

Lesson 8

Rewrite the Script

Bravo! You've made it to Lesson 8. By now you have realized that there are times when I will re-introduce certain concepts, and restate methods in different ways. Please make note of those as basic concepts I reinforce, I do that so the client can absorb these tools and methods in different ways, thus being able to apply them to all events of their lives. Also, you can see how concepts overlap and are interconnected. There is a method to my madness, as each lesson lays the groundwork for the next lesson. And that's what you will be doing for your clients, as they purchase continual packages, committing to their personal growth and development.

Eudaimonia Therapy is a 5-week program that you deliver to your clients in the form of packages. Of course, you may allow clients to lock in one session at a time if they prefer, but encourage them that if they are going to see you for one session, they will most likely be seeing you for at least five. It has been my experience that clients will sign up for one package at a time, committing to the program and their development, till eventually the coaching component comes into play, and objective conversations you have with your clients take over. This objective conversation that clients are looking for is what Life Coaches are offering and where the traditional therapy process falls short. Let's take a quick inventory of what we have learned so far.

Lesson One

Our introduction spoke about energy and how Eudaimonia is a holistic approach to psychotherapy and its benefits for today's client.

In Lesson One, we moved energy and spoke about quantum physics and how it all relates to our experience in this physical world we live in. We addressed the psychic vampire and that relationship to toxic people. We learned we are all co-creators with higher source energy and that our reality lives in the conversations we have about our circumstances. We discussed how we assign meaning to everything we choose to see and therefore we need to take 100% responsibility for our lives. We talked about “Upper Limiting Beliefs” and the “Imposter Syndrome”, how we need to look at where these limiting thoughts originate in order to put them in perspective and not have them rule our lives.

Lesson Two

In Lesson Two we met our Wounded Inner Child and discovered that our triggers have its origin in our childhood trauma experienced before the age of eight. And this happens to all human beings, whether the trauma is mild or intense. We discussed how this therapy is not about blame, it's about understanding why we do the things we do. We practiced the Uplifting Exercise where we eliminate negative energy and replace it with positive energy, bringing us into a place of “calm”. We learned how to focus on “what's going right” in order to get the energy spinning in a positive direction. And most importantly we learned how to deliver to our clients that “they are enough!”

Lesson Three

Lesson Three took us to identifying the Twin Sisters, fear and worry, and how to turn those two around and focus on reframing our thoughts. We practiced the “Post It Method” where it became clear that there are no mistakes in life, just choices and consequences. We learned how to live by Intention rather than reaction by utilizing visualization to get what we want. And it was in this lesson where we spoke at length about how life happens for you, not to you, thus illuminating what we have learned about ourselves in the process.

Lesson Four

In Lesson Four, we took part in the “Castle Visual” and met our Higher Selves. We did work on visualizing and did the “Triple It Method” reinforcing the concept that the feeling of the visual is most important, and how to release that feeling into higher source energy in order to co-create with universal consciousness. It was in this lesson where we learned how to separate the drama of life from the reality of it through the “Call It Method”, where we focus on exactly what is happening, without getting caught up in the noise of our negative self-talk.

Lesson Five

Lesson Five, we learned that everyone we meet is a projection of self. There was also the shocking revelation of our life partner picks, and how we spend our adulthood trying to get over our childhood as we recreate the same energetic environment we grew up in in order to rise above it. We spoke about relationships, specifically our relationship with money. It was this lesson where we spoke about forming a new habit in the first 18 seconds of waking up from sleep in the morning, and choosing whether you will love your day or be afraid of it, and how much power

that has over your reality. The importance of vision shelves was also explored in this lesson.

Lesson Six

Lesson Six, focused our attention on relationships and even spoke about how we attract people to our lives. That led to the concept of soul contracts, which none of us can avoid or end before its time. The purpose of those relationships was discussed in the grand scheme of things. We spoke about Couples Counseling the Eudaimonia way and how the discovery of whether your clients' hearts are open is an important part of this therapy.

Lesson seven

And finally, Lesson Seven was all about how negative emotions serve us and how all emotions effect our bodies. The mind-body connection was an important element in this lesson along with obsessive thoughts that keep us hooked into negative energy spirals and make us ill. We learned how to teach our clients simple meditation exercises and the importance of our clients using meditation to center themselves.

