

# The Best Year Of Your Life

(SO FAR)



5 steps to achieve your heart's true desires  
and have the best year yet  
— starting right now

# It begins...

## What's possible in a year?

### BY APPLYING THESE METHODS YOU WILL:

- Discover what you really want for your life and year ahead
- Commit to living your ideal life to the best of your ability right now
- Find out what you can practically do each day to move forward in your new life
- Make this the best year of your life so far

And of course...enjoy the journey – starting now.

You can do this practice at the beginning of the year or at the turn of a special event, like a birthday. You can also do this any time you feel inspired to reconnect with what matters most and get back on your mission. The more you remember what you want and do it, the better!

To get the most from this session, you may want to print this document out and get a pen and paper to answer the questions. Go deep and enjoy the ride.

## 1. Getting “The Charge”

We are spiritual beings having a human experience. And as a spiritual being you have your own spiritual battery, filled with spiritual power. We need a lot of spiritual energy to feel alive, capable, inspired and able to create the life we love. If we don't have enough spiritual power, we feel tired, sad, confused, lost, angry and incapable of creating a truly wonderful life.

Our spiritual energy is either depleted or recharged based on what we do (or don't do). Every day, we are either going *UP* - charging our spiritual battery and ascending to greater levels of happiness, contentment, success, wealth, health and freedom...

Or we are going *DOWN* - discharging our spiritual battery - falling into sadness, anxiety, debt, stress, worry and sickness.

## **NOTHING WE DO IS NEUTRAL. WE EITHER GO UP OR DOWN.**

Once you realize this, the #1 priority in life is to 'Get The Charge' so you can feel happy, inspired and able to live your life fully. More Charge = more joy, success, freedom, love, peace and contentment.

We can charge our spiritual battery through Connection to Source/God/The Divine. And by doing things that serve the greatest good – creating positive karma.

## **HOW TO GET 'THE CHARGE'**

**1. Remember who you really are.** To do this, go within and consider yourself a soul\*, a tiny, eternal shining light, like a star. A spiritual being. You can deepen this experience by simply reminding yourself: "I am a shining being of light, love, peace and joy. I am the light. I am eternal. I, the soul, am sitting in the center of my forehead." You are a master of your body. You are a powerful soul. As you do this practice, you begin to feel lighter and more connected with a deeper part of you and then you can move onto the next stage.

\* If you feel this language doesn't work for you, you can also try simply focusing on being your most calm, light and grounded presence. Feel what it feels like when you settle into yourself, with peace and total love and acceptance. The presence and energy of ease you feel is another way of tapping into your true core.

**2. Connect To The Source Spiritual Power.** Once you remember who you are, you can begin to connect your awareness and focus to the Divine/God, the Source\*. You do this by simply visualizing a shining powerful sun – a spiritual sun that shines light, love, power, peace and bliss onto the world, and into you, the soul. See that light shining into you. Feel the vibrations filling you up. Make the Link of love, the connection to the Source of Divine Power. As you open yourself to receive this light – you see the light. You feel the peace. Keep focusing your mind and heart on the One and you will begin to absorb this spiritual energy into yourself. Keep feeling the power. Keep allowing the energy to fill you up. Breathe in light, give thanks and shine that all around you. As you do this, you recharge the battery of the soul. Feel it, give thanks. Smile. Enjoy. (You can learn more about this at [rajayogaonline.com](http://rajayogaonline.com)).

\*If you feel this language doesn't work for you, you can also try connecting in with the energy field of Unconditional Love. What does the presence of Unconditional Love feel like? How can you welcome more of this into your heart and your life? Receive this Love to recharge yourself.

The more you remember **who you are and connect to the Source**, the more your soul battery is recharged. Getting the charge is important because the more power you have, the more you are able to create the kind of life you love (and overcome obstacles and challenges along the way).

