

Awareness to Becoming
How To Get Your Heart's Desire



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Ask and It Is Given

In my favorite book, the Master Teacher says to his friends – as he says to us today – “*Ask, and it is given!*” Further along in that same volume, another inspired writer tells us, “*You have not because you ask not!*” Are you asking for what you truly want? Or, are you merely speaking out what you don’t want? It is no wonder you are getting more of what you do not want.

I believe the biggest reason we don’t receive our desired goals and intentions is simply because we do not ask. Why don’t we ask? To ask for something takes knowing what we want. To know what we want takes clarity, and this is something we have not gained. The majority of us are not clear about our desires and intentions. We ask for what we think we should have because that is what our family of origin or our influential neighbors have. Or, we consistently speak about all of the things we do not want – debt, more bills, sickness, hard work, and the list goes on and on. If this is where you put all of your attention, energy and focus, then it is no wonder this is what consistently shows up in your life.

Imagine getting in a taxi and instead of telling the driver where you want to go, you tell him where you don’t want to go! Silly, isn’t it? Yet, this is what you are doing when it comes to creating the life of your dreams. Or, think about going to your favorite nice, sit-down restaurant. The server comes over to take your order. Instead of telling him what you want, you tell him what you don’t want! Preposterous, I know! Again, this is how you are showing up in your life if you are not clearly asking for what is it you want to be, to do or to have.

Take some quiet time with your pen and journal. STOP, TAKE A BREATH, and ASK:

- ***Who am I?***
- ***What am I here to do?***
- ***What do I truly desire?***

Once you gain clarity on these three questions, then everything else in your life becomes clearer. You can begin to make more conscious decisions from this place of clarity. Life will cease being a struggle which will reduce your level of stress because you can live from a more conscious, clear and intentional place.

As I have mentioned, you have not because you ask not! You do not have the things you desire because you have not asked for them. You must determine what it is you want to be, to do and to have. You must make the decision to have your heart's desire. Only you can know what is deep within your heart that will light you up. Only you can make that decision.

“If you think you can or you think you can't, you are right!” ~ Henry Ford

You absolutely know what it is you want to be, to do or to have. The main reason you do not make the decision about being, doing, or having it is because you think you can't. You have bought into someone else's belief that you weren't good enough to be, to do or to have it. So you convince yourself by making excuses – like, you need more education, or you need more credentials; you aren't smart or talented enough; you don't have enough money or the funding for it; and on and on the excuses go. All excuses; and lame excuses, I might add!

***If you have the desire, then you also have the means to make the desire a reality.
But you must first get clear and decide what your desire is to be.***

What Do You Desire?

More often than not, when someone is asked, “What do you desire? What do you want?” – the answer is “I don’t know.” Because you say you don’t know, then you do not ask for it and if you do not ask, then you do not get. This is the vicious cycle that goes on far too often. Yet, this is not the truth. You *do* know what you want; you know exactly what you want! So, why the lie?

On the conscious level, you know what it is you want to be, to do and to have. For whatever reason, you bought into the belief that you cannot, or worse, should not, be, do, or have it. So you deny your heart’s desire. You become, do and have what you think you should be, do, and have. *That* is the lie – the lie you have been conditioned to believe.

The truth is, you know exactly what you want to be, to do, and to have. You know it because you have been imprinted with it deep within your heart. You incarnated with that imprint with the expressed purpose that you would fulfill that imprinted message to the betterment of the world. But because you have believed the great lie – the denial of your soul purpose – you are now living a story, a life that you never signed up for. That is the lie!

As you begin to Mind Your Own Story, you become more aware of the truth of who you are to be, what you are to do and to have. This takes conscious awareness. First, the awareness of the lie you have been living all these years; and second, the awareness of your truth – the truth of who you are meant to be, what you truly want to do and to have.

- “Who am I?”
- “What am I here to do?”
- “What do I truly desire?”

Allow the answers to come from deep within because that is where they are stored. But until you stop, get quiet, ask and wait for the answers, you will continue to live the lie that you don't know. And the truth of you is you absolutely do know – you know everything you need to know!



This is a symbiotic universe – that is law. There can be no up without there also being down. There can be no top of something without there also being the bottom of that same something. If there is a right side, then there must also be a left side. If you have questions, you must also have the answers to those questions. If you have a desire within your heart, then by law, you must also have the way to fulfill that desire. Once you decide what you want to be, to do and to have, then you must believe that you will be, do or have it. More often than not, when you determine your heart's desire, you then treat it as a weak prayer: “Oh God, I hope I get this, that or the other!” “Oh God, I wish I could be, do or have that!”

There is no belief in that! You must have unwavering conviction. When you think you can't be, do or have something, you put your heart and soul into that belief; but when it comes to something that you truly desire, you wimp out! You must have total conviction about it; you must truly believe you will bring it into your reality.

