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YOUR
DESTINY
DELIVERED

A Guide To Discovering The Real You

Introduction

What do you think of when you hear the term destiny? How do you personally define destiny? Webster's defines destiny as a noun, "somebody's preordained future" or "something that predetermines events."

Perhaps you believe as I do, destiny is a verb rather than a noun. The truth of the matter is you determine your destiny with each and every choice and decision you make. Destiny does not have to be a fixed process or a pre-determined event. You are the co-creator of your life when it comes to your destiny. You are also the designer, the filmmaker, the producer, the director and the main actor of your story whether you consciously realize it or not. Destiny is really more of a co-creative process between you and the universe. You create your own unique destiny in the form of experiences because of your thoughts, feelings, beliefs, actions and inactions. When you take action and follow your gut instinct and your intuition, you will be guided to the next step of your journey.

In order to follow your destiny, you must take action and be an active participant in your life. Destiny is the path your soul guides you along. The only tools you need for this journey are an open heart, an open mind, the willingness to allow, belief in yourself and your capabilities and an unrelenting passion and desire to fulfill your sacred contract with destiny.

What does it mean to allow? The art of allowing means that you have faith that good things are coming, it means to trust that the universe has an amazing plan for your life. It requires you to have faith and trust that everything is happening in the perfect time and the perfect way. When you allow for good things to happen for you, you pave the way for the universal 'unseen' forces to conspire on your behalf and to bring you everything your heart desires.

No longer do you need to plead to the universe "Please bring me money, love and joy" no pleading is not necessary since all of this and more is part of your birthright. Your job is to create the right environment for all these good things to come to you. Just as a gardener prepares the soil, plants the seed, then waters it and makes sure it receives what it needs to grow such as sunlight, loving thoughts and attention, you need to follow that same process in your life. When you start to actually believe that you deserve great things in life great things will start to show up for you. When you have complete and utter faith that you deserve the best, you begin to trust that you will receive the best for your life. This powerful feeling of trust coupled with the feeling of joy and happiness creates a ripe environment for the universe to deliver what you think, know and believe you are worthy of.

Sometimes you just don't think you deserve to have an amazing life. That's a shame because you actually have all the tools you need to have an amazing life, all you need to do is tap into those tools and learn how to most effectively use them. When you discover what makes your heart sing and your heart smile, your soul's purpose springs forth. Your life begins to blossom right before your eyes. The truth of the matter is that you can have it all, you just don't realize it. I'm going to show you how you can start thinking differently, starting today.

Destiny's Clues

If you really take a good hard look at your life's path, you will most likely realize that you have had glimpses of destiny all along the way. Little signs and hints. Aha moments or thoughts and ideas that just resonate. When you think about your destiny it's important to realize that your path is completely unique. No one else in the world has had your unique experiences. Everything in your life has meaning and value and purpose. Those little coincidences and synchronicities are basically clues to help keep you on track and little encouragements to keep you going.

On earth we all have available to us "free will" which means at anytime you can change your mind and therefor your course in life. **Therefor**, there is not a direct path that you could take for your destiny to unfold. Any direction you choose to go in or path to take will all be "right". We were all put on this earth for a divine purpose and there really are no mistakes. Everyone and everything is meant to teach you something and guide you along the way. Obstacles are merely opportunities in disguise. If your path were always straight and easy, you wouldn't learn anything. Personal growth happens in layers, which is why I refer to the process of personal growth as "The Artichoke Theory". The theory is the more layers you peel away the faster you get to the good stuff, which is the heart.

To achieve personal growth its best to start where you started, which is your beginning so take a moment and think back to your childhood now. What was it that you desired to be, do or have? What was that one thing that made you stand out from others and made you unique? We all have something. Take a moment now and close your eyes and take a deep breath in and just allow your mind to go back in time. See yourself as a child in all your amazing innocence. What was that one thing you always went back to? Maybe you loved to draw and color maybe you loved to build things. Maybe you were a comedian always showing off or you might have been a child absorbed by knowledge or books. There is something you are meant to do and your childhood memories often give you clues.

