation for them all. After a while the argument of the accidental universe must wear itself out.

We Now Pause for this Sponsorship Announcement: Your universe is made possible by the guiding force of Intelligent energy.

You create the reality you experience by tuning the energy of your aura. Therefore, if you want to change your experience in life you must change the composition of the energy you put out. It's what the Law of Attraction is all about. You receive exactly that which you transmit. This spiritual premise is hardly much of a "secret" anymore. But just because you know the law doesn't necessarily mean you have a clear understanding of how to make the law work for your benefit.

The Law of Attraction Gone Wrong

The Law of Attraction basically boils down to this: Whatever you ask for, in faith, you will always be given. Ask. Believe. Receive. This is how life experiences are created. It sounds so simple, so why is it at times so hard to put into deliberate practice? Can you guess which part of the equation is responsible for so many falling short of their desired reception? Can you believe it's in the believing? We're such proficient skeptics in our society that we've become experts at getting in our own way. The only way to make the Law of Attraction work as we would have it work for us is for us to get passed the barrier of our own cynicism? So how do we convince ourselves that whatever we're asking for is already ours? And how can we come to this faith in just 21 days (or less)?

¹ Talbot, Michael; *The Holographic Universe* (p.51) Harper Collins Publishers, Hammersmith, London, 1991

Faith's Little Sticking Point

You cannot argue your way to faith. For as many reasons as I can offer you to believe in something, you can come up with as many more reasons not to believe in the same thing. Faith is not born from proof it is born from impulse. We come to faith as the result of feelings, not logic. It's a classic instance of you *know* but you don't know because in faith you find yourself in the curious situation of believing in something that, to your present understanding, has no immediate tangible evidence to support it. Faith is the catch-22 of spiritual development because with faith you have to leap before you can see how utterly sure the grounds are that you stand on. True reason is a product of faith, not a cause that leads to it. In faith, the why always comes after the what. Though this may seem backwards, it can be no other way. You will see the reasons which support your faith only after you take the blind leap provoked by its prompting. And it is for this reason that any process which involves realizing your faith at an accelerated pace will not hinge on arguments. Therefore, the purpose of this work is not to try to convince you of anything. Whatever doubts are inhibiting the fruition of what you are asking The Universe to provide in your life experience cannot be quickly overcome through logical argument. Logic has little to no influence here. In fact it is in your

holding out for that ultimate compelling evidence to come along and finally convince you to take the plunge into unconditional belief which is precisely what has led to all the frustrations of your unfulfilling life experiences.

Logic is not the star of the process soon to be described. We'll talk more about this in the forthcoming segment entitled *So No Arguments*, but let's get a head start now. Because you are not moved to faith through reason you are moved to faith through emotion, you will be using your emotions to drive yourself to faith. Don't misunderstand however. You will at no time be asked to suspend your sensibilities, you will merely be asked to consider a different way of understanding reality. A way which you don't even have to go so far as to accept (if you don't yet want to), you just have to be willing to consider it. The point of this consideration will be to create such a swell of emotions which are reflective of the experience you want to have that the urge to believe in your desire will become too strong to resist. Then eventually, when your doubts can no longer be contained, despite any lingering fears or reservations which might still haunt you about the incredibility of your fulfilling desired experience, you will be compelled to make the leap in faith necessary to bring your dream to fruition.

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PART TWO

THE PREMISE



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Thank God You're Here!

There was a television show that was on back in the summer of 2007 called *Thank God You're Here?* It was an improvisational show that lasted for one season. The premise was take guest celebrities, dress them up in costumes and one by one send them each through the door of a stage set they knew nothing about. The only foreknowledge they would have before walking into this artificial setting was that the first line of dialogue thrown at them would be "Thank God you're here!" And from there they would have to react – and do their best to make the situation they'd walked in on funny. They had the ability to script their own role and in so doing influence the direction of the whole scene. They could make of the circumstances they were thrown into whatever they felt inclined to do. The only sticking point was that they didn't get to set their own stage. The situation they found themselves immersed in was what it was, they had no say in this. What they did have, however, was absolute authority over how they would respond to wherever they happened to find themselves. Your life experience (in "real" life) is the same way. Though you write the script (that is your life experience), you don't get to set your own stage. You don't get to cherry pick your life's situations, nor can you dictate how others will act in your life's scenes, but what you do have is absolute authority over how you will respond to whatever situations arise in your life. And it is your response to life which determines your experience in life.

Always remember this: though you don't get to control your life's situations (directly), you do have the power to control your reactions to your life's situations and to set the tone that will drive their evolution. And this is a very big thing because through this power you get to establish the climate of the overall outcome of your life's circumstances. So no matter what twists and turns arise in any of the subplots of your life's story, you get to declare what quality will be reflected as the subplot evolves. But you have to manage your expectations. You have to be open to ALL of the possible ways your experience may unfold to bring about the phenomenal expression of your fulfilled desire and you have to be willing to let your life's situations evolve of their own accord to reach the purpose you have set for it. You will only end up getting in your own way if you insist on clinging to one particular way, to the exclusion of all other possibilities, of how circumstances should evolve to satisfy your

desire. It bears repeating, the *details* of what events will arise in your life are not up to you. You have to simply ride the tide your own. So stop trying to steer the wave (because you can't). You have to simply trust that the tide that is carrying you will eventually take you to a place which will satisfy your soul's desire. I know it can be a scary thought to leave things to evolve to their own formation, but you must weather this fear. Fear is weathered by allowing yourself to be guided by your faith in that inexplicable *All-knowing* Something within you *in spite* of your trepidation. Don't let your angst influence your life's choices. Know that things will all come to good in the end. Forget appearances, trust the energy. Always trust the energy.

