

Practicing the Law of Attraction

Lisa Garr with Marcia Wieder

Lisa: Welcome to Aware. We are dedicated to communicating information that inspires your positive growth and change. Are you interested in a peaceful planet? Are you interested in optimal health? Are you living with purpose? Are you enjoying your life? We realize each person can make a difference, and our mission is to empower your awareness. The choices that you make in every moment shape your life, and we encourage you to realize that you have your own answers, and to always listen to your own truth. We invite you to stay aware.

Hello. Welcome to The Aware Show teleseminar series. This is Lisa Garr. I am so happy to be with you all. There's a ton of people already on the call. I noticed people started getting on at like 20 minutes before the call. And, you know, me, too. I've been sitting here going, "Is it time yet?"

[Laughter]

Lisa: Honestly, I have. Okay. So. Marcia is laughing. Okay. So here's my — I just want to mention, by the way, to all of you who did get on the call early and who are listening to the replay and on these calls, I just want to thank you. I just want to say thank you. And I want to validate you for being here, and for listening to this series, and for bringing your A game to these calls, because there's a couple of things that I — that I — my goal is to accomplish on these calls, and one of them is to let you know, this is a safe space for you. This is your oasis in the middle of the day, or in the end of the day, or whenever you listen to these calls. This is your chance to give to you. So play full out. Be here. You can listen passively if you want, but listening actively gets you so much more. You get — you get a lot more out of it when you do that. So know that these calls are here for you. They're designed for you to get the most out of them that you possibly can. Also know that these calls are very dynamic. We have 24 different guests on these — on these series. So you're gonna get everything from tips, and tools, and techniques, which we're doing today. Some of the shows are more esoteric, more heart-centered, which you've experienced, as well, you'll — that are coming up. Some of them are more experiential. A lot of them are experiential.

So we have information that appeals to everyone. So stick with me for the 24 speakers, because you will get — you'll get a little, like, continuing education credits by the end of this series. It's — it's a lot. And one of the best things about the calls is, over last 12 years of doing live radio, I have built amazing relationships, and interviewed almost everyone in the personal development industry, and they have worked directly with my team and I to create the best deals possible of their products. Slam dunk, the lowest priced possible ever done in the history of the Internet and, then, it goes away in two days. So I just want to let you guys know that they have exclusively discounted their materials to make it easier for you to be able to get hours and hours and hours and hours of their content, and today is definitely, I must say, the top of that, the top of that line, because I gotta tell you what happened.

First of all, my guest today is Marcia Wieder, and she has not only appeared on Oprah and Today — the Today Show, and her message has been heard by millions and millions of people. She was featured on the PBS National Television Special, Making Your Dreams Come True. She happens to be Jack Canfield's coach. And is just an amazing girlfriend. I must say. Marcia is so much fun to hang out with, so authentic, so beautiful. She has certified close to a thousand dream coaches to teach her masterful work, because it needs to continue in the world.

And I just love you and welcome you.

Marcia: I'm thrilled and honored. And anybody that's new to your work, Lisa, although it's hard to imagine that anybody is, 'cause you're like me. You've been around forever.

[Laughter]

Lisa: Uh-huh. Uh-huh.

Marcia: You know, anybody that's new, I mean, I really want to just acknowledge you, because you're a very different kind of interviewer. First, you're somebody who really does consume, as do I, this kind of information, and knowledge, and resource.

Lisa: I do. I do.

Marcia: Yes.

Lisa: Mmmhmm.

Marcia: And you know, you and I both know that you're serious about transforming your life, or anybody else's, that it's a — we are a continual work in progress.

Lisa: Oh, definitely. Yes. Mmm-hmm.

Marcia: If I — if I look in my checkbook at what do I spend my money on, it's this, growth and development.

Lisa: That's so full on. I mean, I was even listening to your stuff. I was looking at all — I mean, I'm — I'm crazy like that. But I've been bugging your team, "Wait! My password. I need the new password."

[Laughter]

Marcia: We've got some — we definitely have some cool stuff. And I'm — I'm so excited about it. But I — I really wanted to just take a moment and thank and acknowledge you —

Lisa: Thank you.

Marcia: — because you've put together extraordinary people. You bring both the heart space that we can really feel and touch into what matters to us, but also you're very committed. And you called me and you said, Marcia, make sure that you deliver the practical actionable items” —

Lisa: Mmmhmm.

Marcia: — “that people can really take this and put it into use in — in our everyday lives.” So —

Lisa: Yes. I'm very —

Marcia: I love that about you.

Lisa: The take away is very important for me. I want people to get as much as they can, which is why I really said that.

Marcia: And you know it's — one of the places where you and I meet, because Dream University is also we're very whole brained. We want to be visionary and creative, but we also have to be practical and strategic, in order to actually make those dreams come true, not just dream the dream.

Lisa: You are — you are really good at this, though. I — I was watching your videos, and you're so — this is who you are. This is so who you are. You could talk for 16 straight hours and not give the same information twice.

[Laughter]

Lisa: I'm telling you. You have so —

Marcia: You know, I will — I'm about to turn 55, and I will —

Lisa: Really?

Marcia: — tell you, when I was 25, I never imagined that the next 30 years of my life would be dedicated to helping people achieve their dreams. So —

Lisa: Wow!

Marcia: — there's — there's the dream that I had for life and, then, there's the dream that life had for me.

Lisa: Mmm.

Marcia: And I'm just getting caught up to it.

Lisa: Oh.

Marcia: So now I can say, Aha! The next 30 years of my life will be about making dreams come true. So I would have never imagined it 30 years ago.

Lisa: Well, I was watching, you know, some of the videos, and you — all of the goals and dreams that you have ever set into motion, using your techniques, you have actually created.

Marcia: Well, I have. But let me also say there's been defeat and disappointment, and loss and grief.

Lisa: Mmm. Yeah.

Marcia: You know, the greatest thing that we can really do when we're really committed to developing the ability to become a masterful manifester, and use these wonderful Laws Of Attraction is really to know that it's really about how — how do you deal with what life deals you? Because, you know, and if I was to — people would say to me, “Well, do you guarantee you're gonna make my dreams come true?” I'd say, “No, but I can guarantee if you practice the principles that we're going to talk about, on intention, and integrity, and living more purpose, and clarifying your vision, and not being stopped by your doubt, et cetera, et cetera, your life will transform and improve for the better.”

Lisa: Yes.

Marcia: But at the end of the day, life has its plan for us. And I think the best thing that we can do is get ourself into right relationship with it, develop the courage and the skill to say, “No,” and “No, thank you,” and make choices that are in the — the highest good with our integrity and our soul. But the truth of it is I've made one — many wonderful dreams come true, and I definitely —

Lisa: Yeah.

Marcia: — have experienced tremendous loss and suffering, along with many, many others.

Lisa: Well, that's one of the things we're gonna talk about today, is how to deal with your doubter, and how to get over obstacles. But when you really do — we're gonna do these ten steps. And when you really do them, you get into a — a fall back — like, if something stumps you, you go “Okay. I gotta go back to step five. I gotta got to go back to step five, and deal with my doubter, because the doubter is up for me right now. And Marcia said it would be, and here is it in my face, so let's — now, what do I do? What was this — that thing?”

[Laughter]

Lisa: And — and that's what I love, because you get some concrete — here, there's a proven method for overcoming doubt and fear that you have. Okay. So we're gonna do a little bit. Marcia's gonna do a little bit of a rapid fire coaching with me today. She's gonna be — and you guys are all gonna play along. And so I want you to start off by thinking of a goal that you might have in mind. It could be a long term. It could be a short term. It could be something that you want to achieve, you haven't yet achieved. And we're gonna start to put this dream of yours — I should call it a dream, because you — why do you use the distinction between dream versus goal, by the way?

Marcia: Yes. Yes. Yes. Yes. And, then, you know, a dream in my world is anything that you want. It doesn't matter if it's personal, professional, relationship, health, financial, spiritual, community. You know, and for me, I mean, the goal becomes more definitive and focused. Sometimes in the early phase of a dream, it might be achieved. “Maybe someday I would like to live overseas,” or “Gee, one of my dreams” — that's usually the feeling. It's kind of a “maybe someday.”

Lisa: Mmmhmm.

Marcia: And, then, we turn it into projects, and goals, and strategies. And the challenge is that if — if you go to strategy too soon, you'll often compromise the dream down to what you realistically believe is possible.

Lisa: And —

Marcia: You know, so — so —

Lisa: True.

Marcia: — we want to — I — I want to teach you how to dream. You know, and some you might — you might say, “Well, I'm a really good dreamer, but I need work in the strategy department.” Or you might say, “Well, I'm a great strategist, but I've become overly realistic.” So we're gonna talk about both of those.

Lisa: Okay.

Marcia: So, Lisa, the question you asked is very important.

Lisa: Right.

Marcia: The difference between a dream and a fantasy, like winning the lottery, is that in a dream, you can design a strategy. And, however, if you go to strategy too soon, you'll compromise your dreams down to what you realistically believe is possible, or based on what's in your checking account. And that's not really the criteria for — for dreaming. And the difference between a dream and a fantasy — a dream and a goal, like your asked, is like when we get into the goal setting, that's when we turn the dreams into projects, strategies, and action steps, which we're going to talk about during this call.

Lisa: Okay. All right. So, is it right to ask people to think of — of what they want as their dream right now? Or — and — and —

Marcia: Yes.

Lisa: Now we set an intention around it?

Marcia: Well, I mean, you know — you know, the question is, you know — so there's another word, dream and intention. A lot of people use those words interchangeably, as well. They might say, "Well, my intention is to write a bestselling book." You know? Or "My intention is, you know, to travel to a foreign country." They might say, "My prayer is to, you know, get a new job," or "My goal is to get a new job." So just, you know, how we use the words, what's important is that you know what your — what you mean. So to get the most out of this call, simply think of something that you want that matters to you, and or that you're passionate about.

