

Creating Your Heart's Desire Guidebook

*Principles for Living the Life
You Really Want*

Sonia Choquette

IMPORTANT

To begin — Please save this workbook to your desktop or in another location.

How can you get the most out of this writeable workbook? Research has shown that the more ways you interact with learning material, the deeper your learning will be. Nightingale-Conant has created a cutting-edge learning system that involves listening to the audio, reading the ideas in the workbook, and writing your ideas and thoughts down. In fact, this workbook is designed so that you can fill in your answers right inside this document.

For each session, we recommend the following:

- ✓ Preview the section of the workbook that corresponds with the audio session, paying particular attention to the exercises.
- ✓ Listen to the audio session at least once.
- ✓ Read the text of the workbook.
- ✓ Complete the assignments in the workbook.

Remember, the more you apply this information, the more you'll get out of it.

Creating Your Heart's Desire
Principles for Creating the
Life You *Really* Want



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WELCOME TO THE 9 UNIVERSAL PRINCIPLES OF CREATIVITY
AND HOW TO CREATE YOUR HEART'S DESIRE

GOALS OF THIS PROGRAM

1. To make you aware that you are a spiritual being here on earth to create!
2. To help you become familiar with the process of creativity and to become aware of how the principles of creating your dream are consistent, consecutive and impartial, and that anyone who follows them will succeed.
3. To teach you that creating your heart's desire is a simple step-by-step process, but it demands absolute attention and awareness on your part.
4. That creating the life you really want requires 3 essential elements. They are:
 - A. **Desire:** The first element is the passionate, fiery element of desire. In order to create your desire, you must be present and true.
 - B. **Imagination:** The second element is imagination. Imagination solidifies and shapes your desire into a physical expression.
 - C. **Action:** If your desire is true and well imagined, you will be compelled to take up action to support it. Action is desire in motion.

This system is a tested manageable process that one can easily follow from original goal to fulfilling result. So, let's not waste any more time. Let's begin creating your heart's desire!

Your Heart's Desire ♥

RECOGNIZE THE POWER YOUR ALREADY POSSESS!

It is important to begin creating your heart's desire by acknowledging that you are a creative being who has already created many successes in life.



Do this by typing inside the outline of this hand, all your past achievements, creations, and satisfactory experiences. Realize and embrace the power that lies in your hands to create right now!

Your Heart's Desire ♥



Principle One:
BRING YOUR DREAMS INTO FOCUS

The first step in creating your heart's desire is the most important one. It may also be the most difficult. Before you begin, you must clearly decide: What does your heart desire?

True desire is a fiery, passionate, focused awareness. You need this kind of intense awareness to activate the creative furnace of life. In order to identify what you want, reflect on what you dwell on. What do you long for? What holds your attention? Vague focus will bring vague results. You must be clear and sharp in your desire in order to succeed.

PRACTICING THE FIRST PRINCIPLE

In the world of creativity, all desires are equal. There is no such thing as a “worthy” or “unworthy” desire. There are, however, true heart's desires versus “should” desires, which are really an attempt to live up to other people's notions of what is desirable.

Your Heart's Desire ♥

These principles will manifest only true heart's desires. They will only support what comes from your heart and not from guilt or fear.

IDENTIFYING YOUR DESIRES

The most difficult step in creating your heart's desire is identifying what you want. It helps if you approach this question in an organized way. Do not attempt to identify what you ultimately desire, for that is much too difficult. No one knows that answer.

Simply focus on what you deserve now. Today. This week. This month. Maybe this season. Avoid going further out in time than that. It begins to become vague if you do.

To keep you focused better, rank the following in order of priority (1 - 9).

- _____ Physical Body
- _____ Career
- _____ Material Possession
- _____ Finance/Money
- _____ Creative Expression
- _____ Home
- _____ Love/Romance
- _____ Travel/Adventure
- _____ Other

Your Heart's Desire ♥ ♥

FOCUSING ON YOUR HEART'S DESIRE

Use this space to focus and write down exactly what you do want. Start with your needs and desires.

