



Creating a Sparkly, Spicy Life¹

There are 10 main spheres of life (listed below) that include the things that are most important to people.

If you are pleased with the way things are going in these spheres, you are probably quite pleased with the way your life is going.

When things aren't going well in a particular sphere, a few things occur.

We aren't totally happy and satisfied with life. And, we have all sorts of reasons, excuses and explanations for why things aren't going the way we want them to.

Some of the reasons are valid and outside of our control. Some are not.

And, no, you aren't expected to control or take responsibility for things outside of your control or influence.

Over time, we start to believe our stories about why things are the way they are and why they can't be different. We start to believe that we are powerless to change things, when the truth is that we have far more power than we realize.

I am going to go to work deeply with you to take a look at what is really going on with your fears and underlying beliefs (many of them false).

I will help to liberate you from those illusions and allowing refreshing illumination into your fabulous life.

I'd love to guide you to step into the truth of what a powerful co-creator you really are!

It's time for you to finally manifest the potential that you have only just been sensing up until this point.

¹ This work is an evolution of an HG Exercise (which itself drew on work from Landmark Education) that has been modified and changed quite a bit to fit into a new methodology I am developing.

The purpose of this exercise is to help you:

- Realize that you have influence and power over far more than you realize
- Take radical responsibility for the parts that you are creating and to co-create something else extraordinary
- Get the Small You playing its proper role which creates space for the Expansive, Infinite You opening the portal for the energy of life to become the active force (from action to being acted through by the evolutionary impulse of life)
- To clearly see the ways in which you are getting in your own way and to get out of your own way!

HOMEPLAY

ESSENTIAL: If you are pressed for time, then do just Sphere 8 (Work/Career)

BONUS: For the purposes of this program, we will be focusing on spheres 1 (Spiritual), 2 (Relationship to Self), 8 (Work/Career) and 9 (Wealth) with a sprinkling of 7 (Pleasure) and 10 (Time) as needed.

ABOVE AND BEYOND: If you want to go all out, review all the spheres below, and COMPLETE the requested information on each sphere.

Rate them on a scale from 1 to 10, as described here:

- 10 Perfect. Happens only occasionally when you are at a peak moment like the kind you fantasize about.
- 9 Hot and Spicy! Highest score you can maintain on a consistent basis.
- 8 Fabulous state of affairs. To get to a 9, a lot of effort will be needed. You feel great about this.
- 7 A really good place to be, but not quite great yet. Well on your way to great, if you commit to shifting.
- 6 Decent state of affairs; can coast here because there is little pain or reason to change. You're living inside your comfort zone.
- 5 When you make the jump from 4 and you are no longer in all that much pain. You are making progress and can see the possibility of moving up the scale and you are really beginning to own your excuses and move beyond denial, justification and excuses. OR, when you've been at a 6 for a while, and are consciously or subconsciously avoiding what it will take to improve.
- 4 Painful, but not yet intolerable. It's likely that denial, justification and excuses are operating here. Victimhood and self-pity are most likely present.
- 3 Things feel very bad and you wonder whether they will ever get better. There's still a little bit of hope.
- 2 Things feel almost hopeless. You often wonder why you exist. There is so much pain. Virtually unbearable. You may need to augment your coaching with some treatment for depression if you stay here too long.

- 1 You sometimes wish you would disappear. Unsustainable level of displeasure. You may need to augment your coaching with some treatment for depression if you stay here too long.

Take each sphere one-by-one, and answer all five questions before moving on to the next sphere.

1. **Your Dream Vision:** Describe what your ideal would look like in this sphere - a stable 9 with some peak moments at level 10. Share your fantasy, if you dare! Share both results you will accomplish and also what it will feel like, look like and be like to accomplish those results. Give an in-depth and thorough description:
 - a. Write it in the present tense as though it has already been accomplished.
 - b. Be sure to include everything you want. Cover a variety of activities and time frames. Create the full picture in as much juicy detail as possible. Really bring it to life! Fill it with descriptive details that will assist you in anchoring it to reality. If you want add pictures, drawing, or whatever will make it more real and vivid for you.
 - c. Dare to dream big. Take some risks as you're writing and really stretch yourself. If fear of failing comes up, note your thoughts on another sheet of paper, and then move back into the inspiration. Make it something that is both a stretch but is also something you can really believe in and get behind.
 - d. Does it pass the goose bump test – are you getting goose bumps as you write it and read it back to yourself?
 - e. Find that energy of the future self you sense and bring it into now; bring it into the description. Write in present tense, as if your dream is happening right now. So thrilling!
 - f. WRITE IT NOW! You have to imagine it to have it. Dare to dream. You can always polish it or add anything you might want to add at any time.
 - g. Keep it where you can see and read it daily (morning or night or both) or weekly so you can call in the vibration of the future self.
2. **Rating of Your Current Reality:** Rate each sphere on a scale of 1-10 based on where you are *right now*. Share truthfully. A low number just means that there is work to do. Try to see it as an opportunity for growth. The more honest you are, the more progress we will be able to make together.
3. **Description of Your Current Reality:** If the sphere is not ideal right now, what does this it look like right now? Describe it in as much detail as you described your dream. Go through all the elements of your dream and share where things are right now. If it is a 9/10, share about why that is.
4. **Why you Don't Have Your Dream Yet:** There are two parts to this element. Do part a. first and the go back through and do part b.