Lisa: Should we write this down?

Marcia: And absolutely write it down.

Lisa: Okay.

Marcia: You know, you've gotta get the dream out of your head. Otherwise it's in there with your shopping list, your agenda, your To Do List. We want to get clear and specific. And, by the way, the biggest dreamers are able to articulate their dream with clarity, and succinctly. So one sentence. It could be "My dream is to get healthy and physically fit." It could be that "My dream is to start or grow my own business." It could be that "My dream is to go on an exotic vacation." It could be a simple dream, like, "My dream is to spend more quality time with family and friends," or it could be a big mega dream that is, you know, "I want to change the world and make it a better place" kinda dream.

Lisa: Ooh. Okay.

Marcia: Yeah.

Lisa: And do we need to do a by when, like, by what specific date?

Marcia: No. When we start to do a by when, now we're into the goals and projects.

Lisa: Ah!

Marcia: But before — before we move into that, we want to — we want to hear what the doubter is saying, because the doubter — and we're gonna — we're gonna talk about this more, obviously, but the doubter, and I'm — I've created — I'm an expert. I've spent 30 years developing a doubt removal system.

Lisa: Oh.

Marcia: And your life really does change when you're no longer stopped by your doubts and fear. But if we went right now into let's put this by when, the doubter could have us compromise on that.

Lisa: Mmm.

Marcia: You know, and make it further out, or raise the bar, or start saying things like, "You don't have the money. Never mind."

Lisa: Mmmhmm.

Marcia: And we start compromise the dream.

Lisa: Right.

Marcia: So we don't want — the only thing we want to get specific about, and this you'll — you can do when you get off the phone, is "What does it look like? Where are you doing it? Who are you doing it with?" You want to put some more meat on the bones, and clearly define what the dream is. But for the purpose of this call and our process, one sentence, knowing what your dream is. And just pick one. You probably have many. And if you don't have one, then your dream is to have a new dream. And we can work on that, as well.

Lisa: Okay. All right. So set that intention for you. And so I have a specific deal that I want to work out. So I want to make — so I would just say, I want — I want this deal to work out. I'm gonna say by — by Thanksgiving 2011, because I kinda have a goal on that date. But that's all right. That's just my thing.

Marcia: Right. But what's the dream? Is the dream to have, you know, "you host your own television show," for example?

Lisa: Right. And the dream —

Marcia: Is your dream could "be known globally." What's the bigger dream that the project is in service to?

Lisa: Well, the bigger dream is to have The Aware Show be the — the biggest platform possible for amazing people like you to contribute your information to other people, so that they can grow and learn in their lives. That's the goal. That's the big huge picture, to make this platform the hugest possible, so that it can get all of the messages out there that all of you amazing people have, to as many people that can have it, so that they can —

Marcia: Okay. I'm gonna say something that I want you to — I want you and everybody that's listening, including me, I want us to take a deep breath in and breathe out. And do it one more time. Breathing in, and breathing out. And the exhale is really important, because what you're actually doing is emptying, and making space, because what I'm gonna say could spin you just a little bit, but it's an exciting spin. You ready?

Lisa: Okay. Mmmhmm.

Marcia: Sometimes your big dream is actually a strategy for an even bigger dream.

Lisa: Now what would you mean by that?

Marcia: I'm gonna — I'm gonna repeat it. Sometimes our biggest dream, you know, is actually a strategy for a bigger dream. And I think — we can go two ways. We can absolutely work on the dream the way — exactly the way you just stated it, to really create the, you know, the biggest possible platform but, really, The Aware Show is a strategy for a bigger dream that you have, Lisa Garr.

Lisa: I see.

Marcia: Would Lisa Garr come on down?

Lisa: I see. I see.

Marcia: And what is the bigger dream?

Lisa: The bigger dream is a conscious world.

Marcia: That's right.

Lisa: Mmmhmm. Mmmhmm.

Marcia: All the hairs on my arms just stood up.

Lisa: Mmmhmm. Mmmhmm. Yep. Mmmhmm.

Marcia: So I just want to take a breathe — a breath, because if we — if we take that in for just a minute, everybody listening, you gotta get a little — and — and my grandmother used to call it faklemt —

[Laughter]

Marcia: You got a little — a little choked up.

Lisa: Yeah.

Marcia: You know, it takes courage to — to really go for this big, big dream that so many of us share right now, which is the — the awakening of the planet, this greater level of consciousness. In my words, you know, remembering who we are, and why we're here, because, really, making your dreams come true, I can teach you how to get new houses, and cars, and — and new jobs, and this technology will absolutely work on those dreams, or — or your dream to be paid well for doing what you love. This system will work on that, but it, also, once you really discover your purpose, and you reconnect to your soul's intention, and you remember who you are, and why you're here, then it really is in service to this bigger dream of awakening. And one of the ways that you're doing it, Lisa, is by making The Aware Show, you know, giving it the biggest possible exposure, platform, and reach, because it's — it's a proven and extraordinary way for accomplishing it. But I want to encourage you and our fabulous listeners today to — to — to really be suspicious in a really wonderful positive way — that, “Huh. Wow! What if my big dream is actually in service to a bigger dream?” Because what that does is it opens up greater possibility.

Lisa: Well, it's interesting, because, I mean, my — I have this, you know, consciousness being mainstream dream that I have had forever. But there's people that are emailing, and I want you guys to know that this is — also applies to you. Deb, from Adelaide, is saying that she needs — she wants to have more money. Catherine, from Roanoke, says that she has — “I have dreamed I have a block to attracting a partner.” Wow! So she wants a partner. Someone else from Ontario is looking for, again, finances, and so forth. So this applies — what — what Marcia is saying is that you need to find a bigger purpose where it comes to the finances, to jobs, the partner, all of that. Is that what you're saying?

Marcia: Yes. Money in any shape or form is the strategy for accomplishing a bigger dream. And the way that we know that is, I can ask you, “If you had that money, what would you do?”

Lisa: Ah!

Marcia: And that's gonna start to focus you to the bigger dream. Now, please, do not hear this as a judgment. First, not all dreams need to be Mother Theresa change the world dreams. Secondly, I know that the economy stinks right now. A lot of us have lost our retirement. There's a lot of fear and issues, but that kind of energy, as I'm sure others have talked about and will continue to, constricts and contracts us, and that is not a place where we are going to attract anything or everything. So if you can come back to, "Okay. My dream is, to be a healer," or "My dream is to inspire people with my message" or "my music." Or if you can come back to your purpose, your passion, what has heart and meaning for you, and include in that, your dream is to be paid well for doing that, that will open you up to a bigger conversation —

Lisa: Ah!

Marcia: — and a whole 'nother level of manifestation.

Lisa: That makes perfect sense. All right —

Marcia: And this has been proven. This is not like just kind of, you know, whoo whoo if we think it. This is not click your heels together. This is really what matters to you, and what are you willing to do about it.

Lisa: And that — and so that is how it lines up with your soul's intention.

Marcia: Exactly.

Lisa: That your soul's intention is the bigger picture. It's the purpose around it. It's how you align your purpose with your integrity.

Marcia: Exactly. Exactly. Exactly. Like, a lot of people talk about intention. And I go into it. There's a whole module in the Home Study Course, where you can watch this piece about this video. But intention — there's a couple of levels. So, first, intention is the rudder that will steer the course of your life. So you want to set an intention at this level of conversation for how you want your life to be. But that also includes say, "No more" to what's no longer true for you. And as you say, "No more," and you start to clear away the clutter, you can say, "Now what?" to what really matters to you. Imagine if someday soon, when you open your calendar, what you actually — if — if what you see scheduled are the activities that are moving you forward on your dreams, all that are the expression of your heart and soul's intention. You see, this is what living on purpose is really about. This is what manifesting your dreams is really about. It's really living the life that you are called to live. And we — you know, we've become very good problem solvers. We've become overly identified with our personalities, our — our identities, our fears and our doubts. And a lot of us have forgotten who we are.

And, then, we just put our head down and we say, "But I need to make more money and I need to get my bills paid" —

Lisa: Right.

Marcia: — and, then, you know, we — we go, more asleep.

Lisa: Mmmhmm. Mmmhmm. Right. 'Cause it gets — it gets into the blocks. Absolutely.

Marcia: So let's go back to your dream, Lisa. So, we — if — we can absolutely work with the dream the way that you had it. And — and go ahead and — and state it again so we can all get back on the same page.

Lisa: Consciousness being mainstream.

Marcia: That is — you know what? That's your big dream.

Lisa: That is.

Marcia: That really is —

Lisa: It is to make it a household word.

Marcia: That is a whoo-hoo. That is it. And your dream is to be a major player in that happening.

Lisa: Yes. Yes.

Marcia: I think it's important not to assume that, and not to leave it out.

Lisa: Okay.

Marcia: You know? And if you want to be known as somebody who's making the awakening in consciousness mainstream, then that's an important part of the your dream, as well. If it — if you're okay whether it — it happens with you or without you, that's a different dream.

Lisa: Interesting. Okay.

Marcia: Put everything into the dream that you want. Leave out what you don't want.

Lisa: Okay. Good point. Okay. So — and being a major player in that dream.

Marcia: Yeah.

Lisa: Right.

Marcia: Yeah. And, then, you — that includes The Aware Show. So, Lisa and The Aware Show, 'cause that is the original dream that you stated, but we just opened it up, because there's a — a deeper piece that will —

Lisa: Yes.

Marcia: — drive that. And if you can actually surf the bigger wave, you're gonna get more momentum faster. That was a pretty good analogy, huh?

Lisa: Yes.

Marcia: I looked out my window. I'm at the ocean now in Santa Monica. I saw a wave. It's, like, okay. Ride the bigger wave.