- A. Physical Health and Well-Being:** This includes all that concerns your body, including weight loss or gain, beauty, exercise, sport, and recovery from illness, etc.

- B. Finances:** This includes income, savings, debt payoff, investments, money for purchases, adventures, and indulgences.

- C. Love and Romance:** This includes relationships, marriage, divorce, children, parents, relatives, friends, neighbors, partners, and pets.

D. Home: This includes buying, selling, renting, remodeling, improving building, moving, acquiring roommates, and decorating.

E. Art and Creativity: This includes singing, dancing, painting, writing, healing, intuiting, inventing, building, designing, acting, producing, and filmmaking.

F. Career, Vocation: This includes where you want to work, what you want to do, how much you want to make, who you want to work with, the environment you want to work in, the rewards you want to receive, the amount of independence you want, the contribution to the world you want to make, and the steps you need to take, such as school.

G. Adventure: This includes travel, sports, recreation, retreat, world exploration, psychic exploration, and new experiences of every kind.

H. Possessions: This includes any and all physical objects and property that may make your daily life more joyous, more pleasurable, more comfortable, more practical, and more fun.

I. Spiritual: This includes the sphere of personal discovery, healing old wounds, recovering personal power, expanding intuitive awareness, discovering new dimensions, learning and remembering your true spiritual identity.



Principle Two:
GAIN THE SUPPORT OF YOUR SUBCONSCIOUS MIND

Principle two teaches you how to gain the support of your subconscious mind. Don't panic! It's actually easy once you understand how it works. The subconscious mind is a "yes machine." It agrees with all you tell it. For example, if you say "I want to be rich," the subconscious mind will agree "You want to be rich" — then you say to it "Rich people are born not made," it will agree with you and say "Yes, rich people are born not made." It will agree.

It follows your conscious instructions. To therefore gain its support, give it consistent, clear instruction, stating what you desire. Not what you fear!

The subconscious mind can always be rechanneled. It always responds to your conscious commands ... ALWAYS!

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The key is that the subconscious responds best to what will hold your attention ... through clear, repeated commands. It will not respond to whimsical and vague inconsistent notions.

BELIEVING IN YOUR DREAM

Learn to give your subconscious mind clear direction. Tell your subconscious mind exactly what your heart desires! Concentrate on your desire and hold your attention on clear and definite images of what this desire is. Your subconscious mind always obeys this conscious directive.

It is important that you are willing to actually receive what you want. Ability to receive your dream is called intention. When your intention is clear, your subconscious mind accepts your desire and begins to work on it. Do the following exercise to make certain that your intention is clear.

This is what my heart desires:

Describe how you will see yourself when you realize your dream:

Describe how others see you when you realize your heart's desire:

Your Heart's Desire ♥ ♥

Describe any possible negative reactions that you may encounter from others if you realize your heart's desire:

How will your environment change if you realize your heart's desire? Will your home change? Will your work environment change? Will your location change?

How will realizing your heart's desire affect your relationships? How will it change your relationships with people who know you?

What fears do you secretly have about realizing your dream?

What do you hope to gain when realizing your heart's desire?

Having recognized how creating these hearts desires will affect your life, are you still as eager to create your dream? If yes, continue on. If no, return to principle one and start over.

One of the best ways to gain the support of your subconscious mind and your heart's desire is to surround yourself with people who will believe in your dream with you. Find people who will hold your dreams safely and want them for you as much as you want them for yourself.

I call such people in your life *believing eyes*. List below all believing eyes in your life.

These are my believing eyes:

Note: If you cannot name such people, then you need to find some. The best way to do this is to become *believing eyes* for others. Be generous and supportive to those around you starting today, and soon you will find many believing eyes reflecting back to you.



Principle Three:
IMAGINE YOUR HEART'S DESIRE

Once you identify your heart's desire, and gain the support of your subconscious mind, it is turned over to your imagination. It is here, in your imagination, that your heart's desire begins to assume shape, form, color, sound. In other words, it comes alive.

Your imagination is the canvas and paintbrush of your life. It designs your heart's desire to become uniquely yours. It is extremely important to use your imagination when creating the life you really want, and not allow others limiting ideas and imaginings to step in and take the place of your own creativity. Imagination is a creative muscle that needs to be exercised like any other.