All of this leading up to our current lesson, Lesson Eight, teaching our clients how to manifest in a New York Minute. So, let's get into it!

Manifesting In A New York Minute

There is a lot of talk about manifesting and actually it's one of the corner stones to Eudaimonia Therapy. All of the work we are doing with our clients leads us to answering the question that brought them into counseling in the first place, "How do I get my best life?" And, "How do I get it now?"

Notice I didn't say their perfect life, I said "best life." We need to reiterate to them that nothing in this life is perfect. We live in a limited, imperfect world. That's the point of the adventure. This experience is perfectly, imperfect. Good news for them is that they can manifest their best life. How quickly, will be up to how well they can utilize the methods and tools we teach them. The question really is: how quickly can we assist them in eliminating their insecurities that block their forward motion?

Pleasantville

There was an old movie that came out in 1998, "Pleasantville" where everything was perfect. No one made a mistake. Even playing basketball was non-challenging as every time anyone threw the basketball toward the hoop the ball went in, they couldn't miss. The movie begins in black and white, and people are complacent, there are no problems, they are bored. Something happens in the movie and all of a sudden people start making mistakes and color begins to come into their world. The black and white film begins to become technicolor, their world starts to get challenging, the ball doesn't go into the hoop with ease anymore, it gets exciting. Challenges become interesting and people are energized, they start cheering when they achieve things. Their old dull world becomes challenging, they are having fun, life becomes interesting, and they love it. A perfect story to highlight the fact that without challenges, humans are bored.

Our Imperfect World

Life is not perfect and that is the way it should be, or what's the point? Actually, perfection is a set up for failure as we live in an imperfect world. If you buy into that then the human experience needs to be challenging. Notice I didn't

say painful, I said challenging. We need to help our clients reframe. How about if we replace the word “problem” with “challenge”? Try it. You will immediately see that the energy of the event changes. A challenge infers that there is a solution that is manageable. It invokes hope. It’s about the words. It’s about the meaning we assign to an event. It’s about the conversation we have about our circumstances. It’s about allowing your client to feel that they have power, which they do if they just learn how to control their thoughts. Their thoughts lead to conversations about their circumstances, which gives meaning to their lives. As you can see all of the concepts of Eudaimonia Psychology interconnects into the primary concept of, “If you change your thoughts, you will change your life!” That will take time, but by this point your clients should understand the concept of the power of thought, they should be using it and should be seeing change, even if it’s just attitudinal.

I’ve been doing this work for over 30 years now, and I still get blind-sided every now and then, but I quickly realign myself, just by reframing my thoughts and focusing on what’s going right, and then I manifest. I do it in a New York minute and so will you, and so will your clients, as long as we stay diligent using the methods and tools of this program.

Visualization Leads To Manifestation

In order to manifest in a NY minute your client must get proficient at visualizing. Once they get the idea of visualizing, the manifesting takes care of itself. The goal of manifesting is getting very clear about what you want at the end of the day. Whether it’s a great career, loving safe relationship, good health and recovery from a recurring ailment, a shapely body, secure finances, or better relationships with family. Whatever the goal, clarity of vision is essential. The focus is on what

you want, not what you don't want. If your client says, "All I want is to be able to pay my bills." Then that's all they'll get, just enough money to pay their bills. People usually don't have a money problem; they have a thinking problem. This is where you can ask yourself, or your clients, "Why are you aiming so low." It takes as much energy to manifest a million dollars as it does to manifest one dollar, so why not shoot higher? If you're going to think, think big. I love that expression, "Go big, or go home." It's so true. At least in the Eudaimonia world.

Now I know you're thinking, "I can manifest a million dollars by thought?!" And my answer is yes! If you believe. If that's your goal. How do you think millionaires do it? First, they believe it's possible and then they think about it every day, so they are focused, and every day they move one step in front of the other toward that goal. It's not luck. It's perseverance, determination, self-awareness, and letting go of fear and worry. There is a great book, "The Millionaire Mind" by Thomas J. Stanley, that outlines the thought process of the developing millionaire, proving my point that it all begins with a belief system and focus. I know how to do it, I did it, and I was exactly where you are today. And if you read my book, "Game ON!" you also know that I started out with a gambler for a mother and a drinker for a father. There was no money in my house, just a mother who said I could be anything I wanted to be, and I believed her.