- a. If the sphere is not at a 9/10, what are the excuses, the reasons or the explanations? How did you come to be stuck at the current number? What negative beliefs are getting in the way of you getting to your dream? Tell the truth about what is really going on here. Dig deep. Tell on yourself. Share in detail about what your Inner Wicked Girl saying to you about why you aren't at your ideal? Is there any mean inner dialogue going on? Are you being really hard on yourself or harsh?
 - b. Now, go back, point-by-point and argue with everything your Inner Wicked Girl said. What is your Inner Wise Woman saying to you about what is really true here? As you are engaging in this exploration, are any new insights coming through about the truth of the situation? How might you be getting in your own way here? Take ownership and radical self-responsibility for what you are creating in this area. Do the best you can. Together, we will be looking at this more deeply.
5. **Compassion and Love:** Go deep into your heart and write to yourself about how it's all currently okay and will be okay in the future in this area. Reassure yourself and soothe yourself like a mother would soothe a young child.

For example:

- **Body/Health/Vitality**
 - Outside Health: weight, appearance, presentation, how you look
 - Inner Health: physical, mental & emotional
 - Energy: Do you have enough? Not enough? Somewhere in between
 - Feeling State: How do you feel most of the time in your body – does it feel yummy? Uncomfortable? Like you want to escape? Like you'd rather be nowhere else?

Sphere: **Body/Health/Vitality**

1. Dream Vision:

I wake up full of energy and vitality for my day. I'm so grateful for my amazing body and feel so deeply connected to her. She is me. I am her. I'm thrilled to be wearing sexy AND comfy pajamas. Really, I'm so spicy hot no matter what I'm wearing. I catch a glimpse of myself in the dresser mirror and am thrilled by what I see. I look and feel fabulous, better than ever.

I always put caring for myself and my body first and schedule daily sacred time for my body temple. I begin with choosing a card from my 13 Moon Oracle deck and flow into meditation to calm my mind and nervous system. I love my 10 minutes of daily journaling.

I shift gears to my daily workout which could include walking, dancing, spinning, kickboxing, yoga, tai chi or something else active. My body animal loves to move and gracefully glides through my movement practice.

I'm steaming hot in my red bikini as I jump into our Infinity Pool for a quick dip. I have an hourglass figure with sculpted, toned and strong muscles.

I strip down to get in the shower and catch my Beloved giving me an appreciative glance. My figure is slim, svelte AND curvy all at once.

I just love my body and being in it. I wash my gorgeous brown, soft skin and thick, shiny, long black hair. Afterwards, massaging the yummy Ayurvedic Goddess lotion into my gorgeous limbs is such a joy and a part of my daily ritual to care for my Body temple.

I'm comfortable in my skin, naked or clothed.

It's so much fun to wander into my closet and see all the colorful, exotic, fabulous clothes and shoes. Everything looks great on me, so it's tough to choose what to wear.

Today, I choose a bluish purple fitted dress in a silk soft fabric, cut a little above the knee to show off my sexy, long, shapely legs, and cut a little low to give a gorgeous, subtle and tasteful hint of my cleavage. I look sensual, sexy, classy and professional all at once.

I grab some strappy, sophisticated and comfy sandals, adorn myself with some gorgeous goddess jewelry and essential oils and I'm ready for my exhilarating day.

I weigh somewhere between 125 and 135 and I maintain this weight range easily because I love my regular movement practices and I take deep pleasure in the nourishing, high vibration foods I eat throughout the day and also relish my occasional indulgences.

Eating is easy and maintaining my weight comes to me naturally. I also have many other well-developed pleasures to augment my enjoyment and love of food.

I am grateful for the amazing gift of my body temple and I worship at her altar everyday, showing her my devotion. She is the source of my life. She is my everything.

I feel full and deeply FULLfilled, all my cravings satisfied in fabulously healthy ways.