The fact of the matter is that we are all born as geniuses! It's only when we are told what to do and how to do it that we begin to lose this. 95% of the children age 2-4 actually test out as highly creative. 7 years later, a mere 4% tested out as highly creative. Why is this? The reason is that many of us are discouraged from being creative and innovative and imaginative because we are told how to think and how to feel and what to do.

You actually live in a totally creative world; you just don't realize you have this capacity. Creativity is one of those skills that lie dormant inside you until you are ready to use it; it never really diminishes so you can tap into it any time you like.

Now take a moment to remember again and allow your mind to access those early memories. Imagine yourself and think back to a pleasant childhood memory, this can be a memory that taught you something or just a memory that sticks in your mind. Let yourself remember everything. What memories come to mind? Acknowledge them and bless them. Spend a few moments enjoying these memories for they are part of your fabric of life.

Think about your newly born spirit, innocent and free. We all come into this world with an open heart full of light and love, try and remember that now. Think of your childhood innocence and how much hope you had. Imagine what it was like to constantly discover new things, to see the world with fresh eyes, to fall in love with every detail, to delight in those simple things.

We come into this world as innocent beings full of hope and expectation. Starting out in life, we all search for comfort and security and as we grow older we begin to build our dreams and create visions of what our life can be like. Think about your dreams and your needs especially the ones you've cherished and held onto your entire life. Now make a list of all those things that you dream about for your life, it's never too late to start over. Age is just a number; it means nothing because your spirit is eternal.

As you think back and remember that one thing that thrilled you as a child, look back at your life and notice how the universe often sends you a sign when you are on the right path. Think back to some of the events or occurrences in your life that just worked out in your favor and notice how things just seemed to flow and felt right when you were on track and moving toward your destiny. When you are in sync with life, everything is easier. However, when you swim against the tide and fight the currents, you will continue to feel resistance. It is important to reflect back and think about that one thing that you are divinely guided towards because this is what gives your life meaning and purpose and value.

When you are moving towards your destiny, with intention and purpose and belief, it gives you the strength and determination to keep you moving along your path

You can make a positive contribution to the world no matter what age you are so keep dreaming and walking along your destiny's path. You are on a divine path and even if you stray you will be led back because your destiny awaits you and will always deliver you back home.

Now, bring to mind something that you continually go back to no matter what is happening in your life. It could be a poem inside you bursting to see the light of day or a song you have always wanted to write or a business idea you have always had but haven't pursued. These ideas and thoughts that stay with you for a long time are major flashing signs giving you clues as to what your destiny is. Destiny glimpses come in all forms some of which are:

- People showing up unexpectedly offering ideas and advice and other forms of support at just the right time.
- Your gut feelings, intuition, thoughts that are encouraging and loving and your ability to just know something before it happens.
- Clues and signs from the universe indicating you are on the right path, which come when you ask for them.

Discover Who You Are

Who are you underneath all of the masks that you wear? Who are you other than your qualities and attributes? Who are you beyond what you do for a living?

It takes a lot for people to dig deeper within him or herself and ask and answer some really tough questions. How else do you get to know who you really are? Deep inside you might be secretly terrified of judgment and deeply concerned of what others think of you yet on the outside you put on a brave and confident face. Why be someone different on the outside than you really feel on the inside? Why not just show your true inner self and just know that everyone is a work in progress? Instead most present themselves differently depending on the situations and what is expected of them. How often have you kept silent when you really had something to say? You watch yourself speaking and reacting in a manner that pleases others but doesn't please you. Swallowing your words causes dis... ease in your body, which could manifest into some type of disease later on.