Lisa: That is one of your dreams, is to look out the window and see the ocean.

Marcia: And I wanted to say that I only just moved here in March. And when I moved here, I looked out the window and I went, "Oh, my gosh! This was my lifelong dream. What the heck took me so long?"

[Laughter]

Marcia: So those of you that are listening, if you have lingering dreams, if you have the maybe someday dream, if you have the once the kids retire, or I have extra time and money, which is never gonna happen —

[Laughter]

Marcia: — forget it. This is the time that you act on your dream if you're committed to your own process of awakening. So the fact that you're on this call, you've carved out the time, or you're listening to the recording, you've already taken the first step. Congratulations.

Lisa: I love that. I love that. That's great. Okay. Now you said a gem in there. You said no mat — "No more. Now what?" What does that mean?

Marcia: We have a whole module on this. This is a piece of work that — that I read at the Transformational Leadership Council. Not the last one, that meeting that you were at, but the one before. And Jack Canfield loved this so much, him and John Gray where doing this process together in the front row. I was leading it. He

called me the next day, and he said, “Could I take my group through this process?” This is really — this is an integrity practice.

Lisa: Very cool.

Marcia: Because a lot of us are really crummy, especially women, at saying, “No, thank you.”

Lisa: Mmm.

Marcia: You know, first of all, we think it's selfish to dream. And not only is it not selfish, but it's an act of generosity to have dreams for yourself, because you're gonna live a more passionate life, which is gonna actually have you live a longer, healthier, happier life. So forget this idea that it's selfish to focus on your dreams. But when you clear away what's no longer true for you, meaning what's out of integrity with your heart and soul? What are you doing? You could write this down right now. What are you doing in your life that you're complaining about or whining about?

[Laughter]

Lisa: Mmmhmm.

Marcia: I say with great love and affection. What are you whining about? What are you complaining about? What are you still doing that you know is no longer true for you? What are you doing that's sucking the life out of you? What are you doing that is out of integrity with your heart and soul? You've been done with it for a long time, but you just haven't quit? Now it might be a group that you belong to. It might be a relationship that you're in. I hope not, but it — that could be the case. It might be a bad habit that you have. One guy I know said, “No more” — something simple. “No more television after dinner.”

Lisa: That's great.

Marcia: And doing that, he started walking with his kids. He got healthier. He got closer with his family, just by saying “No more” to that one thing that was no longer true for him.

Lisa: So —

Marcia: So the reason I like this, you see, again, Lisa, before we take your big dream and start turning it into projects and action steps, let's clear away some clutter, because now we'll be able to — we'll be able to dream the bigger dream.

Lisa: Actually —

Marcia: So, Lisa Garr, what do you need to say “No more” to?

Lisa: Well, wait. Hang on a second. I want to open up an opportunity for the people listening to the call to jump on to that website, which is TheAwareShow.com/Wieder, Wieder. And in that question section, now that we've defined what it means to have a dream, mine was — is consciousness being mainstream. Can you type in there, 'cause I want to see where you all are? I mean, where are you in your — in your dreams? Write it in there.

Marcia: What —

Lisa: Make it real.

Marcia: What specifically do you want them to type, Lisa? Their dream —

Lisa: Yes.

Marcia: — a one-liner?

Lisa: Yes. Their — I want their dream, a one-liner. Mmmhmm. I want their dream, because it makes it real. And if it's okay that I can read it, then type it in there, knowing that I might read it on the air here. So —

Marcia: Oh, that would be wonderful.

Lisa: Okay, because —

Marcia: And, also, Lisa, I want to — I just want ask you one — when you spoke your dream, you dropped you out of it again.

Lisa: I did. I did. Okay. And The Aware Show being a major player in that dream. I have it written down right here.

Marcia: Beautiful. Beautiful. Beautiful. Beautiful.

Lisa: I wrote that down, so — go ahead — go to that website, which is TheAwareShow.com/Wieder, Wieder. And I want to — you know, I told you this is a working call here. So I want you to type in there, and if you're listening to the replay, type it in, 'cause I'll read it later, or write it down. Make sure that you get this into the ethers. I want you to make it real. And I might read a few of these on here. Someone was saying fitness is their goal, because — but you need to chunk up. You need to get to the bigger purpose, the intention as to why fitness is the goal. Is it because you want to be healthy, to spend more time with your kids? Is it because you want to, you know, how do you, and this person is asking, “How do I stay motivated?” I — Marcia is saying, if you connect this to your intention, the motivation won't be a problem.

Marcia: Well, you know, and for some people, it's — it's — you and I are wired that way. For some people, we'll take the dream, and we'll turn it into a short term project that you can easily accomplish in 30 days or less. That's gonna be more motivating for you. So for some of us, we're motivated out of, "Oh my gosh! This is a big — it's an expression of my purpose. I'm very motivated, and I'm jazzed." For some of us, turning it more into a project with action steps. And the reason I say — and we're getting a little bit ahead of ourselves, but the reason I like the 30day project is because it's a short enough period of time where you can stay passionate and excited about it, but a long enough period of time where you can actually produce a substantial result. And most of us, if not all of us, we need to see results in order to stay motivated and in action.

Lisa: Okay. Great. So — all right. So. "I want to be healthy," but Marilyn, in Chicago, why do you want to be healthy? My dream — Melissa, in Saint Louis, "My dream is to be employed by a Fortune 500 company as a Legal Analyst in the Legal Department." But once again, we need to chunk this up a little bit. Get to —

Marcia: Well, you know what? These are not — these are fine at a certain level. You know, so when I opened the conversation and said, "Sometimes your dream is a strategy and service to a bigger dream." It doesn't always have to be, 'cause I think it's important. So what we're studying here in the last person — I'm sorry, her name was?

Lisa: I — I just — here's a good — I clicked off of it, sorry, but here's a —

Marcia: Oh, that's okay. I mean, but — but it was very, very specific. So she's starting to really paint the picture of what it looks like.

Lisa: Oh, yeah.

Marcia: It's a very important step. So good for her.

Lisa: And, then, someone else is saying, "I want to be well paid for making life more fulfilling, and the world a more joyous place." And this other one says, "My dream is to allow" — Sue, from Sunnyvale. "My dream is to allow financial abundance in order to make a difference in the lives or children."

Marcia: Yeah. So I would — you know, what I hear is kind of the combination of a — a service dream, in terms of working with the children, and a financial dream, which is actually really, really fine. You know, we could say, "Okay. You know, my dream is to be paid well for working with kids." And good for you! Most people would immediately say, "I don't believe I can do this. You know, I did work for many, many years with the girl scouts." And, you know, people would say, "Well, they're not gonna pay you any money." Well, it's true, they couldn't, and they wouldn't. But I — I had a very powerful conversation with them, and was able, with their help, to find a sponsor who underwrote my fee. They paid me thousands of dollars to sleep in a tent every night.

[Laughter]

Lisa: That's great. Right.

Marcia: So it's — so it's really fine. So I think the question is, you know, that — you know, whether your dream — and, you know, and — and, Lisa, I know — I know you, personally. So I know that you're up to a bigger thing. But I want to say, if your dream, if you're listening to this call, and your dream is to get healthy and physically fit, that's a perfectly fine dream. Now, Lisa's right. If you get in touch with your why, that often is where the motivation will come from.

Lisa: Right.

Marcia: You know — you know, “I want to — I want to dance at my children's wedding” is usually a lot more motivational than “I want to add five years to my life.”

Lisa: That's true. When you get really specific.

Marcia: When there's something that really — there really is a “Why is this important to you?”

Lisa: Wow! That's great. That's —

Marcia: And, then, I really want our — this next step around saying “No more” —

Lisa: Okay.

Marcia: — is this is people get — they catch their breath. They go, “Oh!” Because our lives are so full, which is why I had us take a deep breath and exhale. I actually think the path to enlightenment is to relax, because when you exhale, and you breathe out and you relax, it's like the grip of the ego that needs to know, and wants answers now, and is freaked out by how much is in your bank account.

Lisa: Right.

Marcia: All of that is so gripping and contracting that when we can exhale, [sound of exhaling] and say “No more” to what's no longer true, we make space in our life which allows for bigger, better, or new dreams.

Lisa: Now one person said saying doesn't — the “No more” part is their second job, but they need that job for financial income. So how do they say, “No more” because they don't like the job?

Marcia: Yes. I think, you know, so — so sometimes you have to — you have to step things down. You know, I'm not a big fan of diving into an empty swimming pool. You have to put a little water in.

Lisa: Okay.

Marcia: Sometimes you have to wade in. Sometimes you have to get your tube. You know?

[Laughter]

Lisa: Uhhuh. Uhhuh.

Marcia: Your life — your lifesaver.

Lisa: Your snorkel.

Marcia: You know? But — but — but maybe there's a way that you can start to turn it down. I mean, I'll often talk to people who — they'll know what they want to do, but they can't do it, because they're so consumed in doing what they don't want to do. Or maybe you can cut back by a few hours, or even a day, on what you're doing, and find a new way to generate revenue or energy. You know? I mean, because if your life is filled up with doing something that you dislike — dislike, or is so consumptive, it's hard to take time to dream, much less to figure out how to make those dreams a reality. We must make some space. And if you can't make that compromise around in your work area, look to see if there's another area of life where you can make it, where it's not gonna add more stress to your life.

Lisa: The dream example that Marcia gave on the — on the Special Offer package was this you were, I think it was your dream was to be more physically fit, and your “No more,” “Now what?” was to stop eating chocolate for breakfast.

Marcia: That was it.

Lisa: Uhhuh.

