

*Live Like a LifeStar*

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# Dedication

**T**his book is dedicated to my daughter Alanah Rose and all the other LifeStars of the past, present and future who have come from a distant place to share their journey, be an example of what is possible, and live their dreams while creating heaven on earth. Shine on! Remember who you are.

*“May we all shine on, like the moon, and the stars and the sun.”*

- **John Lennon**



# **Be A LifeStar!**

***Get Your FREE Guide***

## **Cross The Threshold: “7 Steps to Create Your Ideal Lifestyle”**

The “7 Steps to Create Your Ideal Lifestyle” is an inspiring and practical guide, which gives you a formula for launching your ideal lifestyle. The tips offered will help you now and in the future to unlock your LifeStar potential!

To get started, go to **[www.HollyShantara.com](http://www.HollyShantara.com)**

The **7 Steps** will:

- Get you clear on envisioning your ideal life so you can have it!
- Give you tools you can use right now to kick-start your creativity into action!
- Help you bring your current relationships to the next level, and create new ones!
- Get you started in fun, positive ways that launch you into being a LifeStar so you can be in charge of your life and your destiny!

To gain access to your free gift, visit **[www.HollyShantara.com](http://www.HollyShantara.com)** and cross the threshold to creating your ideal lifestyle!



# Who Is This Book For?

**D**o you know someone who is going through a life reinvention or career crisis? They may have reached that point in their life where it looks as if they are falling apart. They talk of needing to “change things,” but it seems as if they are all over the map. You want to help but you don’t know how. They are looking for that “something” more. It can be frustrating to witness and even more disheartening to go through yourself. Until now...

Holly Shantara has a gift for helping you cross the threshold of possibilities and follow your life calling in empowering ways. She specializes in showing emerging leaders how to master their gifts and move with confidence, passion, and purpose to rise as LifeStars!

Holly is founder of LifeStar Creations® and LifeStar Coaching®. Starting her career in 1989, Holly has facilitated thousands of sessions where she has mentored, coached and consulted with clients who are artists, healers, entrepreneurs, executives, coaches, doctors, therapists, seekers, adventurers, architects, gamers, rebels, and more.

Coming from an entrepreneurial background, Holly caught the “entrepreneurial bug” and created her own business at the age of 20. She combined her love for helping others with the freedom to work for herself.

She created a series of LifeStar Coaching® programs that teach enlightened personal growth and business success techniques that bring out your inner “LifeStar.”

Originally from San Francisco, Holly now lives on the beautiful tropical island of Maui, Hawaii.

Holly has managed to marry her unique and deeply intuitive gifts with very down-to-earth knowledge of how to lead a successful entrepreneurial life. Her joy is teaching clients how to live their purpose and follow their dreams.

To find out more, visit: **[www.HollyShantara.com](http://www.HollyShantara.com)**.





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# Holly Shantara's Manifesto

*I am a cosmic liberator...leading you to your dreams while  
showing you how to make them reality.  
There is no place off limits. I see you.*

*I am fully committed to the rebels with a cause, the  
consciousness seekers, the life artists and emerging leaders.  
I create LifeStars. I make no apology for my gifts.  
I am a weaver of life dreams. This is my Divine Commission.  
I make soulful entrepreneurs of those who have the courage to  
bring their dreams to life.*

*I am a passionate master of creativity, a wealth generator and  
a bringer of healing and awakening, downloading Divine  
Wisdom to those who are hungry for soul food!  
My life is a living testimony of what is possible.  
I am human and I Am Divine.*

*I dwell as a guide and a friend amongst the people I lead.  
I teach mastery. I belong to the school of love.  
I will not compromise. I only compliment.  
I am a snow leopard with a soft underbelly playing on Mama  
Gaia in the garden of life.*

*I am here to create heaven on earth, to do my part to fulfill the  
Divine Plan.  
I am a member of the Intergalactic Confederation of Peace.  
I honor all sentient beings.  
I connect on the level of the Stars and ground it all until we do  
what we came here to do – to live our soul's purpose.  
Arise LifeStar!*



## **Preface**

# **Definition of a LifeStar and Lifestyle Design**

### **What Is A LifeStar?**

A LifeStar is an Emerging Leader, Conscious Entrepreneur, and/or a Rebel With a Cause who has a mission and a message. LifeStars are driven to make heart impassioned, soulfully inspired, spirit driven, and tangible contributions to the planet while being exemplars of what is possible.