Watch Your Words

And watch your words. The universe is listening, not judging. The universal energy does not say, "Hey Donna, you don't want that, it's not good for you." Its job is to bring to us the experience we focus on, whether good for us, or not. If you say, "I'm asking for the job of my dreams, but it will probably never happen." You

just told the universe to not give you the job of your dreams. There is an experience of not getting what you want and with that statement the universe will bring you that experience. As opposed to saying, “I’m living my dream life and allowing my amazing career to manifest.” In that statement the universe needs to get on it because you just said you are already there.

“I am” statements are very powerful statements. Making these statements before you actually have what you desire may make you feel like a fake. But if you want to manifest in a NY minute you need to be there already in your head. There’s an old saying, “Don’t dress for the job you have, dress for the job you want.” And that makes sense. If you are at work and every day you dress the part of the supervisor, when that position becomes available people will automatically think of you as you look the part already. You’re half way there. The idea is to act “as if” it has already happened. You have heard the expression, “Fake it till you make it,” well, there is truth in that as well. Remember, the job of universal energy is to give you the adventure you desire. The only way the universe knows what you want is to tap into your thoughts and what you are focused on. So be very careful what you focus on.

If your thought is, “I want another job,” the universe will focus on the experience of “wanting.” As that is an experience. As opposed to thinking, “I have a great job where I am financially secure and fulfilled in all that I do.” In that statement you are telling the energy source that you are already there in your mind. The universe then has to double down to bring you to what you already believe is your experience. That is not living in a fantasy, its believing without a

shadow of a doubt that what you want is achievable, and you will settle for nothing less.

Let me give you an example of what happened to me recently. I had a team of cleaning ladies, four ladies to be exact, who would come to my house and clean the entire place in two hours. One day they just stopped showing up. Ugh, to have to clean my house while I'm working full time is such a hassle for me. In that moment of realizing I had no one to do this job and now I would have to do something that I truly hate doing, I immediately reframed my thoughts. In that next moment, I visualized getting a person, who would clean even better, be more responsible, and someone who I would love. I held that visual, saw my house perfectly clean, and being so happy with this new person. As my floors got dirtier, and with my toilets calling my name as they desperately needed cleaning, I just couldn't get myself to clean them. I kept visualizing myself loving this new cleaning person and kept releasing the feeling of having this new person in my employ. I talked to all I knew about cleaning ladies and if they had any recommendations. I made a few calls to perspective people. About three weeks after that, and yes, I still hadn't cleaned my house, I found someone. She came to my home, charged me less than I was paying, and she brings me home cooked snacks every time she cleans. And yes, I love her! It wasn't just as I had imagined, it was better!

If You Stay In Your Head, You're Dead

What I didn't do was get caught up in my head with, "There are no reliable people anymore, I'm never going to find anybody to clean my house," "You can't trust anyone to clean your house." If you stay in your head, you're dead. I didn't skip a beat, In my mind, I already had this person in my home, cleaning and having

a great relationship with her. The secret to manifesting quickly is to expect it, celebrate it as if it already exists.

Now, you may say, “Dr. Donna, cleaning ladies are not that big of a deal, I have clients with mega problems they need to get out from under. “ And I understand. But we’re talking about a process here. It’s the same process, whether you’re trying to manifest a cleaning person, a new car, house, baby, health, career, or whatever is your heart’s desire. Forget the details, it’s about the process. And besides, I don’t know about you, but a cleaning lady for me is a very important person in my world, she allows me the freedom to do my job and help others. So, whatever your clients are aching about, in their world it’s the most important thing to them. Remember, it’s the process, it’s all about the process.

Manifesting, And Yet Nothing?

Many clients tell me that they are visualizing every day and yet nothing is happening. So, we need to get into the details of the manifestation process. Manifestation has a delay system imbedded in it as a safety mechanism. And of course, it is needed. If all our thoughts manifested as quickly as we think them, there would be a lot of things that we are bringing into our experience that’s dangerous and that we really do not want to happen. So, the universe waits for us to focus, think often about something, and then it assumes that is what we desire. The important take away is to focus on what you want, not what you don’t want.