When you take time to truly examine who you are, and become okay with the real you, then you can cast aside your masks and get real with yourself and others. You start a relationship with the most important person on the planet which is YOU. Your passions and dreams start to reveal themselves to you. You see your sacred self, your immortal self. You were born into this life for a reason, a divine reason and nothing can stop you from realizing that reason except of course, yourself. Take a moment and discover:

What is it that you really LOVE to do?

What are those things you LOVE to learn about?

What would you regret never trying?

What is it that sparks your creativity?

What are your dreams?

What are your passions?

What if you woke up tomorrow and had no cares and no concerns. What if all your problems were solved and you had unlimited financial resources available to you. What then? What kind of contribution would you make if you could do anything at all? Ask yourself now and be completely honest. What would you do with your life without all of the problems and the struggles? Many people are caught up in the drama and the struggle and forget how magical life can be.

Ask yourself, what is that one thing you love to do that causes you to lose track of time? What would you love to share with the world? If you were a divine teacher, what would you teach? If you had a special library that was filled with books that reflected those things you love, what kind of books would someone find? It's so important to remember how amazing you are every second of every day because your outer world is created from your inner world especially by your thoughts.

Thoughts Become Things

When we talk about destiny, it's really important to realize that we are all made up of energy. The energy you create is sent out into the world in the form of vibrations. These vibrations can be positive or negative; it's your choice. If you spend your time dwelling on everything that is wrong in your world, then that is the energy you put forth. Your life is a self-fulfilling prophecy and you are in the drivers seat. Whatever you think about, you essentially become. It's really quite a simple concept but one in which most people forget to focus on.

Think about those things you focus on throughout your day and be brutally honest with yourself here. Do you tend to focus on the positive or the negative? Are you the type that sees the glass as half empty or half full? When it comes to your outlook, attitude is everything. In many ways you reap what you sow. Remember the gardener we talked about who carefully tends the soil, plants the seed and nurtures it? The gardener knows it takes time after the seed is planted to see growth, however how often do people get frustrated with themselves because their growth doesn't come quickly enough for them? Be aware since your thoughts your beliefs and your attitude can literally shape the world around you, and there are many reasons why.

There is much to be said about the power of belief and as a matter of fact, it can even help you heal. For example, in clinical trials when a placebo has been used instead of medicine it has helped people recover from their medical condition, by 30% on average. The only logical explanation for that result points to the power of belief and the connection between the mind and body.

Those who strive to maintain a positive attitude can roll with the punches better and they react better when things go wrong. If you can laugh in the face of adversity, you will be a much happier person in the long run. Research has actually shown that those who see the glass as half full generally live almost twelve years longer than their pessimistic counterparts! In essence, life brings you more of what you focus on. When you focus on the positive side of life you get more positive things to focus on and the same holds true regarding the negative aspects as well. Your perceptions and reactions to what happens to you are considerably more important than what actually does happen to you. It's your choice whether or not you want to get upset or to be stressed out or whether you choose to let problems roll off your back. Sometimes it's not possible to change the dynamic of a situation but it is possible to change how you react to it. Laughter releases endorphins or your body's feel good chemicals that help strengthen your immune system. Studies have even shown that laughing lowers your blood pressure and even reduces your stress hormones. If laughter can do all this, imagine what a positive attitude can do for you over the course of your lifetime. In the grand scheme of life, attitude really is everything.

You can literally transform your entire life by simply changing your attitude and shifting your perception. By putting a positive spin on things, you begin to turn all of those failures and upsets into stepping-stones that can help you move forward. If you look at everything that happens as a tool towards your divine destiny, you can turn obstacles into amazing

opportunities. You can look at roadblocks as the universe's way to merely get you back on course. This kind of thinking changes your outlook and changes your energy and causes you to look at your life completely differently. When you are moving through your life focusing on the positive, you will draw more positive experiences to you it's just that simple. Like attracts like! It may be time to ask yourself what kind of energy are you putting forth?