Marcia: Now I want to — I want to make a really important point here. And this is a very practical teaching point, so — but it can sound subtle. So please listen for a second. After you say “No more,” what you would want to do offline is ask yourself why. I like to say — I — I like to say, “Why not?” But, you know, “No more chocolate for breakfast.” Well, why? You know, or — or “Why not have chocolate for breakfast?” And this is where you want to get in touch with the pain. Like you — you could do it out loud in the privacy of your own home. And when you watch the Home Study Course, you'll see me on video actually working with people, and taking you through this process, because when you can get in touch with the pain point, pain is motivating. So if I say, “No more chocolate for breakfast,” well, “Why not?” Well, because I feel like crap all day. All day I'm just wanting more and more chocolate. I start having headaches.” Now you can feel, I am starting to let my energy build. “I start to get headaches, and tired, and all I'm thinking about is where I'm gonna get my next piece of chocolate. My — my taste buds are starting to get numb, because I'm eating so much sugar. It's so

unhealthy for me, and I'm gaining weight. And I'm feeling sluggish." And so forth and so on.

Lisa: Uhhuh.

Marcia: Then I say, "Now what?" Now this is the teaching point. You could say, "Now what? Well, I'm not eating chocolate for breakfast. I'm eating oranges." That's what the realist would say. Okay. Well, what did I replace it with? But what I want to teach you in this program to do is to say, "Now what's possible?" So if I go back to me, "No more chocolate for breakfast, because it's making me feel like crap all day long." Pardon my French. "I just feel awful. Now what's possible?" I have to close my eyes for a moment, and I have to imagine myself without this thing that I complain about, without the burden or issue. "Now what's possible? I wake up in the morning. I'm energized. I'm excited. I'm healthy. I have energy all day long. My brain is functioning at a more efficient capacity. So I'm being more creative. I'm creating new projects. I'm so alive, and energized. You know, the weight is just falling off my body. I feel sexier and healthier, more beautiful, and from inside that place, I'm attracting the life partner that I see myself with."

Lisa: Ah! Aha!

Marcia: Huge difference.

Lisa: Huge difference.

Marcia: So not just now "What's different?" But "Now what's possible?" When you pull that "No more" out of your life. Now, I'm telling you, if you can really get in touch with what the — what this issue is costing you —

Lisa: Oh!

Marcia: — you'll start to — your passion will wake up. You know? Because, you know — you know, when we're upset about something, or bothered by something, if we really can express it, it's very, very energizing. Don't you agree, Lisa?

Lisa: Oh, yeah. That whole point of what is it costing you not to do it —

Marcia: Yep.

Lisa: — is huge. I mean, in terms of health, in terms of time, all of those things. I mean, what is it costing you not to eat healthy? It's costing you your health, eventually your end of life. I mean, there's so many things you can do with that.

Marcia: Exactly. And how about what's it costing you to be whining and complaining about it? You know? If I put the energy that I spend whining and complaining about how I feel, or how I look —

Lisa: Right.

Marcia: — and put that into being creative, and manifesting, and bringing my dreams forth, boy! I have a whole 'nother resource pool to draw from.

Lisa: Here's a good one. What's it costing you to be negative about it? I mean, it just perpetuates more negativity, more of the wrong stuff.

Marcia: Yes. And one of the modules that you'll get in the Home Study Course is called Personal Practices. And any time that there's a behavior you want to change, or a skill that you want to develop, or even master, there's a process that I've developed called Personal Practices. For example, if I'm constantly criticizing myself, lots of negative self-talk, well, the personal practice I could put into place is I'm going to catch myself in the act of doing that. It's like shining a flashlight on it. I'm gonna put on the proverbial pause button. I'm gonna take a deep breath, and I'm going to try a little behavior modification, and say something loving and kind and supportive about myself. And that is how you change, you know, a negative behavior like constantly putting yourself down. So this system that I'm gonna be — this — the Home Study Course and the content that I'm teaching you now, what's phenomenal, what I love about it, is that you don't have to use it in a particular order.

Lisa: Oh, that's nice.

Marcia: Let's say that you're having a bad day and you're, like, "You know, I— all — all I can think about is my negativity or my doubts." You could go listen to the doubt removal segment.

Lisa: Right.

Marcia: Watch the video.

Lisa: Right.

Marcia: You know, or it's, like, "Wow! You know, I really know that I need to believe in myself right now, but I'm not." You can watch a short little video and fill in the workbook pages, and demonstrate that you're more committed to your dream than to any doubt, fear, or reality, that you really do believe in yourself and your dream, by taking action. And, then, you might decide to watch a little video on Action Steps. So this is a — a — I love this course more than anything else I've ever created. This is our first video course, so you get —

Lisa: I love —

Marcia: — watch me.

Lisa: Yes, I love it.

Marcia: But, also, you know — and it's not linear. That's what I love about it.

Lisa: I love that. So, by the way, people, to find out more, I mean, it's — this is the one that she's offering for \$500 in about an hour. You can get this right now, and for this amount, for the 97, which is — if you just go to TheAwareShow.com/Wieder, Wieder. I don't want to say that too many times, because I don't want to sabotage what's going on for you later. But it's —

Marcia: No. No. No.

Lisa: — for people —

Marcia: It's actually a little bit different than that. And I'll — it's actually better.

[Laughter]

Lisa: I know —

Marcia: Wait until you hear. It's even better than that. And I'll correct that when we actually get into the —

Lisa: Okay. So. All right. So now we have — we've set the soul's intention, and said “No more” “Now what?” And “Why not?” That's good. “Turn your life right side up.” What is that? What do you mean by that? How do you turn your life —

Marcia: Yeah. This actually has to do with discovering your purpose. So most of us live mired in reality, living from our clocks and calendars.

Lisa: Uhhuh.

Marcia: Somebody asks you to do something. You go to your calendar to see where you can jam one more thing into an already over scheduled life.

Lisa: Yeah.

Marcia: Now as you say “No more,” you'll clear some clutter but, also, by discovering what your purpose is, like who are you at the — at the core? You know, is your purpose about being in service, or making a contribution? Is it about being

creative? Is it about living life as an adventure? Like, when we really get to — and this — there's a simple process that I teach for — for doing that, and I — I'll touch upon it here. But once we get in touch with who we are, then we can ask the question, "How do I want my life to be?" which are your dreams. Then your dreams get turned into projects, and action steps, and scheduled into your life. And I'll repeat it. I said this earlier, but I want to repeat it. So the "someday soon" when you open your calendar, what you primarily see scheduled, are the activities that are the expression of your heart and soul. So it's literally a flip, because most of us live from our clocks and calendars. And let me say, you'll go to your calendar. Somebody needs you. You'll probably go to your calendar, and you'll squeeze one more thing in, and what will fall to the wayside will be something for you, something for your health, something for your heart, something for your soul. So we really need to know how to make our — our — our deepest needs a higher priority.

Lisa: Mmm.

Marcia: By saying "No more," we clear away some clutter. By living more in integrity with our soul, knowing what we want to say yes to, and what we want to say no to, our lives start to take on a whole different vibration.

Lisa: Wow! This is so great. People are entering in the — the things that they are saying "No more" to. These are —

Marcia: I love that.

Lisa: Love that. That is very powerful. "No more" —

Marcia: I will tell you, if you did nothing else than that, your life would change.

Lisa: So huge. I mean —

Marcia: And let me tell you one of the really big "No mores," and we won't have time to go into it, but it's in the Home Study Course. And that is one of the biggest "No mores," that you can do, to really transform your life, is no more saying that you're going to do something and not doing it.

Lisa: And not doing it. Mmmhmm.

Marcia: Because nothing activates the doubter more or faster, than you saying you're going to do something, and not doing it, or you saying you're going to do something, and doing something else. The next time you get a dream that you're passionate about, and you're like, "Well, I'm serious about it this time," that little doubter voice is gonna go, "Oh, no! You always say that."

Lisa: Right. Carol here —

Marcia: You always say you're going to the gym three times this week, and never go.

[Laughter]

Lisa: Oh! So you can't trick the mind. When she's saying, "No more procrastination," so is — then you say, "Why?" And, then, find out what —

Marcia: Yeah. It's kind of, "What is it costing you?"

Lisa: What is it costing you to put —

Marcia: You know? If it was for me, now procrastination is costing me my trusting myself —

Lisa: Mmmhmm.

Marcia: — people trusting me, 'cause I'm not keeping my agreements. I feel overloaded and overwhelmed all the time. I'm constantly playing catchup. Procrastination — the biggest procrastination is costing me is trusting myself. And let me say this. In order to achieve big dreams, you need to be willing to take risks. And in order to take risks, you need to trust yourself.

Lisa: You got it.

Marcia: And nothing will erode, you know, or, you know, nothing will erode, or — or build trust, you know, faster, or — or erode it faster. You know, it's all about how you keep — make and keep your agreements with yourself and with other people. And that's why you can see back in step two we talked about keeping your agreements, and why it's such a critical piece of manifesting your dream.

Lisa: Okay. All right. So once again this whole — this whole process, is a — it's a Home Study Course. It's available to you if you go to [TheAwareShow.com/Wieder, Wieder](http://TheAwareShow.com/Wieder,Wieder). We're — we're going through the steps right now. And this is just one of the things on the Special Offer. There are three or four other items, including a really fun DVD that you and I did, which — which is —

Marcia: I know.

Lisa: — so —

Marcia: By the way, one of the four things that you're — that you talked about that does have the five hundred-dollar value is our How To Be An Inspiring Speaker Program. And we never ever offer that separately. Like, if — if people could buy it, that would be a five hundred-dollar product. You know, and that's what I'll be talking about in the — in the webinar, you know, late — later today. But —

Lisa: Oh, that's specific product.

Marcia: — all we can — I'm — I'm sorry, Lisa?

Lisa: Got it. That's that specific product. I see. I see.

Marcia: Yes. Yes.

Lisa: Okay.