Remember: You cannot create what you cannot imagine. You always create what you do imagine! Fill in the following Imagination Chart, exercising your power to create in as many ways as you can:

Your Heart's Desire ♥

DESCRIBE YOUR DESIRES AS SENSUALLY AS YOU CAN

Describe your dream. What do you like? What does it look like? Include shape, size, color, texture.

Desire One _____

Desire Two _____

Desire Three _____

Describe all sounds connected to your heart's desire. What would you say if your dreams came true? What would you hear?

Desire One _____

Desire Two _____

Desire Three _____

Describe all smells connected to your desire: the smell of the ocean, the smell of money, the smell of fresh air, the scent of an airport.

Desire One _____

Desire Two _____

Desire Three _____

Your Heart's Desire 

Describe all tastes associated with your heart's desire — the taste of healthy food, the taste of loving lips, the taste of caviar.

Desire One _____

Desire Two _____

Desire Three _____

Describe in as many ways as you can the sensual feel of your heart's desire. The feel of a new desk, the feel of a hug, the feel of a handshake on a business deal, the feel of healthy vitality.

Desire One _____

Desire Two _____

Desire Three _____



Principle Four:
ELIMINATE YOUR OBSTACLES

Now that you have clearly focused on your heart's desire, and can imagine it in every possible way, it is now time to prepare your life to receive it by eliminating your obstacles. At this stage of creating your heart's desire, it is important to identify and clear away everything in your life that is blocking your goal. This includes all obstacles in your mental, emotional, spiritual, and physical world.

Start with your physical environment. If your desk is a mess, organize it. If your closets are bursting, clear them out. Donate the old, outdated, unnecessary. If your house is a mess, clean it up. Clean — Clear — Organize — Recycle.

Do the same for your mental house. This includes freeing yourself of negative habits such as procrastination, gossip, waste, and irresponsibility.

Next, clear away all emotional clutter, including resentment, jealousy, guilt, and anger.

Your Heart's Desire ♥

Now clear your spiritual house; this includes eliminating cynicism, arrogance, bitterness, and laziness. Resolve to identify and eliminate all attitudes that steal away your concentration and ability to focus on the life you really want! Fill in the following chart to help you **identify and eliminate your obstacles**:

	What Blocks Me?	When Will I Eliminate It?	How Will I Do It?	How Do I Feel?
Physical Environment				
Emotional Environment				
Mental Environment				
Spiritual Environment				

HOW TO CREATE A STATE OF GRACE

1. Remove all the drama in your relationships. **2.** Adopt the intention to simplify. **3.** If your stuff gives you no service, give it away. **4.** Let go of “friends” who do not want you to grow for fear that they will be left behind. **5.** Following this demonstrates your commitment!

The universe will support your plan once commitment is established. Take responsibility for your heart’s desire.

Your Heart's Desire ♥



Principle Five:
BE OPEN TO INTUITIVE GUIDANCE

Congratulations! You are halfway toward creating your heart's desire.

Know that as you work through Principles One through Four and complete them, the Universe is watching over you. Working through these four principles demonstrates to the Universe that you are serious in your intention to take responsibility for creating the life you really want.

Consequently, the Universe will now reward you with a gift from spirit. This gift, real spirit, can intuitively begin to guide you, step-by-step, the rest of the way toward successfully realizing your dream.

Once you have committed your personal energy toward manufacturing your heart's desire, the entire Universe will meet you halfway. Together you become partners, co-creating until you reach a successful outcome.

Your Heart's Desire ♥

Until one is committed there is hesitancy, the chance to draw back. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans:

that the moment when one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would have never otherwise occurred. A whole stream of events issue from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamt would have come his way!

***“Whatever you can do, or dream you can, begin it.
Boldness has genius, power, and magic in it”
—Goethe***

From the Scottish Himalayan Expedition
By W.H. Murray published by Dent & Sons Ltd., 1951
Published by J.M. Dent & Sons Ltd., 1951



Principle Six:
CHOOSE TO SUPPORT YOUR DREAM WITH LOVE

As you proceed toward your dream, you are now at the point where it is important to examine your daily choices and evaluate whether or not they are consistent with your heart's desire. At this stage of creating your dream, you need to discipline your actions and behaviors so that they support all the work you've done.