Infinite Possibilities

Before stepping into your soul's purpose it is essential to create a ceremony around this important rite of passage. You are leaving behind egoistic pursuits and stepping into a new set of experiences that satisfy the soul. When the Soul is satisfied, you will never do anything just to earn money again, you have transcended the material (ego) and shifted into a higher consciousness or vibration. Today you are stepping into a new reality, a reality that fulfills your divine destiny. Much like discovering your own personal place of power, you are making a pact with yourself to start living your life in an entirely new manner. Part of this process of discovery involves examining those things that hold you back, those limiting beliefs or things that have stopped you from reaching your goals in the past. When you take time to discover these things you can begin to move beyond them, and in the process you begin to see that your life is a merely a series of infinite possibilities.

Think about a goal that you've had for quite some time and for whatever reason haven't achieved it. Take a moment and:

- List all the reasons that keep you from achieving your goal, in other words, those things or beliefs that stand in your way and be really honest with yourself.

Now turn each of these negative beliefs into positive affirmations, it is really easier than you think. Let's look at an example. Let's say you want to start a business, but all you can think of are those things that are holding you back from your dream. You might list a negative belief like this as a result "I don't know how to start a business and I'm sure I would not be successful". This can easily be turned into a positive affirmation like: "The universe supports my desire to start a business and is guiding me in amazing ways towards fulfilling my dream".

Now you may be thinking 'can it be this easy?' The answer is yes, and IT WORKS! The key though is to come up with (7) positive statements for every (1) negative thought you have. Your brilliant subconscious mind does not know the difference between reality and imagination and every time you reiterate positive statements, it embeds those thoughts deeper and deeper into your mind. Whatever you constantly think about you become, so when you make a conscious effort to think in a more positive manner, your entire life begins to change because your energy now reflects these positive statements and attracts more positive things to you! When you take time out of your day to reflect or meditate on these positive statements, you literally co-create your life with each amazing thought. It's time to forgive and forget about the past, because the past is OVER and the FUTURE has not yet

happened and all you have is the present moment, which reminds me of a sign hanging in an English pub “free beer tomorrow.”

Tomorrow never comes does it? All you have is this very moment. Consciousness is the ability to be present, aware and awake in every moment. When you are conscious you are able to release, fear, judgment, worry, envy, and other feelings or thoughts of lower vibrations.

Now that you have identified those things that are holding you back, and turned them into positive statements, it is time to celebrate your new path to destiny. This rite of passage, as we spoke about earlier, is a turning point in life. When you really start to understand this message, your entire life takes on a new role. Every moment of your life is supposed to be amazing because you are on a unique journey of destiny. This is important work, because you can transform your entire life by merely changing the way you think.

The amazing thing about life is, you are the creator and the designer of your life you just don't realize it. When you focus on everything that is going wrong, that is the energy you create and the energy that comes back. It's really very simple. It's so simple that many people don't believe it and they just keep repeating the same mistakes, and expecting different results.

You can choose to change RIGHT HERE AND RIGHT NOW!

Take a moment to affirm this statement:

“My life is full of infinite possibilities that appear to me everyday keeping me on my destiny's path.”

If all you did is repeat this simple statement every day, your life would begin to change in amazing ways because eventually your subconscious mind would begin to think this way, bringing you everything you ever desired and wanted and needed.

Imagine you are now stepping into your place of power. Everything has led you to this amazing moment. You are thinking and dreaming in unlimited ways. You are in the spotlight. You are the creator of your life. Everything in your life has prepared you and led you to this moment. You have stood your ground and maintained your morals and values. You never compromised who you are and what you stand for. Success hasn't really changed you, and as a matter of fact, it has made your life much easier because you can now spend your time doing the things you love to do and changing the world in the process. You hold your head high because you have a lot to be proud of. You have worked diligently and earned every bit of this success.

Just revel in these positive feelings and imagine what it would feel like to be in this moment. Feel the feelings deep in your soul. You are the future and you are creating your future right here and right now. Time has no meaning so you have essentially stepped into the future in this moment. The more you can feel these feelings, the quicker and faster you will arrive at

this amazing moment and make it real. This is a very powerful exercise; so do not take this lightly. If you have to, just pretend you are in the moment like you are an actor in a stage show, your show, the amazing show of your life.