What speeds up the manifestation process is the feeling we associate with the visual. I have said before that the feeling of the visual is the important thing. If we can feel like we are already there, or have what we desire, the universe feels it needs to hurry up because we are already acting the part and living the experience.

Bottom line, if you want to speed things up, feel that you already have what you desire every day.

One of the problems I hear a lot with clients when it comes to visualizing their desire is that they don't have a clear visual. They want a new career but they don't know what it is yet. Well, the easiest thing for them to get clear on is the feeling of peace, calmness, excitement, or being self-fulfilled. All these terms are general and they relate to a feeling. So, if they don't know yet whether they want to be an accountant or a doctor, have them visualize themselves being and feeling fulfilled, calm, and content in a new career without labeling the career. That will start the universe off in the right direction. The details will actually fall into the clients lap as time develops their visual.

Allowing vs. Waiting

Due to the delay mechanism in manifesting, one needs to understand that we shouldn't be focused on waiting. It's not about waiting; it's about allowing the process to take shape in the unseen. It's the knowing that I do manifest what I want, or something better. Everything happens in divine order and even if you don't see any movement, it doesn't mean nothing is happening. There's always something happening behind the scenes. Think about it, nothing just pops up. There are elements that need to occur. Just like when a woman is pregnant, there is something happening every minute of those nine months. We don't see all of it, but there is something developing every second in utero. The fully formed newborn doesn't just pop out either, there is a process. And for anyone who has given birth, they know that it doesn't happen quickly, and you don't want it to. You want that baby to be born when it is fully formed and ready. The same thing with our desires.

I am constantly talking to clients who want to meet that perfect someone. Their life partner, and they are so frustrated that it hasn't happened yet. We engage in a discussion of the fact that there is someone for everyone, if you really want it. But perhaps that person isn't ready for you. Perhaps that person is getting out of a relationship and needs to heal before they meet you. There is so much going on that we don't see and when we do, we fully understand what was happening and why we couldn't meet that person till just the right moment when we did. Again, it's about trusting the process.

Waiting for that job opportunity is the same process. You may be interviewing at nauseum, frustrated and feeling deflated because you couldn't land a job, yet if you landed something before its time you could be missing out on the most perfect job for you. And had you taken something sooner, you would not be in the position to interview for the better job that was just around the corner had you been patient.

You are exactly where you need to be. You need to be here right now in order for you to get where you need to be going. What you need to be doing while you are allowing things to line up in the unseen is noticing what you are noticing and focusing on. Turning the frustration of things not happening quickly, to the idea of allowing it all to line up in the unseen. When I'm allowing and its taking a bit of time, I get excited thinking that its taking this long because it's better than I could have ever imagined and I just can't wait to see what's coming my way. In my world the longer I wait, the better it actually will be, and you know what? I am always right!

Habits

During this time help your clients develop habits that promote manifestation in their lives: using the first 18 seconds of them waking up to decide whether they will love their day or be afraid of it, thus programming their day the minute they open their eyes, focusing on the feeling of what they desire every day, reframing all thoughts that do not serve their desire. Keeping the twin sisters and their wounded inner child at bay. It's those three who will be in their glory, loving the havoc they will bring to your client. This is the time when your client will get really good with all the tools and methods of Eudaimonia Psychology. They will need to use them daily. And that's how the tools and methods will get ingrained into your client's mind.

Be Who You Want To See

At this point your encouragement of them being who they want to see will serve them greatly. Let's take for example your client who wants to be in that loving, authentic relationship. In order for them to find that partner they must become just that, so they will vibrate on that level attracting to them that type of individual. Thus, being who they want to attract.

All of this will lead your client to their understanding of how resistance produces persistence. When we resist an emotion or thought we actually allow it to persist. The more you think about what you don't want to think about, the more you actually entertain the idea. That's when the practice of letting go comes into play. You forgive someone for not being able to be who you need them to be. Or a situation that just doesn't serve you and you need to move on, opening up space for other people and opportunities to fill it. We do this by Rewriting the Script.