For example, if your heart's desire is to save money, you must choose to refrain from making impulsive purchases on your credit card. If your heart's desire is to create new friends, you must choose to turn off the TV and go outside and say hello to people. The Universe will organize your opportunities, but it is still up to you to choose to embrace them.

Get in touch with ways to lovingly support your heart by filling in the following chart. Imagine how you can support your heart's desires in easy, doable ways. Avoid over-reaching.

Your Heart's Desire ♥

It is far better to choose one or two supportive behaviors that you can easily introduce into your life than setting up unrealistic and unattainable expectations. For example, if your goal is to create a new job, choose to contact one person a day for five days who can help, versus setting up the choice of talking to five people a day for 30 days. Above all: the key is to choose with LOVE.

Make your choices with enthusiasm, not dread. It's your life after all. No one is going to live it for you.

This is My Heart's Desire	This is My Choice to Support it this Week	This is the Outcome of My Choices

Watch your impulses. Avoid sabotaging yourself. Refrain from setting yourself back. Practice the expression "I'd Love To ...". All the world loves a *lover* of life. The one who lives life loving attracts the support of others.

Your Heart's Desire ♥



Principle Seven:
SURRENDER CONTROL

The secret to creating your heart's desire is to use all of your energy, in every way possible, to bring about what you want. As you have seen, this is what principles one through six are all about. By focusing on following each principle, step-by-step, you have been consciously aligning your energy so that it is directed exclusively toward your dream. In following each of these steps like a treasure map, you will be led straight to your wish.

By working with these principles as you have done so far, you are on your way to setting up the perfect conditions for divine spirit to work through you, creating your dream. This is what principle seven is all about: allowing the divine spirit to flow through you to do the work, instead of relying on your personal power to make it happen.

Your Heart's Desire ♥

At this stage of creating your heart's desire, it is time to assemble your **Alchemy Box**. To do so, simply refer to the instruction card and assemble your box as indicated. You may want to color the box with markers, put stickers on it, paste photos on the inside, etc. Enjoy the process of decorating your box. Be playful and creative.

BLESSING YOURSELF AND OTHERS

Once you have assembled your **Alchemy Box**, write down your heart's desires on the cards included in this kit. Put only one heart's desire on each card.

For example:

It is my heart's desire to create a loving, committed, monogamous relationship.

Once you have written your heart's desires on the cards enclosed, place them in your **Alchemy Box**. In doing so, you are symbolically releasing your dreams into the care of the Universe, surrendering personal control in complete trust that the Universe will lovingly take over and continue to support your dream.

Before you close your box, bless your heart's desires in this way: Close your eyes, envision your dream, and silently or out loud say to yourself:

I, _____, beloved child of the Universe, surrender my innermost wishes and dreams into the loving heart of the universe for protection, support, and deliverance. I open my heart and feel the love and support flowing my way, embracing me as part of the whole and lovingly delivering me to a joyous outcome. I am open to success and trust that all of the Universe wants me to succeed.

Then, letting go, gently close the cover, and let go in faith that the Universe is on the job.

Your Heart's Desire ♥



Principle Eight:
CLAIM YOUR DREAM

The secret to successful creativity is the certainty that everything you do is consistent with what you want. This includes the thoughts you think, actions you take, and words you say. At this stage of the creative process, it is important to watch your words. Words are the building blocks of experience. Your words reveal the work of principles one through seven. They reveal your focus, beliefs, commitment, perception, choices, and faith. When your words are consistent with your intention and flow from the heart, they take on the power of an army and can literally speak your dream into reality.