Marcia: Yes. Yes. I mean, what we're — I'm not even offering the online video course in my 5:30, you know, webinar. So what we've been talking about, if you're on that sales page where it says, you know, "Limited Time Special Offer Practicing The Law Of Attraction Marcia Wieder's Your Next Step." We've been talking about — if you — if you can see the whole package there. But if you scroll down, we've been talking really about the ten-step video course. That's all we ever been focused on. You know, in addition to that, there's the MP3s on How To Be A More Effective Inspiring Speaker, which is The Shortcut Step. We'll come back to that. And, then, the videos. Do you want to tell them about the Gaiam — our DVD package?

[Laughter]

Lisa: We had so much fun. Wait. I want to stick to the steps real quick here. And, then, we'll go to the —

Marcia: Okay.

Lisa: Okay. So now Doubt Removal. There's a proven method for overcoming doubt and fear. What the heck is that?

Marcia: Okay. Now we don't have the time here for me to get —

Lisa: Oh, that's right.

Marcia: — into it. Yeah.

Lisa: It's — it's a —

Marcia: But I will — but I will say, because it is — it's — it's, you know, there's two videos on that one.

Lisa: Right. It is a little —

[Laughter]

Marcia: It's the only — I think it's the only step in the whole time program that has two videos, if I'm not mistaken.

Lisa: It's good, though. It's very good.

Marcia: Two — minute videos. But I will say this. If you have not dealt with your own doubt and you meet another doubter on the road, their doubt will magnify yours. But if you dealt with your doubt, and I — I — I will give you a little snippet now —

Lisa: Okay.

Marcia: — because I don't want you to feel like you have to buy the program to get it. But I don't — I — but I, you know, there is a whole process that I've spent my — like my life developing.

Lisa: That's awesome.

Marcia: But I want to say that if you have, you know — if you have dealt with your own doubt, and you meet another doubter on the road, by contrast, it's the opportunity to deepen your commitment and your conviction to your dreams. So if you turn the voice of the doubter down, it becomes the realist. The realist wants to know where you're gonna get the time, and where are you gonna get the money.

Lisa: Uhhuh.

Marcia: That's what the realist wants to know.

Lisa: Uhhuh.

Marcia: But before you turn the voice of the doubter down, I want to teach you to hear from it, because your doubter will give you your list of obstacles. And wherever there is an obstacle, you can design a strategy to manage it. Left unattended to —

Lisa: Mmm.

Marcia: — the number one way that we sabotage our dreams is by projecting our doubt and fear into our dreams.

Lisa: So something isn't working out for you, you focus — the tendency is to focus on that.

Marcia: And before you even have a chance to, with three little words, when we say, “But what if?” “But what if I buy this program and, then, I don't even use it?”

Lisa: Mmm.

Marcia: As opposed to, “Oh, that's the voice of the doubter. I'm going to demonstrate I'm more committed to my dream by taking action on it, and, then, when my doubt comes up, I'm going to hear from it, get valuable information, and, then, turn the voice down to the realist.” By the way, the realist is an important part of the team. You have to know where you are in order to design the strategy for where you want to go. But the question is, “What has being realistic cost you?” If you're overly realistic, it can cost you your passion and dreams. It can cost you years off our life, and what most of us do is, we compromise on our dreams, or give up on them completely, before we ever fully explore the possibilities. So this system is designed to help you dream the bigger dream, identify what's in your way, clarify your vision, hear from your doubter, work with the obstacles by turning them into projects and action steps, and developing the personal practices that will support you in becoming a more powerful dreamer, somebody that has greater clarity, courage, and confidence.

Lisa: And you do kinda kind of a dialoguing with the — the doubter? I know you do it with the dreamer.

Marcia: Yes. That is one of the processes. And in this program, I'll actually —

Lisa: Great.

Marcia: — take you through both how to hear from the dreamer, 'cause some of us, we need to wake our dreamer up, and there's a module called Wake Up Your Dreamer.

Lisa: Mmmhmm.

Marcia: So I'll teach you how to dream again, or how to dream the bigger dream again. We'll hear from the dreamer through meditation, visualization, active imagination, journaling exercises and, then, we'll do the same thing with the doubter. And you'll see it's not the enemy. There's nothing to fear. It's a — it's an important part of the team. But when it takes over, it's impossible — it's really, really impossible to move forward on your dreams.

Lisa: Is that why you say that once you have allowed the doubter to be heard that this is a proven method for overcoming that fear, because you make it real. You get — you get into integrity with the doubter, and start — it starts to dissipate?

Marcia: Beautifully said.

Lisa: Okay.

Marcia: I would — I — I would add to what you just said so eloquently, and it is about realizing that the doubter is not the enemy. It is a life-changing moment in any of my workshops when people get this thing that we make it bigger. We make it into this nasty ugly monster.

Lisa: Mmmhmm.

Marcia: If — if you don't fear from it consciously, it will either get louder and completely take over your life, or it will get quieter. And sometimes that's worse, because then you unconsciously sabotage your dreams. And we don't want that to happen.

Lisa: Interesting. Wow! You really have gone through so many different — you've heard it all, haven't you Marcia?

Marcia: Well, you know, my purpose in life is to believe. Now I would have not known that that would have taken me on a 30year journey into really understanding doubt. But there — there's — there's a relationship between your — you know, 'cause when I don't — when I doubt, I don't believe. So I spent a lot of time teasing this apart. And what people love about my content — I'm very proud of this — is that I've taken something, and I've made it so unbelievably simple. Like, these are very — they're — these are core principles, any one of them, living with greater intention at a soul level. Truly saying no to what's no longer true for you. Getting in touch with your doubter and your dreamer, and really seeing that it's a daily choice of whether or not you're more committed to your dream, or your doubts, or your fears. These are life-changing principles that once you really get them — and that's what I like about this video, 'cause I think it's a whole different learning experience. We actually have it up in video. You also get the MP3s so you can listen to it, and there's a workbook. But there's something about listening to it, watching it, and writing it that gets it at every single level, where you really do begin the process of rewiring your circuitry, and learning how this works, so that you can learn what works best for you.

Lisa: And you know what I love about this is that it's answering the questions that you guys have started off this call with, which I — I read just a little bit about, “How can you have more money in your life?” And “How can you attract the right partner?” And “How can you get” — most of the questions started with the word, “How.” And this is the answer to that, is you go through these steps, and you have a coach, which is Marcia, right there in your — in your desktop, on your computer, or wherever you're listening to this, and you go through it with a guide, because our mind chatter gets in the way sometimes when we try to do this stuff from a book, and to forth. And I'm, you know, an auditory lead. Some people are visual leads. Some people are kinesthetic, and they want to write it. So you can kind of do all of that in — and, then, there's — you know, it's very, very, very

inspirational. I love this distinction that you make, the believing is a choice. That is a really good point, because not believing is also a choice.

Marcia: I love that. And you know what? I would also add to that, that by default, if you're not consciously managing your mind and choosing to believe in yourself and your dreams, usually what you get by default are the old limiting beliefs.

Lisa: It manages you?

Marcia: It manages you. And it — and it keeps us small. It keeps us stuck. Look, the doubter or even the realist right now might say things to you like, "It's no time to dream. Look at the economy. Look at the state of the union."

Lisa: Wow! Every moment you turn on the radio, it's all —

Marcia: I don't turn it on.

Lisa: I know.

Marcia: I turn it on to —

Lisa: — that's why we have those calls.

Marcia: I turn it on to listen to you.

[Laughter]

Lisa: Exactly. That's why we have plenty of other things to listen to, folks. Right now I would just stay focused on the positive.

Marcia: And — but you have to manage your mind. I want to say something about this. I love this. This is because my purpose in life is believing, this is such a critical piece for me. Your attitudes and beliefs are never neutral. They either move you forward or hold you back. But a lot of us have forgotten that we can choose what we believe. The \$64,000 question, and — and what Dream University is all about is this. Can you believe in something, not because there are promises, guarantees, or assurances? Can you believe in something simply because it matters to you? And, then, demonstrate that it really does matter to you by taking action? You see, that's why this is not a linear process, because at any time your doubt and fear could come up. Even mine does, even after all the work that I've done. And I know, Lisa, you and I have talked about this. It does come up. So then what there is to do is to remember that there are tools to consciously choose to use the tool, to remember that believing is a choice. And if right now in this moment you can't believe, okay, well what can you believe then? And can you go back to your dream? And this is where or

why your why is so important, because when the rubber meets the road, when it's time to turn your dream into a project, and to get on the phone, and to call people, excuse me —

Lisa: Mmmhmm. Mmmhmm.

Marcia: — you get on the phone and call people, or to take practical action steps, this is where people often go, “Well, I’m not really sure that I really want this dream.” And — and it’s — and it’s, like, wait a minute. The doubter has come up, or maybe you’ve gotten a couple of no’s and a couple of setbacks. You know, we get thrown off by now.

Lisa: Right. Right.

Marcia: So your ability to come back to center. How about “No more!” letting other people’s opinions matter more than my own?

Lisa: Wow! There’s a big one.

Marcia: Yeah. And you’ll start to see it’s not a linear process. So then you’ll be kinda tooling along and you’ll go, like, “Oh, you know? I think I need to go back. I think it’s time to take my dream the next level.” Or “I think there’s a deeper level of intention that my soul wants me to hear about.” Or “I used — I believed up until yesterday, but after that, now I don’t remember why I’m even doing this dream.” And you know, you’ll be able to get a reset, and really use me as your personal coach. I did ask Jack at one point, I said to Jack Canfield, I said, “Jack, you could have any coach in the world.” I’ve been Jack’s coach for almost three years.

Lisa: Right.

Marcia: I said, Jack, “You could have almost any coach in the world. Why do you pick me?” And he goes, “Oh, that’s simple, because you’re the best.”

[Laughter]

Lisa: Aw.