You must tell your new story of being, doing and having your desire to yourself – constantly. Repetition is the master key to manifestation. You have repeatedly talked yourself out of what you desire for so long that you have full belief in it. Now it is time to flip the script and tell a new story; the story of what you truly want to be, to do and to have. You were born with an amazing spiritual gift called the imagination. As a child, you had no problem engaging this marvelous mental faculty. Yet, as an adult, you have allowed it to become stagnant and full of dust and rust. In order to dust it off and de-rust it, all you have to do is use it.

Stop Making Excuses!

“No one ever excused his way to success.” ~ Dave Del Dotto

As you begin the process to create a new story, your current story will fight to retain its reigning position in your life. This fight will come in the form of excuses. You will make any and every excuse why you cannot or will not move into your new story. I am here to say, “Stop making excuses and start making decisions!”

An excuse is an exit off the highway of success and prosperity. As you drive on any highway, exits are every few miles or so. You can quite easily take one of those exits and drive along the streets, where you will hit all the traffic signals – forcing you to stop often. It is harder to stay on the highway. It forces you to stay more alert and you must keep going, as there are no traffic signals for you to stop at.

Your excuses are your fears of moving into unknown territory. The devil you know is safer than the devil you don't know. Yet, if you keep making and giving in to your excuses, you will never create the life you desire. Your excuses are simply the justifiable parts of your current story. If your new story is to become an entrepreneur; then your excuse is you can't because of the economy and at least you have a steady income at that J.O.B. (Just Over Broke) you absolutely hate. Your excuses will never allow you to manifest your new story, thus your new life. It is time to stop making excuses and start making decisions! Make the decision that you choose to be an entrepreneur. Commit this to paper as a firm and positive intention. Then list out ten small action steps you can take over the next few weeks to manifest this intention. You will research your chosen field on the Internet; you will find two or three other people in the same niche who are successful and learn about their journeys; and you will enlist the help of a career coach or mentor to work with you on further solidifying your action steps.

Once you make the decision and begin to take small inspired action steps, the Universe will rise up to meet you – opening doors for you; doors you would never have seen if you did not make that initial decision.



While in a quiet and safe space, close your eyes and take a few deep breaths. Think about your heart's desire. See yourself in the theater of your mind being it, doing it, or having it. Create a full day of being, doing and having your desire. Where are you living? What time do you get up in the morning? Who are you living with? What do you do upon waking? What will you wear today? What will you have for breakfast? Who do you want to connect with today? What will you talk about? Continue to plan out your entire ideal day through till bedtime. Visualize every nuance of the day. And feel it! Feel every aspect of your ideal day. Feel the feeling of living where you live; being with someone you adore and cherish and who adores and cherishes you in return; of going through your ideal day being, doing and having everything you truly desire.

Connect with this story as much as you possibly can; repeating this movie over and over in your imagination. The beautiful thing about this exercise is that the universe and your subconscious mind cannot tell if it is real or imagined. So, to the universe and to your subconscious mind, it could be real! And if you consistently repeat this story in your mind, then gradually you will begin to notice little pieces of the story seeping into your reality. With constant feeling and repetition, soon this imagined story will become your current reality.

“When you focus upon lack in an attitude of complaining, you establish a vibrational point of attraction that then gives you access only to more thoughts of complaint. Your deliberate effort to tell a new story will establish a new pattern of thought, providing you with a new point of attraction from your present, about your past, and into your future. The simple effort of looking for positive aspects will set a new vibrational tone that will begin the immediate attraction of thoughts, people, circumstances, and things that are pleasing to you.” ~ Abraham-Hicks

Feel Your Ideal Day

“Enthusiasm is one of the most powerful engines of success. When you do a thing, do it with all your mind. Put your whole soul to it. Stamp it with your own personality. Be active, be energetic, be enthusiastic and faithful, and you will accomplish your object. Nothing great was ever achieved without enthusiasm.”

~ Ralph Waldo Emerson

To create a new story, you begin one day at a time. Your life is lived one day at a time. When you make any kind of plan – vacation, work plans and the like – you plan out what each day will look like. You don't take weekly or monthly increments; you take daily chunks which create the weeks and the months. But they are still built up one day at a time. This is crucial because when you create your ideal day, you also want to include all of your five physical senses.

What are you seeing in your ideal day? What are the sights, colors, and images? What sounds do you hear? Do you hear birds singing; waterfalls; or fire engines? Dig in a little deeper – what are the smells? Are there fresh flowers, or freshly baked bread, or some other familiar fragrance that evokes a fond memory? What are some of the tastes in your ideal day? Do you taste ice cream? Cool! What flavor? Perhaps the taste of warm, buttery bread? Are you salivating yet? I know I am! Put all of this together and how does it make you feel? Is there excitement? Exhilaration? Enthusiasm? Joy?