Unfortunately, most things we do, bring us down and only a few bring us up. We discharge our battery by forgetting to connect with Source and getting wrapped up in ego based living, selfishness, consumption and making mistakes that hurt ourselves or others. The good news is no matter where you are now, you can change the trajectory of your life and future, by getting The Charge and choosing to live an empowered life. Small changes today lead to a radically better future.

### **QUESTIONS TO A BETTER LIFE**

- Do you want to go up... or down?
- Are you willing to commit to a LIFESTYLE of going up?
- Are you willing to take 100% responsibility for your life?

*To make this shift, put your hand on your heart and say out loud or in your mind:*

From now on, I am willing to take 100% responsibility for my own life and success.  
I am willing to do what gives me the charge and takes me up.  
I am ready to love myself and make the most of my precious life.

## **2. The Two Sides Of Our Lives**

There are two main aspects of our lives.

1. **YOUR INNER LIFE** – how you feel, what you experience inside your heart and mind, your state of consciousness, who you have become.
2. **YOUR OUTER LIFE** – what you have, what you own, your success in the world, your creations, environment, relationships, money etc.

If you want to have a wonderful life, then focus on getting The Charge and improving both areas of life, by embracing powerful practices that lead you to success. When you dedicate your time and energy to the things that raise you UP - and avoid the things that pull you down - you'll end up with a truly exceptional life. It sounds simple because it is simple.

The big challenge, however, is moving beyond thinking 'yes I know that', to actually doing it! This is THE GREAT LEAP we must take, if we want to be successful. Pay close attention.

### 3. The Great Leap

Why do people – with similar situations – experience very different levels of happiness, success, freedom? Most people know what they 'should' do, but they don't do it.

The difference between the successful and less successful is their willingness to go beyond knowing *about* things into actually making it happen. This means jumping from over the canyon – between the land of knowing – into the land of doing. The Land of Success. Successful people make the great leap into PRACTICE. Successful people love to take action. They learn, and then, more importantly, they APPLY. Over and over and over again.

**Their motto is PRACTICE MAKES PERFECT.**

The more practice you get, the more success you attain.

While others just sit about, thinking, philosophizing and staying stuck in the past, the successful are doing the practices that lead them to success.

**The good news is no matter where you are, you can take the great leap now.**

Do you want to be someone who knows a lot, but does nothing (a fool with a thousand books?) Or someone who learns the core things they need to do to get *what they truly desire...* and then practices, practices, practices until they've reached their own potential?

Which side of the line do you want to be on?

Right now, you can make the shift...

**"THEREFORE, NOW CHECK IF YOU HAVE IMBIBED EVERY POINT OF KNOWLEDGE AS A POWER. HAVE YOU JUST BECOME KNOWLEDGE-FULL OR HAVE YOU ALSO BECOME POWERFUL? YOU CAN NOW GIVE YOURSELF TRAINING IN WHICH POWERS EACH POINT OF KNOWLEDGE HAS, HOW MUCH POWER IT HAS, WHICH POWERS CAN BE USED AT WHICH TIME AND IN WHAT WAY. ACCURATE KNOWLEDGE IS THE FORM OF LIGHT AND POWER." - ASD**

# THE GREAT LEAP

You can make a choice now, to take the Great Leap.

If you're ready, open your heart and say this it out loud.

**Today, right now, I claim back my power.**

**Right here and now, I am now an action taker.**

**I am here to embody and apply the truth that I know,  
to the best of my ability.**

**I love practicing and becoming my own highest potential.**

**I love taking action and doing what I need to do.**

**Even if I have some challenges or resistance,**

**I never give up and so I keep moving ahead.**

**I am always moving forward.**

**Success is my birthright.**

**Determination is my mantra.**

**I commit 100% to myself and doing what is truly good for my soul.**

**I realize that I am 100% responsible for my life.**

**Success is in my hands, and my hands alone.**

**I take help from God, The Divine or Higher Power.**

**I cooperate with other souls, and receive cooperation**

**and I know that I am always responsible for my own actions.**

**From now on, I am someone who lives what I believe, every day,  
to the very best of my ability— right now.**

**I create my own success.**

**I am grateful for this opportunity to practice.**

**Practice makes perfect.**

**Practice makes perfect.**

**Practice makes perfect.**

**YES! It is done.**

**It is done!**

**I AM ALIVE!**

**THANK YOU!**

**It is done.**

## 4. Your Daily Practices for Success

Now that you know what matters most (practice), it's time to discover what you can DO, each day, to upgrade your inner and outer worlds. By doing this exercise, you can become who you want to be and create the things that matter most to you. Starting today.