Rewrite The Script

In order for your client to rewrite the script they first need to focus on their desire, their dream for themselves. Let's say their dream is to find a life-long, loving, authentic, respectful, intimate relationship. They need to name a belief that would support that dream. The belief would be that they are deserving of that kind of relationship. Their belief is that a partner like that exists out there. Next, they need to behave in some small way, daily, as if those beliefs were actually theirs. The practice is for them to believe they are deserving of what they desire and that person does exist. They need to move forward in life feeling as if they deserve that special love, and that it lies right around the corner. They can prepare for it, by getting their lives ready for that special someone. Taking care of themselves and being loving, authentic, and respectful, because that type of person doesn't want a person who isn't that way themselves.

Permeation Of Self

A great manifestation exercise to have your clients focus on is the "Permeation of Self" exercise. I explain that every permeation of them exists and they need to become that version of themselves, and to get excited about doing it. I have them write down what they want that hasn't manifested for them yet. Whatever they write is actually what their block is to manifesting what they want. In this case it's that perfect partner for them. This would mean, in this case, that what they feel is standing in the way of their true happiness is a life partner. Then have your client write down, "I know there is a version of myself that IS and KNOWS how to Be in "a beautiful, loving, authentic, respectful, intimate relationship with

my partner.” Then ask them if they really believe that statement, can they feel it? They need to check in with themselves.

Explain to them that when they can be it, it will come. They need to be what they want to see. Our lives unfold according to our inner belief system. Have them write: ‘total goal is to be a 10 out of 10 (emotional value), knowing that this version of myself being in a loving, authentic, respectful, intimate relationship exists.’ Continue explaining that they shouldn’t go for the “thing” they want, they need to go for the feeling. They need to feel it so much that they don’t need the “thing” they feel they are without. It’s when you don’t need it that it will manifest. The ultimate goal is that this “thing” already exists.

Rewriting Others’ Scripts

Lots of times I have clients who want to rewrite the script for others. We cannot, but we can be supportive of others and help others to rewrite their own script by the steps you have just taught them. By your clients helping others rewrite their scripts, your clients are reinforcing the steps for themselves. If your client is a parent, what a beautiful gift for them to give to their children.

Living By Intention vs. Reaction

Living by intention is about taking 100% responsibility for where you are in life and knowing that you have the power to change it in any way you desire. It’s about being real with yourself and asking, “Am I part of the problem or part of the solution?” And moving forward from there toward your goals. If things aren’t going according to the way you have envisioned them then maybe it’s time for you to re-write your story. It’s about the perspective you choose to view your world by. You can either choose to live in abundance, being grateful for everything you have now,

knowing there is more to come, or feeling frustrated that things haven't happened as quickly as you would like. Just remember that both those choices matter and will either spin your energy in a positive direction pulling toward you positive people and positive opportunities, or spin your energy in the negative direction pulling to you all that is negative. The choice is totally up to you. That is what free will is all about and why we have it.

In order to make your dreams come true you need to get out of that old school thinking and think like you have never done before. Speak like you have never spoken before. Behave like you've never behaved before. It's about creating habits that work for you. It's about the conversation you choose to have on a daily basis. It's about having fun and being grateful for every day you get to walk this earth. Eudaimonia Psychology is always talking about change and how liberating it can be, versus the price one will pay if they choose not to change. This is what you need to reinforce for your clients. Having their best life is totally up to them, and their thoughts will get them there because everything is created twice, first in thought and then on the physical plane.

The Program Works

The Program Works, if your clients work the program. They have the power to live their best lives now and the tools and methods of Eudaimonia Psychology can teach them how. It educates them on how to observe the madness and not become part of it. That doesn't mean that bad things won't happen, that's actually part of the life experience. It's about understanding that each and every one of us has the power to live our best lives, by focusing on what we want not what we don't want. That we are capable of living in a state of well-being regardless of what life

throws our way, because our ultimate purpose in this life is to learn, grow, and return to the source.

Let's Add A Chamber

- Focus on your desired goal, and every day do one small step toward your goal.
- Make a list of the small steps needed to reach your goal.
- Act "as If" your desire has already manifested.

Lesson 8's Take-a-ways for your clients

Your clients need to know they are awesome and you as their clinician needs to tell them that you know that for a fact because God doesn't make junk.

Lesson eight concludes the tools and methods needed for your clients program. In our next lesson we will go through how you will be delivering these tools and methods, the breakdown of their five sessions, and how your therapy with them continues and includes the coaching component.

You're doing great! See you in Lesson Nine.