How To Develop Your Success Formula

What are the essential aspects that contribute to your formula for success?

First, is your ability to become aware of your self-talk, aka, and your inner critic. Your inner critic can be a big problem because you just get used to criticizing yourself after a while. When you really stop to think about what kind of self-talk your mind is engaged in, you realize that you may need to make some changes. Often times, we are our own worst critics and I'm here to tell you that it's time to be kinder to yourself. If you are constantly berating yourself by means of your thoughts or self-talk, your subconscious mind is listening and it will bring you more things to beat yourself up for. Habits are sometimes hard to break, but you can take steps to monitor your self-talk.

If you're having trouble understanding this concept all you have to do is take a look at your life and you can see what your thoughts have attracted, because everything that is in your life right now is there by invitation, your invitation. You created it with your thoughts, right down to every last detail!

So what have your thoughts attracted into your life? If you like what you see, congratulations, you have figured out what it takes to have an amazing life; for most though, there are things that could be improved. Our lives are a reflection of everything we have programmed into our conscious and subconscious mind over a long period of time. However, we have the ability to change that programming by our internal and external thoughts. Our internal thoughts drive us. You are what you think you are in a nutshell. If you have always been told that you were a shy child, then part of you still carries that message around, whether you realize it or not. If you were made fun of as a child, part of you still carries that pain around as well. Our attitudes and our beliefs literally shape the world around us and like a broken record, our thoughts get stuck on what our problems are, and we lose the ability to break out of the cycle. In essence, reprogramming your mind, by consciously reflecting on more positive thoughts allows you to redirect your energy, helping you create a more positive inner world.

Second, change only what you have control over. Many of us are surrounded by negative thoughts and negative messages because every time you turn on the television you are bombarded with them. So what can you do to stop this cycle? I like to suggest focusing on one thing that you can change. You certainly can't change everything at once, because that would be overwhelming. Start with one area of your life that if you made changes to would make the biggest impact for you. Sometimes just getting yourself moving in one area of life can get the rest of your life moving as well because in essence everything is interconnected.

Next, list all of the reasons that you tell yourself why you cannot easily overcome a particular issue or problem. Try and list about ten reasons. Now turn these negative statements into positive ones, keeping everything in the present tense as if you had already overcome this issue. Focus on the state of mind you want to achieve, not the state of mind you are coming from. For example, if you are trying to eat healthier you might start with the statement “I can’t stay away from fast-food”. Turn this statement around and say, “I now love eating healthy foods.” If you can place yourself into a very light meditative state, and spend a few moments repeating your affirmations, you will start to notice amazing changes. Also, pray about what you need help with. I am not a religious person, however, I am very connected to God or as some say Source. God and I are tight and he seems to give me whatever I ask for, so I keep asking and he keeps giving. This is a very simple process and one I would encourage you to do as often as possible. If you can, meditate on your suggestions just after waking, because your mind is still in a very sleepy state and this state of mind is highly suggestible. The same goes for the time right before you fall asleep, before you know it you will have your suggestions memorized and you can just review them in your mind a few times a day without any effort. Remember it took you years to get to this point, so be patient and gentle with yourself your mind needs time to absorb the new information. It takes 30 days IN A ROW for your brain’s neurons to make new pathways in order for your mind to operate from the new mental suggestions you are imprinting, so be patient and trust it’s working!

Third, learn to trust. When you truly learn how to relax and let life happen as it is supposed to you will actually achieve more. It is not always necessary to have such a tight grip on the wheel. Sometimes you just have to let go and trust that this process is working. With dedication and commitment and faith, you can change your life. Don’t let anyone tell you otherwise. You were designed for perfection and you were designed for happiness. Happiness is your birthright and if you are not living the life you want to be living, you can change it easily, all with the power of your brilliant mind. Don’t ever doubt that. If you have to, step away from naysayers in your life or hit the pause button on your friendship. You have a right to be happy. Live every day with passion and purpose because every day is a gift.