Why can't I plan my situation?

I want to have a lot of money. I want to be a well known entrepreneur. I want to marry a man who's faithful, funny, full of integrity, is handsome, has a great body and who simply adores me. He'll be butch enough to be a great protector yet sensitive enough to be a thoughtful communicator. I want to have two kids (one boy, one girl). And I want to live in a rustic style house that has an unobstructed view of one of Colorado's beautiful mountains. I want... I want... I want...

Are all of these goals possible? Absolutely they are. Will your achieving them satisfy whatever yearnings you have associated with them? Well that depends. It will if these are circumstances which organically arise in your life as a product of your having placed your faith in something within yourself. However if you deliberately go about doing things just because there's good money involved, or if you calculate the career moves you make for the expressed purpose of becoming a well know entrepreneur, or if you marry a man just because he's *picture* perfect... then your gaining these things (the money, the recognition, the relationship...) will only heighten the hunger you feel for your desire. You cannot manipulate the things outside of you to compensate for something that may only be found inside of you. You cannot plan your situation in life. Well you can, but if you actually do manage to catch whatever it is you've been chasing you will find yourself sorely disappointed with what you hold because that intangible something you've been looking for will still be missing. And even though by all appearances you may seem fortunate in your situation, inside you will still feel lacking in something, wanting for something. Why is this? Why can't joy and peace of mind be found in the attainment of an objective? The answer to this becomes

appreciable when you remember that everything that you sense outside of yourself is merely an extension, a reflection, of something within yourself. All Truth, All things of Real substance, lie within. **And your life experiences are purposed to demonstrate to you that you must turn within to find all that you seek. It's all about learning how to trust what's within.** Therefore every effort you make to try to fulfill your desires through worldly accomplishments is fated to fail because you are looking in the wrong place for the thing you are in search of.

You are an enormously powerful being. You have the authority to create the world you experience. And nothing may override this power because you (that is *you* the personality, the soul) are a child, an expression, of an omniscient, omnipotent, omnipresent, sovereign Being. And as such you are endowed with freewill. Though Reality (the underlying existence which is common to All) is unchangeable, you are at liberty to invent your own personal reality (the way in which you choose to personally experience the One Reality). And though these personal realities may so blend into each other so as to form a common *idea* of reality (which, though common, is not necessarily in fact Reality), the truth remains... we all create our own worlds. And in *your* world, nothing may deny your authority. You always have the last word as to how you will experience life. Freewill mandates that your life is under your control alone. In fact the only thing that you have control over, and this control is absolute, is yourself. And just as nothing can infringe upon your freewill (as you are an expression of Spirit), you cannot infringe upon the freewill of another (expression of Spirit) because their expression, like yours, is sovereign. All of Spirit's expressions are sovereign. If your plans were to violate the autonomy of another, this would be a breach of their freewill. And this is not possible.

The question might be asked then, if I can't make the situations of my life fall in line with my plans, if I can't make the people in my life do as I would have them do and the things in my life be as I would have them be, then how is it possible for me to be the absolute creator of my personal world? The answer is in the energy you radiate. Remember the law of attraction? You send out signals of your desires through the energy which emanates from you. And from this broadcast you attract to your situation energy signatures which are sympathetic to your desires. So in your holding (and trusting) the feeling of what you want to experience, in your having faith in what you have created inside, you will attract to your personal reality that which is in sympathy with your desire. And by *this* creative

process no person's freewill is ever infringed upon. Each may have the life experience of their choice as their involvement in the life experience of another is based on the cooperation of compatible needs and interests instead of on a competition to determine which personality (or spiritual expression) will have dominance over the other.

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PART THREE
IN APPLICATION



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How can I bring myself to be grateful?

Have you ever shared this sentiment? *Even when I know I should be grateful, many times I still find it difficult to bring myself to actually feel this way. Why is this? I should be grateful for life, I should be grateful for family, I should be grateful for every healthy breath I take... I know all this, I truly believe all this, and yet I usually feel strangely unimpressed by so many things I should have profound appreciation for. And yet those things which I should be grateful for everyday, every moment of my life, most of the time they just feel very commonplace to me. Does it have to be that I only feel grateful for things which, at one time or another, I've been forced to do without (ask a person with severe chronic asthma how much gratitude they have for each of their breaths). Is there any way to get passed the indifference of routine and actually feel as my heart would have me feel? Is there any way to bring myself to feel gratitude?*

To answer this let us first examine where *ingratitude* comes from. When we become very used to something we tend to take whatever that something is for granted. We become cocky and locked into our presumptions about the things we believe we have all figured out, unwilling to be open to the consistency of change taking place within those very things we supposedly know everything about. We assume that just because change may be taking place exceedingly slowly, that this must mean that no change (at least any change of consequence) is taking place and that therefore means that we no longer have to bother with paying attention to it. So we stop being present and instead choose to view many things in life through the prism of our stagnant beliefs about them. This is the mental environment in which ingratitude is fostered. The solution to how to break out of this dull, languorous, gratitude stymieing perception is quite simple. You must begin again to actually **think and be present** about things you feel no gratitude for.

It is true of All life, when you look once at something it will be one way; look again (and I mean *really* look again) and it will be something new. In every single moment, every single thing is brand new again. Being present is about being attentive to these changes even when they are exceedingly subtle. And when you learn to

appreciate the ceaseless evolution of the things in your life you will grow in your gratitude for the things in your life. No two sunrises are exactly the same. The people in your life are constantly evolving. Every breath you take has a unique rhythm all to its own. Sharpen your skill of tuning into these subtleties and you will know a richness in your life experience which is overflowing with gratitude. Take nothing for granted. Never assume you have anything all figured out because the thing you think you have all figured out, blink, and it's something new.

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