When you can feel your ideal day, it creates more passion and causes you to radiate at a higher frequency. When you radiate or vibrate at this kind of frequency, you attract to you all things that are in harmony with your feelings; thus creating more of the same feelings. Ever wonder why when you are down and really dragging you just can't seem to come up out of it? That's because that dense, low energy you are vibrating is attracting more of the same energy. Then notice when you are up, happy and full of exuberance. You keep bumping into people and situations that keep you in that state of exuberance. It all depends on how you are vibrating. So the Law of Vibration and Attraction is forever working in your life. You choose what you vibrate, and thus, what you attract.

This is why you must feel your ideal day; get into the feeling of your ideal day. Consistently feel it; consistently visualize it; and consistently focus on it. Then watch what begins to manifest in your life.

***“When you are clear, what you want will show up in your life,
and only to the extent you are clear.” ~ Janet Attwood***



There's a little story about a small boy and his father who were going for a walk when they came upon a great big rock in the middle of the road.

The little boy asked his dad, “Do you think I could move that rock if I tried really, really hard?”

His dad said to him, “I believe that if you used all your strength you could move that rock just fine.”

The little boy got down and he pushed his shoulder against that rock and he pushed and pushed and pushed and he couldn't move the rock.

Finally, he turned to his dad and said, “You were wrong, I can't move that rock.”

And his father said, “No, son, I said that if you used all your strength you could; because part of your strength is in asking me to help.”

Feel Into Your New Story

As you begin to step into your new story, you must really feel what it is to be confident, fearless, self-assured, and bold. This can be difficult for some, especially if this is not your current reality. Just as feeling yourself financially free and independent, though you may have thousands in credit card debt; it is a bit of a strain to feel the opposite. As Wallace Wattles says in ***The Science of Getting Rich***, don't let your present reality be your focus and cloud your vision. See and feel yourself being, doing, and having your heart's desire.

I believe this is one of the biggest sticking points to creating a new life story, and it keeps people stuck. This is the hurdle you must overcome if you are to manifest your dream life. Believe me when I say that I know how difficult this is. For my old story, it wasn't just the intangibles but the tangibles as well. My greatest reality slap came in the form of chronic physical pain. Day in and day out, I was plagued with pain. I couldn't plan a day, let alone my life because I never knew when I would have a flare up. And if I had a flare up at some event, it was unbearable – trying to smile and be cheerful while my body was screaming in agony.

I had to live in my new story until it became my reality because my current story was so pain-ridden. Slowly, my new story began to take over and become my reality – until pain was no longer my story. It is a process and it can be a slow and painful process, especially because you are so familiar and comfortable in your current story. Even though your current story may be filled with physical, spiritual, or emotional pain, it is still more comfortable than a new story that is unfamiliar. Like the axiom states, the devil you know is better than the devil you don't.

Live your new story; feel into your new story – and soon your new story will become the reality of your new life.





As a Spiritual Animator, Author and Advocate, **Carolyn D. Townes** has been teaching, coaching and facilitating workshops for over a decade in the areas of women's wellness. Her company, [*Spirit Women Institute*](#), is dedicated to equipping, empowering and encouraging women to lead lives of inner peace, passion and prosperity. Trained and certified in grief counseling, death education, hospice care, bereavement services and pastoral ministry, Carolyn has journeyed with women and men going through difficult life transitions through her workshops, one-on-one counseling, group coaching, and courses in grief, healing and life transition, such as dealing with anger, change, and forgiveness issues.

Carolyn has a unique gift for designing and delivering dynamic, leading edge programs that give participants access to life-altering shifts that lead to embodied and lasting change. As a keeper and teller of stories and parables, Carolyn is known for injecting passionate and humorous stories and tangible processes into her coaching, classes and facilitation, giving her audience the tools they need to live consciously and intentionally.

Carolyn is the animator and transformational facilitator of many programs including *The Confident Woman*, *Women in Transition*, and *The Joy of Living on Purpose*. She also hosts the monthly [*Becoming a Woman of Purpose*](#) women's circle where she teaches spiritual principles and practices to live a life of passion and purpose. She also authors the [*Becoming a Woman of Purpose Blog*](#) to further integrate and incorporate those principles and practices.

Carolyn is the host of the Blog Talk Radio show, "[*Mind Your Own Story*](#)" where she shares her expertise on changing your limiting story to a story of abundance and peace.

As one of her students shared, "*A lot of souls will be saved through your wisdom and compassion. Your dedication has definitely inspired me.*"

There are more components to the [*Mind Your Own Story*](#) program. When you begin to create a new story and change your life, several issues will surface to challenge you and question your journey – issues like fear, taking action, and how you deal with money, and more. Check them out today!

