

# The Art Of Transformation

How does one go about creating and experiencing easy laughter and unembarrassed tears, wide-ranging interests and actions, philosophical independence, love and being in touch with oneself?

People who create what they want out of life have some basic characteristics in common. Among these are the ability to reduce stress and tension while overcoming fear, unproductive habits and many other seemingly insurmountable obstacles. The Twelve points presented below are the tools to free you from your personal obstacles and give you the means to move past them.

These Twelve tools form a solid foundation. They go beyond pat answers or intimidating formulas. They are clear, concise, and when applied consistently will make self assessment and positive results a reality. Get ready for miracles.

## Twelve Keys To Transformation

1. You deserve love and respect.
2. Your ability to receive love depends on what you believe you deserve.
3. If you love you always have enough of what you need.
4. You never have more than you can handle.
5. Whether or not you choose to change, everything around you does.
6. The desire for habit, comfort, and love is an essential part of the human condition.
7. Without a vision, life seems aimless.
8. With unconditional love you are fearless.
9. Willpower and discipline without vision or a sense of purpose is struggle.
10. When you are ready, willing and able to act on a vision, it happens spontaneously without willpower.
11. Everything you experience is a lesson
12. The fruition of your vision happens at when preparation and opportunity meet.