When people see me, they can feel the radiance, power and fire emanating from me, grounded in the still, deep waters of my wisdom and the cauldron of the great mother.

My presence lights up a room and people are drawn to me, not just because I am physically stunning ... because my energy is irresistible and magnetic. I am here now.

2. Rating: 5

3. Current: I weigh a lot more than I want to weigh and I really feel it. I feel unhealthy and uncomfortable at this weight. I'm not flexible to begin with, and the extra weight makes it even harder to do even the basic yoga I used to do. I can't even wear my fat clothes anymore. I weigh more than I did when I was pregnant. I have started to work out again, but am not regular enough. And, I have also make huge progress in the way I feel about myself. In the past, every time I lost weight, it was from a place of hating myself. I no longer hate myself. I do like myself, even though I'm not at my ideal weight. However, I don't yet love my body and do have a lot of trouble feeling sexy in my body these days. Last year, at this time, I had a tough time even getting professional photos taken because I was concerned about my weight. This year, I had professional photos taken in Bali and I had her do some in full length so that I can appreciate the radiant, sexy goddess I am now, no matter what my weight. These shifts are steps in the right direction, and yet, I still do find myself eating too fast, not being present when I eat, not enjoying every bite and rushing to eat my food so I can get back to work. While I do like my new gym, there are some weeks when I just can't get there as much as I want. And, sometimes, I really just want to eat what I want to eat, and drink what I want to drink, whether it's bad for me or not, whether I'm hungry or not. I just want to indulge. The urges are so compelling and they just take over. I can't control them sometimes.

4. Why am I not there: Inner Wicked Girl: I cannot have my dream because ... (write in all the reasons); Inner Wise Woman: What's really true here is written in bold. ***I wrote out the Inner Wicked Girl's thoughts first and then turned to the Inner Wise Woman on my second pass at these.***

- I have thyroid and adrenal issues and I don't know how to fix them, so no matter what I do, it's impossible for me to lose weight. – **I'm taking thyroid medication which is helping with my thyroid. I'm decreasing stress in my life and taking other measures to help my adrenals function better. It may take some time to deal with these issues, but the truth is that I am not diligent enough in dealing with them because I like having these as go to excuses, things that are "beyond my control" that I can point to.**
- I have always had some struggle with my body and felt disconnected from it, even when I was thinner. **Yes, this is true. And, I'm working everyday, little by little to shift my relationship to my body, to get to know her, to love her, to listen to her, to accept her. It may take some time, but slowly my body is beginning to trust me again.**
- It's impossible for me to lose all this weight. I've tried and it doesn't work. I always gain it back and more. And, now, there is soooo much of it that it's even more impossible. – **it's not impossible! It just feels hard right now because I am in some destructive and indulgent habits and I don't want to let them go. However, the way I eat and the way I don't make time for my body is all starting to catch up with me and I don't feel nearly as good as I like to feel and I want to feel. While it is painful to let go of my self-indulgence, my desire for health is getting bigger than my desire to indulge. I'm also learning that things like eating too much and drinking too much provide only a little short term pleasure and then they create a**

lot of pain. In contrast, taking care of myself is a hard habit to cultivate at first, but the more I do it, the more pleasure I receive.

- **My body doesn't work as well anymore. It's true that my body has broken down in some ways. What's also true is that my body is miraculous and I'm going to cultivate the ability for my body to miraculously heal itself!**
- **I wasn't athletic to begin with, but now, I can't even do what I used to be able to do in the gym. All the more reason to get started again now so that I can get more flexible and stronger. I love the feeling in my body of being stronger. I may not ever be very flexible, but I'm going to love my body as she is and help her to get as flexible as she can get.**
- **I stopped working out 3 and a half years ago, after the car accident ... it's been too long. Since then, I started this business and between my business and taking care of my family, it takes up all my time. I don't even have time to do proper organizing in the house or see friends, let alone actually taking care of my body. Yes, it has been too long since I worked out regularly. What's also true is that I can make time for friends, for sorting out the house (case in point – I did tons of cleaning and sorting this last week) and taking care of my body. It's a matter of prioritizing and scheduling. And, I actually do better work when I am taking great care of myself.**
- **My body hates me and won't cooperate. I have hurt my body too much and she's just not going to heal and she's just not going to partner with me and work with me. She's mad at me because of all my overdoing. My body is very forgiving and she is here for me. She has been waiting for me to listen and pay attention to her. I can make it all up to her by taking really good care of her now.**
- **The urges are so compelling and they just take over. I can't control them sometimes. My urges will always be there and they will never diminish. It's hopeless. As I find other sources of pleasure, the urges actually do diminish. It's not a matter of controlling the urges. It's a matter of listening more deeply to what it is that I'm truly wanting – it's usually not really the food. Usually, the food is a substitute for other things.**
- **I'm just not meant to be thinner. Maybe I'm just meant to be a larger woman like the bigger goddesses in the pictures from the past. Maybe I should just accept it. I may not be meant to be stick thin and that's fine – I don't want that anyways. What's true is that I am uncomfortable at this weight and if I give up on releasing weight right now, then it is a total cop out and letting my excuses win so I can stay within my comfort zone. It's hypocrisy and it's not what I teach! It's time for me to really get out of my comfort zone and push myself (in a really good way) towards health. In this case, pushing myself is an act of self love and not self loathing!**
- **My parents messed up my relationship with food when I was younger by trying to control my appetite before I was actually fat. They were worried I would get fat, so they tried to make sure I didn't by trying to restrict what I ate. This was a long time ago, and it's also a great excuse to blame them. Truth is that I am making all my choices now and they aren't forcing me to do anything! I am 43 years old. I'm not in their home anymore. If I**