- **Be clear and honest!**
- **Have integrity: Say what you mean and mean what you say!**
- **Make an effort to see the loving spirit in all men and women!**
- **The power of your words is the strongest power you have for creating!**
- **The secret is in “As you say, so shall it be!”**

Your Heart's Desire ♥



Principle Nine:
STAY TRUE TO YOUR DREAM

As you approach the final step in manifesting your heart's desire, you now understand that success is not a random event, although it can be a spontaneous one. You begin to see that there is no luck involved, but there is the presence of grace. A dream doesn't just happen; rather, it is the direct result of your meeting certain conditions and laws so that you become an unobstructed channel of divine expression.

Each principle in this workbook establishes an ever-increasing agreement between your creative desire and your conscious and unconscious intentions. Each principle we have practiced reminds you of who you really are — a spiritual spark of divinity here on earth to create. As you work through these principles, you learn how to direct your divine expression to consciously create the miracle you want. This then leads you to the last principle of creativity.

Your Heart's Desire ♥

As you approach the final step, you are asked to synthesize your efforts and intentions and stay with your dream until it materializes into the physical experience. This is where the final assembly of your dream takes place. In order to keep your spirits up and focused, now is the time to reward yourself with some loving treats. If you are frustrated or discouraged try:

1. **Having a massage**
2. **Going to the theatre**
3. **Having dinner with a friend**
4. **Taking an afternoon off**

Pace yourself and remember that the universe has its own timing and wisdom. It is important to trust that even though its timing can be frustrating, the Universe is wiser than you. Take a break, have a rest, and stay true to the end.

Bringing this full power of creative expression to your conscious mind, affirm the following truths about yourself:

- **I am a spiritual channel for creative expression.**
- **My subconscious mind supports fully my deepest desires and dreams.**
- **My imagination is limitless, supplying all the ways to embody my dreams.**
- **I willingly let go of all contrary actions and thoughts.**
- **I am fully receptive to my higher wisdom and spiritual guidance.**
- **I choose with clarity and intelligence ways to bring about my dream.**
- **I surrender my personal will to channel Divine will through my awareness.**
- **I speak with integrity, intention, and power as I build my dream.**
- **I synthesize all my efforts into a graceful creative process.**
- **I rightfully receive all that I can possibly imagine. SO BE IT!**

In Conclusion: As the wheel does turn, you are asked, “Dear child of God, what is it that you want?” The genuine nature of a divine child of God is to go about our Father’s work! You have all the attributes of your divine family! You have absolute control over your perspective and your attitude! There is much to do: bless, heal, forgive, create, discover, enhance, love! **Go ... and the force of God be with you!**

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Instructions for Creating Your Heart's Desire Alchemy Box

Your dreams and desires are sacred and holy because they arise from your innermost and authentic self. As with any act of faith, what you must now do, to illustrate your commitment to success, is to surrender control and allow the Universe to take over.

The ritual that best encompasses all you have been working on is creating an Alchemy Box.

Alchemy means transformation. This box will help transform your dreams into reality. Here's how:

Step 1: Take a small box. Any type will do.

Step 2: Use stickers or photos to decorate your box inside and out with the symbolic images of *Your Heart's Desire*. Choose images that have personal meaning for you. You may also want to use magic markers to color the box or apply glue, glitter, potpourri, or colorful tissue to it; perhaps even paste a photo of yourself on the inside.

Give yourself the time to personalize your box and make it special. As you decorate your box, imagine *Your Heart's Desire*. While assembling the box, know that the Universe is busy assembling your dreams.

Step 3: Once you have decorated your Alchemy box, take the *Heart's Desire* cards, also included with this program, and fill in the information requested. Use one card for each desire. Next, place the *Heart's Desire* cards with your personal wishes and dreams into the Alchemy box and close it.

Step 4: Bless your box by using the blessing found on page 26 of *Your Heart's Desire* workbook.

Step 5: Surrender your personal control and trust. The Universe is now on the job, working for you.

I, _____
use my full power of INTENTION,
IMAGINATION, and ACTION to
create the following Heart's Desire:

Signature: _____

Date: _____

I, _____
use my full power of INTENTION,
IMAGINATION, and ACTION to
create the following Heart's Desire:

Signature: _____

Date: _____

I, _____
use my full power of INTENTION,
IMAGINATION, and ACTION to
create the following Heart's Desire:

Signature: _____

Date: _____

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