Marcia: I said, “Well, what makes me the best?” He said, “Well, you’re funny and you’re ferocious.”

Lisa: True.

Marcia: He said, “You’re — you’re feisty and you’re for real.” You know? And all of us need to have coaches. So it would be my privilege to support you

through this Home Study Course, to be your coach there every step of the way encouraging you, asking you to take a deeper look, asking you to revisit something, asking you —

Lisa: And this is — I'm sorry —

Marcia: — to be — I just — to believe more fully in yourself and your dream, 'cause that's why I'm here. That's a big part of my purpose.

Lisa: And this is especially for people that — there's Tina, from Tamaqua, I think, doesn't know what she's supposed to do. This is a great process even if you don't have an idea of what your goal is or what your dream is. Right?

Marcia: Yes. Right. Let me address that. At least — and I — and I thank you for your courage, because as — was it Tina, Lisa?

Lisa: Yes, Tina.

Marcia: Yes. So, Tina, you know, I love that you had the courage to put that down, because when I'm giving a live talk, I can ask, “How many of you in this room don't have a dream?” And I want you to know half the hands in the room go up.

Lisa: Wow!

Marcia: So I've worked with this a lot.

Lisa: And they're in a dream workshop. Wow! That's awesome.

Marcia: It gets half the people. And that's because, as I said earlier, we're so mired in reality, we think dreaming is frivolous. And part of my mission is to redefine dreams. A dream is something that you want, that you're committed to making happen in your life. That's how I mean dreams.

Lisa: Nice.

Marcia: We're not talking about fantasies or maybe someday. But, Tina, what I would say is the first thing you could do is you could reframe it. Instead of my dream is — is — instead of “I don't have a dream,” you could say, “Okay. My dream is to have a dream.” Well, now —

Lisa: Yeah. That's nice.

Marcia: And I'll tell you, it's true. It's more powerful to move toward what you want than it is to move away from what you don't want. “I don't have a

dream” is a problem to solve. But “My dream is to have a dream” is something I'm passionate about moving toward. And it's — it's so beautiful, because the strategies of this is to go on a passion quest, to take a period of time, a weekend, a week, a month, you don't have to put the rest of your life on — on hold, but what there is to do is to discover who you are now. What is it that you love? What is it that matters to you? What is it that moves you? And you can start small. I mean, for some people, a dream could be a bubble bath, a glass of Champagne, and a romance novel. You know, for others, we have the — you know, “I want to — I want to heal poverty on — on the planet. You know, my big dream that I'm working on right now is that Dream University and I, personally, Marcia Wieder, are committed to helping one million dreams come true in 2012.

Lisa: Really?

Marcia: We want to actually have one million people achieve your dreams. And it doesn't matter what it is. And that's why if you haven't — please do. I'll — I'll just throw it out one last time, that's free webinar, DreamUniversity.com/tvshow if you want to join me for a live video webinar. That's a good way for you to just get involved in my data base, as is to buy this program. Now I'm not gonna be offering what we're offering here. I'm not gonna be offering the Your Next Step Home Video Course. I'm not gonna be offering, you know, the Ten Video Lessons. I'm not gonna be offering —

Lisa: Wow!

Marcia: — the 30 MP3s where I interview Jack Canfield and David Bach and Les Brown, Lynne Twist and all these extraordinary people about how to make dreams come true.

Lisa: That is so cool!

Marcia: That's only being offered here, and all of it is \$97. So —

Lisa: It's amazing. This is an absolutely off the charts package. I gotta just tell you guys. When you — when — when Marcia put this together, she didn't realize what she was — she threw in the farm!

Marcia: I did the “Oops!” What was not supposed to be included in this was The Inspiring Speaker MP3s. Let me tell you what that is. That's a three thousand-dollar live program that people attend with me and five — and five other speakers, including Arthur Joseph, the voice coach for Angelina Jolie and Pierce Brosnan, a humorist for Saturday Night Live, Patricia Fripp. Where all of us teach you how to be a more powerful speaker. And whether you want to be a professional speaker or you just want to be a better communicator, let me make this point. The number one way to experience greater ease and shortcuts on any dream is to share your dream with other people. But it's how you share your dreams that makes all the difference in the world. And most of us don't want to

share our dreams, because it's scary, and people might judge us. But your ability to articulate your dream with clarity and succinctly is the most powerful thing that you could do. So on one hand, I made a mistake, because that wasn't — originally, we had something else here, and there was a timing conflict, and it was kind of a last minute decision. But I'm going to trust God and Spirit that the reason why this once in a lifetime offer is here, literally, you're getting all of these. So — so Your Next Step Course is a two hundred ninety-seven-dollar course. The 30 MP3s for Dream U Camp is a two hundred ninety-seven-dollar product right on my — right on my website. Each one of those sell for 297.

Lisa: Which is amazing.

Marcia: You know?

Lisa: Yeah.

Marcia: The Inspiring Speaker MP3, we don't sell that separately.

Lisa: Mmm.

Marcia: And the DVD, which you and I are in, and we can talk about that in a second. But for 90 — the reason I must have offered it is because you who are on this call whether you're listening live or as a download, must be a messenger. You must have a message, a calling, a purpose, or a mission. And God must have wanted you to have these DVDs. I think there's, like — I mean, it's, literally — it's five days' worth of content. It's like 60 MP3s, or something —

Lisa: Yeah. It's —

Marcia: It's not —

Lisa: — great. It's — it's great.

Marcia: It's mind blowing. And it's all, you know, broken down so you can listen to it, you can learn just how to use your voice. By the way, a deeper more resonant voice is more trustworthy. And —

Lisa: This is —

Marcia: Yeah. Go ahead. I — I'm just so excited about it.

Lisa: That's cool.

Marcia: I have to trust at a certain level that God must have wanted your people to have this, Lisa.

[Laughter]

Lisa: That's what I'm talking about. See, that's what I'm saying. You guys are so lucky to be a part of this community here, because this is the type of stuff that happens to our listeners, which is great. So, I mean, what we went through here, what we've gone through is this — is this steps on how to and — and, hopefully, you've gotten a little bit clearer here about how to create your goals that you — that you need to set your intention, with purpose in your integrity, and we did a little of that on the call here where people set their intention, said “No more!” and “Now — now what?” And a couple of people even wrote in here “No more!” of — Wow! Some stuff about husbands not — not saying what they're gonna do. A lot of great stuff. We have “No more procrastination.” That's great and, then, the other stuff was Turning Your Life Right Side Up, how you can really be — take the things out of the calendar so that you have more time to be able to Wake Up Your Inner Dreamer. Now there is a process in the videos that's — it's like an hour and a half process of waking up that dreamer. You do a dialogue with your dreamer, which sounds a little bit like — just an example, Marcia, what does that sound like?

Marcia: Yeah. And I — I — I — I want to mention one thing and I'm gonna move right into this. But the woman who said that her no more is, you know, she's gonna change her husband —

Lisa: Mmm.

Marcia: — the — the second video in this series, which is about agreements, will teach you a very powerful process for getting alignment and agreement with your husband, because you can't make him — you can't write “No more!” about him. But you — but I can teach you the power of having a conscious conversation with him, and how to negotiate an agreement —

Lisa: Oh, that's good. That's good — no more —

Marcia: It's very important.

Lisa: From a —

Marcia: And, then, there —

Lisa: Uma, from Chicago, she says, “No more unrealistic expectations of my husband that he cannot deliver.” But, you know what? I like that, because she's taking —

Marcia: That's beautiful.

Lisa: — a stand. That's very empowering.

Marcia: That's her changing her expectations. And —

Lisa: Like it.

Marcia: — we can also teach you how to have more powerful conversations with him, because the agreements that you have will bring back intimacy, or deepen your intimacy. And speaking of intimacy, the — I have an intimate relationship with my dreamer, because almost every morning for the last ten years, literally, I have shelves and shelves and shelves of journals. My morning practice is often to wake up and to dialogue with the dreamer inside of me. So I write M for Marcia and D for dreamer. So I write, “You know, Marcia — Marcia,” I might ask a question. So I might say, “What do I need to act on my dream today?” And, then, I just from — from some part of me, something bubbles up. Sometimes it takes me a few minutes to get into this, and your rational mind might say, “Oh, come on, it's just you.” But the truths of it is, we do have what some people call sub-personalities. We do have different parts of ourselves. You know, I know that the process of hearing from different parts of ourselves is starting to become a more mainstream practice. I'm hearing it more and more. When I started doing it 20 years ago, people thought that I was schizophrenic. So I want —

[Laughter]

Lisa: No, it's good.

Marcia: — that —

Lisa: The dialoguing is good.

Marcia: I was M for Marcia, “what can I do to move forward on my dream today?” And, then, if I take a moment, and I breathe and I exhale, my dreamer says “Just take a moment, Marcia,” in this moment, this is what it says. “Bring your hands to your heart and feel how important this is to you.” Then I just do that. And, then, M for Marcia. “What else should I know?” And the dreamer might say, “You know, you've been away from me for a while. I think it would be good for you to write your dream out in detail again.” So I just take a few minutes and I write my dream out and, then, I, M for Marcia, I might say, “Anything else?” And the dreamer might say, “Yeah. You forgot the part where you want to be part of this,” or “You forgot where you said that being paid for it was important to you.”

Lisa: Right.

Marcia: And I'm, like, “Thank you. Anything else?”

[Laughter]

Lisa: Right.

Marcia: You know?

Lisa: Yes.

Marcia: And often it works best when I ask the part questions. You know? And, then, actually receive the guidance, the inspiration. Then, I have to turn it into projects, and action steps, or develop personal practices. And that's why this course is laid out exactly the way that it is.

Lisa: I just added that part into it. Thank you very much for that.

[Laughter]

Marcia: Yeah. Don't forget that part.

Lisa: Right.

Marcia: You should get paid well for it.