### Discover Your Inner Success Practices

- What state of being do you want to feel? (e.g. more joy, love, deep contentment, spiritual power)
- Why is this state of being important to you?
- How will you know when you've achieved it? What will be new and different? What will you see, hear, touch, taste, smell, feel?
- What do you have to DO to become this and experience this state?  
Think of a realistic daily practice that, when applied, will allow you to feel that. This is essential.
- What do you need to release (let go, give up) to achieve this state?  
Think about what habits, situations and/or people that need to be let go of, to make the state more sustainable. Let go and become free.

(NOTE: If you don't know any of these answers, just sit with the questions in silence and let go. See what comes up. And if you still don't know, then ask: Who can help me figure this out? Find someone who can help you and get their help).

ONCE THIS IS DONE, FILL IN YOUR 'I AM' REMINDER AT THE END OF THIS DOCUMENT.

*"Whatever you do, you do it for yourself"*

## Discover Your Outer Success Practices

- What do you want to create/achieve? (e.g. more joy, love, deep contentment, spiritual power)
- Why is this important to you?
- How will you know when you've achieved it? What will be new and different? What will you see, hear, touch, taste, smell, feel?
- What do you have to DO to create this achievement?  
Think of a realistic daily practice that, when applied will allow you to feel that.
- What do you need to release (let go, give up) to achieve this state?  
Think about what habits, situations and/or people that need to be let go of, to make the state more sustainable.

(NOTE: If you don't know any of these answers, just sit with the questions in silence and let go. See what comes up. And if you still don't know, then ask: Who can help me figure this out? Find someone who can help you and get their help).

ONCE THIS IS DONE, FILL IN YOUR "I HAVE CREATED" REMINDER AT THE END OF THIS DOCUMENT AND PLACE IT SOMEWHERE THAT YOU'LL SEE DAILY. For example, stick it to the wall in your office, or next to your bed.

*"You are the stars of the earth, and those are the stars of the sky. You play such huge parts! Whilst playing your parts, your sparkle becomes dull. Your batteries become discharged. The power that you souls had in you has been used up. You now have to fill yourselves with power from The Source. You are now recharging your batteries."*

I AM \_\_\_\_\_

EVERYDAY

I DO \_\_\_\_\_

I RELEASE \_\_\_\_\_

Signature    Date

I HAVE  
CREATED \_\_\_\_\_

EVERYDAY

I DO \_\_\_\_\_

I RELEASE \_\_\_\_\_

Signature    Date

## 5. YOUR GUARANTEED SUCCESS PRACTICE

To make sure you have the best year of your life so far, here is what to do. Every day, look at your I AM REMINDER to help you remember who you are and who you are becoming. Then do the following daily practice.

### THE GOLDEN DAILY PRACTICE

Each morning...

- Re-write who you are becoming and what you are creating - feel it deeply.
- Write down what you need to do TODAY to move towards that vision. Ask, "what are the most powerful practices that will lead me to success?" (Use the 80/20 rule). This is your daily inspired To Do list.
- **Then at the end of the day...**
  - Joyfully tick off all the things you've done, give thanks and feel good about it. (If you haven't done everything you wanted to, no worries, bring those things to the next day, and appreciate yourself anyway for having the courage each day to try. :-))
  - Write a letter to yourself and or God/Higher Power about your day and any insights you have about your life and making it better. This is a short journal for success.
  - Go to sleep with a clear conscience and hold the vision of who you are becoming.
  - Wake up and repeat— making each day a truly blessed day.