am still being influenced by what happened when I was a kid, it's because I was allowing it.

- Food is such a reliable source of pleasure. It's always there. Same with alcohol, although I do use that much less than food. **And, if it's low vibration food, it actually doesn't feel pleasurable for very long after I eat it. I will continue to cultivate other sources of pleasure.**

5. Compassion and Love:

Sweetheart, you have been through a lot in your life and food has always been there for you, and being in your head has always been there for you. It makes sense that as you have grown older and life has become more stressful, that you move less and less, eat more and more and retreat into your brilliant mind.

You have done such a great job in birthing your great work into the world, despite Moneesh resisting it, and despite so many circumstances getting in the way. You have been relentless and determined and you have made it happen, against all odds. And, I'm sooooo proud of you.

The step that is going to take you to the next level, and you know this already, is connecting more deeply with your body and taking better care of her. It is the missing piece for you.

The more deeply you connect to Her, your beautiful body, the more deeply present you will be. Being more deeply embodied is what you crave. Deeper connection with spirit is what you crave.

And, as you love your body more and more and you show Her your love by eating nourishing, whole foods and moving her around in the ways she loves to move, you will soar to greater heights than you have ever imagined. The world will open up to you even more than it already has.

You are sooooo ready to step into your power and be more visible. It's time for you to stop hiding behind all that weight and really show yourself for the gorgeous, sexy, steaming hot goddess that you are!

10 Spheres of Life

- 1. Spirit, Connection to the Divine, Creative Force of Life, Greater Field of Life, Nature**
 - a. Do you have a sense of connection to something larger than you?
 - b. If so, how do you define your relationship to something greater than you? Is Life (God) taking care of you? Do you feel abandoned? Or, is it somewhere in between?
 - c. If not, explain what in your experience has led to your thoughts?

2. **Relationship to Yourself, Self-Love, Space Within, Your Heart**
 - a. Inner dialogue: What do you say about yourself to yourself? I'm bad at X, I'm great at X etc.
 - b. Include bad habits and vices: biting your nails, overeating, drinking, smoking, partying, addictions, shopping therapy, gambling, being self destructive in some other way
 - c. Also include Character Traits — things that don't work well about you, such as anxiety, anger, moodiness, lying, fear, whining and being a brat.
3. **Body/Health/Vitality**
 - a. Outside Health: weight, appearance, presentation, how you look
 - b. Inner Health: physical, mental & emotional
 - c. Energy: Do you have enough? Not enough? Somewhere in between
 - d. Feeling State: How do you feel most of the time in your body – does it feel yummy? Uncomfortable? Like you want to escape? Like you'd rather be nowhere else?
4. **Romantic Love**
 - a. Address - Are you currently in a relationship or not, what are you looking for, what would your dream relationship look like?
 - b. Romance — giving and receiving attention with your partner – how is that going for you? Or, how has it gone in the past?
 - c. Sex — are you happy with the quality and frequency? If you aren't currently intimate on a regular basis, when was the last time you were intimate with your partner? Is there cheating of any sort in your history?
5. **Family and Community**
 - a. Family — your participation with your parents, siblings and children. Are there family issues and dynamics that are difficult for you? If so, describe?
 - b. Community — friends, depth, intimacy. Are you close with your community? Are there any common issues or difficult dynamics that come up with your friends? If so, describe.
6. **Home, Physical Space**
 - a. Is your personal space organized, immaculate, clutter-free, etc.? If your space is cluttered, how do you feel about that? If your space is immaculate, what is your relationship to that? Do you get anxious or somehow disturbed if things are out of place or out of order?
 - b. Home — do you like your house or apartment? Does it reflect you well? How does it feel and look? Does it feel like home?
7. **Fun, Pleasure, Passion, Inspiration**
 - a. Wild Fire – What lights your fire? What stokes it?
 - b. Creativity – What is longing to be expressed within you?

