

HOW WISHES COME TRUE

De's 10-step plan

1. Take three deep breaths. Imagine that air flows in through your heart and flows out through your feet to the earth.
2. Remain quiet and continue breathing as you observe each breath.
3. Use the same method to observe your mind. Look at your thoughts without judging and let them pass by. You *have* thoughts; you *are not* your thoughts.
4. Make contact with your inner quiet place: a place of peace where you are free and strong.
5. Formulate your wish or intention. Make it as specific and detailed as possible.
6. Picture yourself on your way to success. Mentally rehearse each step in detail; concentrate on the difficult moments and make each action perfect. Use all your "senses" to summon and experience this new reality. See, hear, smell, taste and feel yourself in the desired situation.
7. Imagine yourself in a situation in which your wish has been fulfilled. Congratulate yourself on your victory.
8. Tune into the abundance of the universe. Know that you are carried by a larger force that stands by you and guides you. Repeat this process and experience the desired situation again and again until you feel a rock-solid trust. Believe in yourself. Go for it.
9. Tell yourself: "My wish has already been fulfilled, my goal has already been achieved; it has already happened." Don't doubt yourself or doubt the help you receive!
10. Smile and be grateful. Let go of your desire and relax in the knowledge that everything will come to you at the right time and in the right form.