This may sound simple, but when you do it daily you will be AMAZED at how much better your life becomes! Try it for a week and see for yourself. Remember, **The Journey Is The Destination**. Love life now. Live your best life now. Enjoy being alive now.

### EXTRA SUPPORT

Success is easier when you have a support group, coach or just someone who you can talk to and share your daily/weekly experiences of your new life and practices

Do you know anyone who you can share this journey with?

Do you know a coach or mentor who you can connect with?

Can you create a group of like minded souls who share their successes and encourage each other?

*May you be successful and enjoy the journey!*

## ps. Here are some other resources you may enjoy...

Free Meditation Course: [rajayogaonline.com](http://rajayogaonline.com)

The Ascension Toolkit: [attaineverything.com](http://attaineverything.com)

Free Meditations: [freemeditations.net](http://freemeditations.net)

### **Meditations on Insight Timer:**

Michael Mackintosh Meditations: [insighttimer.com/michaelmackintosh](http://insighttimer.com/michaelmackintosh)

Arielle Hecht Meditations: [insighttimer.com/ariellehecht](http://insighttimer.com/ariellehecht)

### **More wonderful resources:**

Awakened Academy Spiritual Life Coach Certification: [awakenedacademy.com](http://awakenedacademy.com)

Facebook: <https://www.facebook.com/awakenedacademy/>

### **Other Youtube Channels:**

Awakened Academy: <https://www.youtube.com/awakenedacademy>

Superhero Training: <https://www.youtube.com/user/successultranow>

**Free Spiritual Books:** <https://rajayogaonline.com/free-books/>

### **Other Books**

Let Go & Awaken: <https://amzn.to/37bjrNp>

3 Seconds To Being Your Higher Self: <https://amzn.to/39lk6NZ>

Overcoming Ego & Reconnecting With Your True Self: <https://amzn.to/2Q5vVAx>

The Golden Life: <https://amzn.to/37fVX9W>

Do Nothing, Achieve Everything: <https://amzn.to/2EX7Mpt>

Why The Law Of Attraction Doesn't Work For Most People: <https://amzn.to/2MwHsXq>

Get it Done: <https://amzn.to/2Q2VMcn>

## “IF NOT NOW, THEN NEVER!”

If, whilst performing every elevated act and having elevated thoughts, you souls always remember “If not now, then never!” what would happen? You would always be strong while doing every elevated task and move forward. As well as that, this slogan also gives you zeal and enthusiasm. You automatically have spiritual awakening.

Thoughts of ordinary effort such as “OK, I will do it some time. I have to do it anyway! I have to move along in that way. I have to become that anyway”, would automatically end, because you would have become aware of “**If not now, then never!**”. “Whatever you want to do, do it now.” This is called intense (fast) effort.

Sometimes, as the moment changes, even the auspicious thought changes. The enthusiasm with which you might have thought of performing an auspicious task also changes. Therefore, what was the speciality you saw in great successful souls in becoming successful? They don’t say “At some time”, but, “I have to do it now!”

It is said: An instant donation is the greatest charity. If you don’t donate instantly, if you think about it and take time, if you make plans and then make them practical, that would not be called an instant donation. It would simply be called a donation. There is a difference between an instant donation and a donation. An instant donation is a great donation. The fruit of a great donation is great. Whilst you are still thinking about making a thought practical, “OK, I should do this, I will do it. Not now, but I will do it after some time. I will do this much for now”, the time gap between thinking those thoughts and actually putting them into practice gives negativity a chance.

**Check: To what extent have you accumulated the treasure of knowledge, the treasure of powers, the treasure of elevated thoughts and the treasure of time? To what extent have you accumulated all of these four treasures? So, now, check your account of all these four things. Then you can learn what the method is to accumulate in each account, how it is related to attainment and how to accumulate.**

**Do it now and success is guaranteed.**

May you be one who constantly has elevated thoughts of donating instantly, which is great charity. May you always transform “some time” into “now”. Do it now. - ABD