- c. Learning — about things that interest you, such as learning to fly a plane, play the guitar, or speak Spanish.
- d. Fun & Adventure — vacations, self-indulgent time, out-of-the-ordinary events.
- e. Art – is there an artist within you longing to emerge?

8. **Work/Career**

- a. How's it going? What is your level of satisfaction?
- b. Do you love what you're doing? If not, why not?
- c. What do you strive for? Are you wanting to make a larger contribution that you're not yet making? If so, what is it that's burning inside you wanting to emerge? Or, what is it that is a small hidden seed in the background waiting for you to water it?

9. **Money, Wealth, Financial Abundance**

- a. Are you happy with the amount you earn, the amount you've saved, how you spend your money, and how it's managed?
- b. What is your relationship to enoughness? Do you feel like you have enough no matter how much or how little you have? Do you feel like you never have enough, no matter how much you have?

10. **Time**

- a. How well do you manage your time, to-dos, and scheduling?
- b. Is there anything you wish you'd get to but don't?
- c. Feelings about time - Do you feel like you run out of time? Do you feel like you're not doing enough with your time? Do you procrastinate?

Another example of Dream Vision

Sphere: **Work/Career and Beyond - Combined**

I wake up in the morning to the sweet feel of my soulmate touching me which turns into making mad, passionate, tender love. I bounce out of bed with the energy of my passionate, fiery, wild woman in full gear.

I go for a quick rejuvenating swim in our salt-water infinity pool. Sabina, my dearest friend and colleague joins me in the healing waters. We swim and enjoy inspiring conversation. My housekeeper stops by to nourish us both with power smoothies made with all sorts of yummy, healthy, high vibration ingredients.

Sabina and I walk together to the ocean behind my amazing house. Sabina guides us in some sensual movement including yoga, tai chi, belly dancing and kama sutra moves. We end with pranayama and meditation.

Sabina is also a massage therapist and I am the elated recipient of a quick 30 minute massage laced with energy work. My chakras are open and I feel deeply energized and alive.

My fancy shower is invigorating with wonderful jets above my head, like rain pouring over me. Sometimes my soulmate joins me in there ... there is enough room for both of us.

We both enjoy Access Consciousness practices and sometimes we run each others bars in the morning to power start our day.

I dress my body in silky, soft, flowing clothing that feels like pajamas, but looks fantastic. Today, I choose a multi-colored, sexy blouse with flowy, light colored pants that nicely highlight my lovely curves. I am slender and fit and everything looks good on me.

Sabina joins me again to help with my hair and make up. I'm speaking today at a local gathering of powerful women leaders about How to Get Unstuck and Start Making Your Mission Real.

I have a little time before the meeting which I spent reading, writing and reflecting on my PhD thesis having to do with Goddesses, mysticism, psychology, religious studies, justice and business ... some days, I spend the whole day in this contemplation. I sit in my oceanview office, enjoying the sounds of the waves as I write and create.

My housekeeper brings me a healthy, delicious lunch and I spend half an hour simply eating, finding so much pleasure in every bite and watching the waves.

My limo whisks Sabina and I off to the meeting. We are so excited about the possibilities we will open up these amazing women. They are deeply moved, some of them never having heard another speak so honestly of their inner experience.

Many tears are shed, lives changed, books sold. I've written several best-selling books and my manager has brought some of them with us to share with the group.

We meet colleagues for afternoon tea and we brainstorm about our latest world-changing project and the retreats we are co-creating in Thailand, Peru, Bali and Hawaii.

I return home for a conference call with fellow evolutionary leaders across the world to discuss an inspiring pro bono project. This work draws upon my Warrior for Truth and Justice energy liberating women across the planet. So nourishing.

I complete my "work"day (really playday!) with a mentoring call with my Wild Wealthy Woman Mastermind, a phenomenal group of potent women leaders who are trusting me to mentor them. I feel so enlivened and stimulated by our time together and so fortunate to be the leader of this powerful tribe.

In the evening, my son drops by for dinner at home. He's in college now studying something to do with sports and loves it. He is also the star pitcher and short stop for the baseball team.

My housekeeper has everything chopped and ready for me to whip into his favorite meal. I always wanted a sous chef! My Beloved joins us for a lovely oceanside dinner. The evening is full of great conversation and lots of laughter and hugs.

My day completes with some oceanside reading before delicious nurturing sleep.