Fourth, find those things in your life that you can be thankful for and be grateful for them. You might be shocked at how well this works. If you start by focusing on those little things you’re blessed with, you will soon see that you will have much more to be thankful for. Being thankful for those things that are working right in your life will help your life expand and grow. This simple process can transform your life in amazing ways. You have everything you need inside of you to live however you want to live you just need to believe it.

Take some time to enjoy life’s beautiful moments more and don’t force this process. If you are having a bad day, that’s fine, just don’t wallow in it. Give yourself time to vent and then move on. Let it go. Forgive people because anger creates resentment, which then creates hate, which then creates negative energy. Negative energy feeds off of itself and just like a self-fulfilling prophecy, you are whatever it is you are mostly focused on. Focus on positive things, and positive things then come into your life. Focus on the negative and you get more of the negative. To put it simply: change your thoughts and you change your life.

Find What Makes You Happy And Then Do It!

What do you value? Do you value intrinsic things such as joy happiness and fun or do you value materialistic things such as money houses and cars? The answer to this question will determine where and how you focus your valuable energy. If you value materialism then you will constantly be on the path of wanting and searching always setting the bar higher and higher for yourself to jump over. Why? Simple, materialistic pursuits are short lived and they don't nourish your soul. Trust me on this, when the new car smell wore off my convertible Porsche I was about ready to trade it in for a new model when suddenly I asked myself, will buying a new Porsche again really make me happy? The answer to my question was a resounding 'No!' Thankfully I woke up and realized I needed to figure out what made me happy. I mean genuinely happy, like what made my heart sing, and set my soul on fire.

Spend a few minutes now and answer the question, what makes you happy? Go ahead, I'll wait. Okay, finished? Hopefully your answer has more to do with intrinsic things versus materialistic items. When I answered that question for my life, I realized that being a contributor to others growth really made me happy.

Now, when something has intrinsic value that means its value comes from the very thing its self. Happiness is an intrinsic value. Joy is an intrinsic value. Contribution is an intrinsic value. Love is an intrinsic value. Being of service is an intrinsic value. When you focus on your intrinsic values and those things that truly make your heart smile, you begin to really understand what destiny is all about. You start living your life as if you were being divinely guided knowing you are watching the bigger picture unfold and that you are playing a part in it.

When you discover your divine purpose, your life begins to unfold right before your very eyes. You begin to view your life with wonder and amazement. You begin to rise above the minutia and the mundane and begin focusing on what truly makes you smile.

Living your destiny and aligning with your larger purpose is how you can make a difference. Find those things that make you smile. Dig deep within your heart and soul and forge a new understanding of who you are and what you are capable of. Look for those clues that you have been given along the way. Notice the amazing synchronicities that now make sense. Look back at your life with a new eye and a new vision and notice the patterns. Notice what you are always drawn to.

I can guarantee you there is something you do better than anyone else on earth, you just have to learn how to quiet your mind enough to tap into this amazing gift. Happiness is not a place or a destination just like destiny is not a fixed point. No one can give you happiness, and no one can take it away because it is a gift you must give yourself. Your destiny will begin to unfold the moment you let go and let your intuition guide you. Once you figure out what your passion is, you will then be led to what your purpose is. Your internal system of guidance will map out the route for you to follow; you just need to be open enough to see the signs along the way.

I desire for you to have an amazing life because happy people can change the world. People that are on fire about their life share this enthusiasm with others spreading the good feelings far and wide. Let's continue to align with our higher purpose and walk the path of our destiny and together we can change the world. Should you wish to find out more about my work and if you desire to take my Destiny Delivered ecourse please click attached link:
http://jadensterling.com/products_Results.php

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