Lisa: That would help. All right. And, then —

Marcia: You could even say, “to become a rich woman doing it.” You know, one of the things I'm trying on, I try on different dreams. So my new dream is, “I want to make millions by helping millions of people achieve their dreams.”

Lisa: Ah! I like that one.

Marcia: Isn't that fun?

Lisa: Can we take that one?

Marcia: Now the first time I said it, I couldn't even get it out of my mouth. Oh, my God! The doubter went, “That's so greedy, and people are gonna see you as selfish.” And “Here's my list of obstacles,” and “What will people think?”, and “That's not being altruistic.” And “That's not being service, and that's greedy,” and, you know, so okay. Now I can gauge my doubter. Let me get my list of obstacles down. You know? And, then, it's like, “Okay. Let me just determine which of these obstacles are internal beliefs, and which — which of them are external, and need strategies and plans?” And “Oh, I better take a little time now.” Sometimes in the middle of talking to the dreamer, the doubter comes popping in.

[Laughter]

Marcia: And useful to learn how to separate these two voices, because the more you can separate them, the greater the integration will be, and the greater your clarity will be. Procrastination, worrying, one step forward, two steps back, those are all symptoms that the doubter has taken over.

Lisa: Mmm. Interesting. All right. I want to open up the phones to callers. You can press star two to raise your hand, and I will call on you by the city and state your phone is registered in. And you can ask Marcia Wieder a question directly. So while those calls are coming in, this entire — as we — we were just talking about real quick, I want to just mention, if you go to that website again, TheAwareShow.com/Wieder, Wieder, not only is this a ridiculously off the hook, not offered anywhere else in the planet offer that Marcia put together, but there is a really cool DVD that she and I did together in Colorado for Gaiam, and it was — it was so beautiful, and so fun, and we cried, and oh, my God! I haven't even seen the finished copy. Are we still crying?

Marcia: Oh, it's stunning. You know, I will say this, often on a video, maybe you guys can relate to this — there's something I don't like about myself. I don't like my voice, my skin, my hair —

Lisa: Your doubter is coming in.

Marcia: I love everything about this. So this is one hour of — of me delivering live content in a small audience. And interspersed with Lisa asking really meaningful intimate heartfelt questions. I talk about things on this DVD that I've never talked about anywhere else. And how —

Lisa: Beautiful things.

Marcia: — I love —

Lisa: Beautiful things.

Marcia: — it's beautiful, high quality. It's beautifully produced. You know, it's a hard product. It's something you will physically get delivered to you, 'cause a lot of the other stuff are downloads. But the great thing is that, you know, we're — I think we're all set up. As soon as you sign up for your 97-dollar package, I think within 24 hours, you're gonna receive, if I'm not mistaken — do you know, Lisa? But very quickly you are gonna receive all of the downloads.

Lisa: Right. Right. You get passwords, and so forth to get into Marcia's website, so that you can get all of these downloads and watch them all live right — I mean, watch them right there on your computer. So you get all that stuff and — immediately. And — or it comes in I guess they say to allow 24 hours or

48 hours for it to come in.

Marcia: I think it's because your people have to get my people the information so that we can get everything processed and through, 'cause it' was a little bit complicated on the back end. But you guys are gonna love this. This is so easy to use. You literally click on whatever module you want to watch. You can — you watch the video. You listen to me. There's a workbook, beautiful workbook that you can print out. You're gonna do the simple exercise, and you're gonna feel lighter and back in action. And, also, I just want to say, the — the 30 MP3s, Dream U Camp, last summer, I interviewed world class experts. Oh, my gosh! I mentioned a few. But David Bach, on Financing Your Dreams. Bruce Lipton, I know you've had Bruce on —

Lisa: Mmm.

Marcia: — The Biology Of Beliefs. Jack Canfield, on How To Manifest Your Dreams. Les Brown. I got Les to tell stories he's never told before.

Lisa: Mmmhmm.

Marcia: And all of that is included in the package. And you can just put that right on to your iPod.

Lisa: You can spend hours on this.

Marcia: Or on to a CD.

Lisa: So if you have a question about your dream, and the process that we're working through, you can press star two to raise your hand. And I'm gonna call on you in just a minute by the city and state that your phone is registered in. So we were going through this — the Action Steps on Creating A Dream and boiling down what we really needed to do in order to create that dream. So — so far you have — will have written this out right now on this call.

Marcia: And — and, Lisa, let me say one thing, if I — if I may. I'm sorry to interrupt, but I want people —

Lisa: Yeah.

Marcia: — to see what they can see the process. So if they went to that page that you told them with my last name, which is Wie, I before E except after C, you said it right.

Lisa: Okay.

Marcia: I'm just repeating it. And, then, on that page, you'll see there's a — a button. Now I'm already on the sales page, so I don't — what does — what does the button say that will get them on to the actual —

Lisa: All right. It says, "Special Offer."

Marcia: Right. So if you click on that button that says, "Special Offer," you'll see all of the goodies, but also if you scroll down to Item One, which is the — the online video course, you'll see the ten steps that Lisa and I were actually taking you through.

Lisa: Yep. Mmmhmm.

Marcia: Keeping your agreements, Your Soul's Intentions. "No more!" There's a different video module for each one of those. So you'll see, there's ten inspiring video lessons, the beautiful workbook, the community membership. If you scroll down a little further, you'll also see the 30 MP3s, and actually there's 34. It's 30 different people, but there's actually 34, because I — I'm in there every day. So you get — and this is what's wonderful. Some of these are half an hour, really easy to consume, and some of them were one hour tops. And you can see the list of all the people. There's a partial list, Mary Morrissey, Sandra Yancey, Marci Shimoff. And, then, go down a little further. Then you'll also get the MP3s for the Inspiring Speaker Program. We'll teach you content, marketing, and presentation on how to be a more powerful communicator, critical for accomplishing your dreams faster. And, then, there's a beautiful DVD of Marcia and Lisa, you know?

Lisa: I didn't even see that on there.

Marcia: That's so funny. On the back is the picture of both of us. We need to update this page, and say —

Lisa: Right.

Marcia: — it's Marcia and Lisa.

Lisa: Yes. Right. We — I'm on there person —

Marcia: Funny.

Lisa: — live and in person. Well, not live, but in person. So you hear my voice all the time on the — on these calls. You can actually —

Marcia: Well, now you get to see her magnificent curly gorgeous hair —

[Laughter]

Marcia: You get to see two girlfriends, you know —

Lisa: Talking. Mmmhmm.

Marcia: — really revealing the depth of our heart. And it really was out of this that we became such good friends.

Lisa: Yes. We had a great connection there. And Marcia did tell me some amazing stories that will send chills down your spine, and you could really understand why — why Marcia is the way that she is, because she has an incredible childhood with the — with the sister who was hard of hearing. Right?

Marcia: Actually deaf. Yeah.

Lisa: Actually deaf. Yeah.

Marcia: You know, I mean, there are things that have happened to you in your life that have formed you to be uniquely you.

Lisa: Mmmhmm.

Marcia: Some of them that you would celebrate, some of them that you might even grieve or mourn. But when you really get to the depth of who you are, the essence of your heart and soul, everything in life changes. Life becomes sweeter. It becomes more meaningful. You know, and that's — you — you know, my hope and prayer is that if you do decide to take your next step with me, which is what this whole program is all about, that you'll use these tools to really get to the depth of who you are. Yes. You can use them to make more money. Yes. You can use them to fall in love, and be in a committed relationship. I've helped thousands of people do all of that, make career changes, make more money. But at the end of the day, you can also use it for really remembering who you are, which will reignite your passion, and give you a whole new level of — of meaning for living your life.

Lisa: Now in — I just wanted to go back for a second. With that sale — sale page, if you scroll to the very bottom of that page, also, you'll see there's a — a thank you gift on there for people that have stayed on the call, and so forth. That's a free thank you gift that people can also get to experience and listen to more of what — what Marcia's doing. And I also wanted to mention on this — there's Projects and Action Steps. One of the things to really make your dream come true is to build a dream community. And that's a process, basically, of having other people hold you accountable to what your dream is. That's one of the things that was so cool about this call, is that I got to read your dreams in person, like, in person here. And — and, also, did I mention you press star two

to raise your hand? Sorry about that.

[Laughter]

Lisa: I forgot to mention it.

Marcia: Oops.

Lisa: Did I forget that?

Marcia: Star two. And we'll use the rest of the call to take questions. Lisa, also I don't see the gift. Where is that? Is that on the separate —

Lisa: You've got the refresh your page. You have to refresh your page in order to see the thank you gift at the bottom of it.

Marcia: Okay.

Lisa: If you go back to TheAwareShow.com/Wieder, Wieder, and click on the Special Offer —

Marcia: Ah! There it is.

Lisa: And, then, you —

Marcia: It's actually on the Special Offer page. So if I just scroll all the way down. The thank you gift is 12 Ways To Be A 21st Century Visionary. It's an MP3 and a PDF. And that's just a thank you gift for being on the call. Right?

Lisa: Right. Yep. Absolutely. So that's —

Marcia: Okay.

Lisa: — free for everybody who's on the call, and that — I really appreciate that. And I think I forgot to mention the — you press star two to raise your hand. So we might not have enough time for callers at this point. Sorry about that. But the — when I — when I mentioned about the Dream Community, is that — you have something like that on your — I mean, you've taught thousands of people how to be dream coaches.

Marcia: Oh, yeah.

Lisa: Right?

Marcia: Yeah. Yeah. By purchasing the Your Next Step Course, you'll actually get access into our community where we have over 10,000 people who have registered their dreams. And we actually have an area in there called Request And Resources. And it might be if you're looking for something. Maybe you're wanting to meet somebody or get connected to somebody. Like, somebody just put up there, "I'm gonna going to New York, you know, for a special event at the UN and I need a place to stay." And somebody responded. And they got a place to stay.

Lisa: Huh.

Marcia: So it could be something as simple as that. Or it might be, you know, "I'm looking for an agent," or "I'm looking for somebody that can help me, you know, break into a foreign market." There's all kinds. And I really want you to hear me. No dream is too big, and no dream is too small. So we welcome you. And if you're in need of a new dream, you've come to the right place, as well.

Lisa: It makes it very, very real when you start to put it out there, and you put it in writing for the world to see, and you start getting responses back on "I did this. "Hey, I did that. Let's try to do this together." I mean, there's all sorts of things and connections that you can make by having a specific dream community. Now this is a community of conscious people, which is very cool. And —

Marcia: And, also, I love what you said early on. It's a safe community.

Lisa: Yes. It is.

Marcia: You said that about your — about these calls.

Lisa: Mmm-hmm.

Marcia: That we really want to create a safe space, so that you can get in touch with the depth and the truth of who you are, so that you'll find the courage and the clarity to stop doing the things that are sucking the life out of you, or that you're complaining about, or that you're wasting time on. And especially to give you the tools that support the encouragement, and the coaching, to take your next step, because that's the way that you demonstrate that you're more committed to your — to your dreams than to any doubt, fear, or reality that might get in the way.

Lisa: And the — and there's also live dream coaches that help you along, as — as well, right? Your dream coaches also help people along on various areas of your — of your — in the communities. Right?

Marcia: Oh, absolutely. And they're in the community right there. They

offer their wisdom, their wisdom, their insight. There's no charge for that.

Lisa: Very cool.

Marcia: You know, as — as somebody who's taking the course, the Your Next Step, you're — we don't ever want you to feel that you're doing it alone, because the truth of it is, you know, the way that we get in action — this is an amazing insight. This is one of those simple, like, Ahas! With one step — with — with one step, you're now in action on your dream. You're not just thinking about it, talking about it, or dreaming about it. People relate to you differently, because you relate to you differently. You're serious about making it happen when you take Your Next Step.

Lisa: 'Cause you get it out of your head. Right? And into —

Marcia: It's out of your head. It's out in the world. You know? And, also, your perspective changes with one step. You know, instead of living in the maybe someday, you're now in action. New resources show up. You have a new point of view. People relate to you differently, because you're actually doing something about it.

Lisa: Very, very cool. This is all — I mean, again, this — these calls are for you to be able to transform your life in anyway. You know my goal is to make consciousness mainstream. So the more people get this type of information that Marcia has to say, the more that raises the vibration of this planet. The more conscious communication and conversations you have with people on — you know, online, on the phone, and it — it makes it a more harmonious place, and a safer place to live. And, then, we live in that place of possibilities. And that's the whole point of having this information at your fingertips, and for making these enormous, you know, processes available for you guys. I mean, Marcia has spent years developing this stuff. And we just dropped it down to a hundred bucks, and — and we're giving it away.

[Laughter]

Marcia: It is really crazy. Wow!

Lisa: I know. But thank you.

Marcia: You would have never — let me make it really clear, guys. You will never see this offer again.

[Laughter]

Lisa: Yeah. We're pretty clear about that. She couldn't renege on it. She's like, "Oh! Did I really do that?" But that's cool. And it will go away in just a few days.

So if you guys can jump on that offer, you go to TheAwareShow.com/Wieder. In the meantime, write your goals down. Be very clear. Make sure that you're in your goal. And say "No more!" "Now what?" to — say "No more!" most of all to what's not working for you in your life and "Now what?" to what is working for you in your life. And — and, then —

Marcia: And, Lisa, because your people really value practicality, can I give them one more piece?

Lisa: Of course.

Marcia: Okay. So where a big dream, if you have a big dream, or a long term dream, those dreams are — are — are sometimes more challenging to — to really get some traction on.

Lisa: Interesting.

Marcia: So a big dream dies when you just put it like on your To Do List "Write a book." You've gotta break it down into — as we talked about earlier, projects that you can easily accomplish in 30 days or less. And, then, the whole strategic planning process that I do go into in — in — in one of the videos is, you take your big dream, you break it down into a project. You break the project down further into tactics and action steps. Then you assign a date to each one of those action steps. And since it's a 30day project, all of the dates are gonna be within the next 30 days. You put those in chronological order, and now you have your To Do List for the next 30 days, to actually get traction on your big dream, by accomplishing your 30day project. The shortcut step is to identify who can help you, specifically, like names and resources. And, then, I'll teach you in the community — in — in the dream team process how to speak powerfully about your dreams, in a way that will get people on board to help you and support you.

Lisa: But — but you get into that process of what Marcia just mentioned, you just start taking to everybody about it.

Marcia: Exactly.

Lisa: Or if you're — what are you working on?

Marcia: And how about this? Be highly intentional. Explore all possibilities, and make every conversation count.

Lisa: Count.

Marcia: If you have a network marketing business, or you're a coach, or a solopreneur, to get this one in ten stuff, what — let's take it down to one and five, say yes. Then let's take it down to one and one. If you can be connected to your

purpose and passion, if you can share your dream with clarity so that people get it, you know, and make specific requests where you make it easy for people to say yes, people will hire you, invest in you, join you. Life gets easier.

Lisa: Want to work with you.

Marcia: Will accomplish — yep.

Lisa: Mmmhmm.

Marcia: You'll accomplish more, faster.

Lisa: Absolutely.

Marcia: So I want to basically say to you, you know, that — this — the — the steps that — it begins with getting your dream out of your head, writing it down. Write the dream out in as much detail as possible. Let the doubter bubble up and, then, watch the video where I'll explain to you how to work with it. Your whole life will change. I mean, if you, you know what? I said earlier that we waste a lot of energy in complaining and whining. That's nothing compared to the amount of energy that we waste in empowering the doubt and the fear.

Lisa: I'm amazed —

Marcia: If you could take back that energy that you use in worrying, and second guessing, in doubting, and questioning, and apply that to manifesting your dreams, everything in your life will change for the better.

Lisa: You know, and that's what someone just mentioned. Tanya, just wrote in saying, "No more feeling like I am not good enough." She is "done with that."

Marcia: Good.

Lisa: And I love that.

[Laughter]

Marcia: Good. Well, I hope you'll demonstrate your commitment. I, really, from my heart, I do hope that you will demonstrate your commitment by signing up for the Your Next Step Course. Demonstrate that you're serious and more committed to your dreams than to any doubt, fear, or reality, by taking action. I want to make this point really clear. Whether you take action right now and join us and — and decide to become part of my course and my programs, or something else, you must take action. And ideally the sooner the better, to demonstrate that you really do believe in your dream. Without the action,

whatever it is, nothing changes. Nothing —

Lisa: That is a very, very good point. It's about — and that's the other thing that she mentions, and Marcia mentions in this whole thing. Projects and action steps, and this is all about that, making this your next step, making this your personal practice. All right. Well, I know that you have to run, because you have another —

[Laughter]

Lisa: — call, but you are awesome. Thank you.

Marcia: Well, I love and adore you. And I'm just so grateful for your — the way that you interview, we got so much information in, and I hope people will listen to the replay. And if you're listening to it as a download, I hope that you're inspired to act on your dreams, because it has never been a better or more important time to get clear about what matters to you, and put a stake in the ground, and take action on it.

Lisa: Absolutely. Absolutely. It doesn't even matter what is going on with the economy. Do not at this point turn your attention to what's going to work for you. Take your attention away from what's not working. Turn your attention towards what is possible, because it is out there. And that's what the whole point of the — The Law of Attraction is. It's that your thoughts are magnets for what you want to create in your life. And if you're having doubtful negative thoughts, you're gonna create more doubt, and more negativity. If you start turning your steps, or your thoughts, towards these practical application of possibility, then it comes out of the what if stage and gets into the how stage. And it — it really — it — it's where the possibilities are. It really is.

Marcia: I love that.

Lisa: So, thank you so much, my friend. And thanks for being —

Marcia: I love you.

Lisa: — a girlfriend, and for hanging out with me, and for always taking my calls.

Marcia: Absolutely.

Lisa: You're awesome.

Marcia: And, Lisa, thank you for your dream, for your big dream. And I — you and I, we're such kindred spirits, and kindred sisters on this path, and just doing our piece to make the world a better place. So thank you for continually

taking your next step, and walking your path.

Lisa: And, also, thank you to the people who wrote in their dreams here. These are very, very powerful. A lot of people on this call have the same type of dreams to improve the quality of our life here on this planet, and to make incredible change and having great actions, and great projects in the works, as well, that I've seen here on this — during this call. So, thank you guys so much for being of like mind, and for being in this community, for sharing. And what we've done here is we've really put into action a lot of things. So know that you've already started that process just by listening, just by being on this call. So thank you all so much for listening.

Thank you, Marcia. Go prosper. And I will talk to you again very soon.

Marcia: Much, much love. Thank you, everybody, for listening in. Bye bye.

Lisa: Bye bye.

Okay. So and just — I — I really do want to continue to thank you, and to say just by being on this call, you already have put into process what it is that you want to create in your life. So I thank you so much for joining this call, and I — and I — I very much appreciate anyone who has written in their dream, and you can continue to do that. If you go to TheAwareShow.com/Wieder, Wieder. Go ahead and — and put that in there. I love how the words are changing as we got through the call, as from “How do I? I don't have enough of,” to “I want to — I want to do this. My dream is this. This is what I want to create. This is why.” And I love the — the way that you changed your languaging just in this last hour. It's beautiful to see the transformation happen right before my eyes. And I thank you all so much for stepping up, as I said earlier, for playing full out, for being an active participant on these calls, and in your life. Thank you so much. I hope everybody feels absolutely fantastic and has a wonderful rest of your day.

And until next time, I invite you all to stay aware.