### **Who Is A LifeStar?**

LifeStars can be doctors or healers, actors or speakers, lawyers or advocates, business owners or pizza deliverers, divas or homemakers. The one thing they have in common is that they are intuitive edge creators here to make a difference in their chosen field. Not content to merely survive, a LifeStar thrives on purpose and realizes their dreams, bringing them to life.

### **Are You A LifeStar?**

- Are you inspired, motivated, and empowered to live a passionate life?
- Do you understand the absolute necessity of life balance?
- Are you committed to living and thriving on purpose?
- Are you fully using your gifts, talents, and abilities in the world?

If you answered “yes,” to all of these questions, congratulations! You are a LifeStar! Your next step would be to grow and expand your Lifestyle Design. If you answered “no” to any of these questions, congratulations! You have come to the right place. This book will provide a roadmap, compass, and guide to set you on the LifeStar path.

## **What Is Lifestyle Design?**

Lifestyle Design is a 21st century term coined by Entrepreneurial Leaders intent to have a life and a livelihood that gives them the freedom to enjoy life while thriving. The Lifestyle Design System that is taught by Holly Shantara is an effective life reinvention system about creating and living your ideal lifestyle from your heart and soul! This basic system addresses the 8 main areas of your life – with you at the forefront as a spiritual being here to create a divine human experience. These areas are your Spiritual, Mental, Emotional, Physical, Professional, Financial, Relational, and Environmental Lifestyle. When all aspects of your lifestyle are addressed and harmonized, you will exemplify what it means to Live Like a LifeStar.

## Introduction

# Bring Your Dreams To Life

*“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars and change the world.”*

**- Harriet Tubman**

**W**elcome to your threshold of possibilities where dreams do come true. Dreams start with you. The power to dream may be alive or dormant within you. Nevertheless it is there. You may only have a vision, an idea, or a feeling sense of your dream and how you want your life and future to be. Or you may already be on the road to creating the life of your dreams.

Wherever you are in the “dream creating” stage, know that it is exactly where you need to be. Designing your ideal life begins from within, with a dream you choose to make real.

I invite you to imagine two scenarios. One is where you say “YES” to bringing your dreams to life. The other scenario is where you do everything BUT your dream. Which one feels the most honoring to your heart and soul?

It can sound so cliché to say, “Bring your dreams to life,” yet what else are you on the planet for? This book is about designing your ideal life, making real what you imagine, and doing your part to create heaven on earth. The “garden of your dreams” may need some

weeding but it still has great value. When brought to life, your garden will be amazing!

You are at the precipice of a new beginning where you can launch your dreams. It will take care, desire, dedication, and willingness on your part. There is preparation for you to go through. Your efforts will allow you to cross the threshold to your dreams and become a LifeStar. I believe in your dreams, and you. Do you believe, too?

When you are not living a life that matches your ideals, the cost to your personal and innate sense of self is great. You, then, are living in a compromised state and that never feels good. Weeds of doubt and fear, procrastination and denial, take over. It makes for more work down the road.

When you are not living true to you, you may experience:

- Feeling like you are “spinning your wheels.”
- Keeping jobs and relationships that are “dead ends.”
- Avoiding social situations because of “nothing to show.”
- Not taking proper care of your health or environment.
- Running your business and finances “into the ground.”

If you are experiencing any of these costly feelings, you are not living a life that works for you, by you, and because of you. How does that feel?

The good news is that all this can change, and I will show you how. I will make it easy for you to start saying “YES” to living life by your own design. “By your own design” is more than skin deep. It means ALL of you, the greater you, the you that has heart and soul, your essential self and, ultimately, the One Source Energy of Life that runs through you.



I am counting on you to say “YES” to you! Why? Because I know you are a LifeStar, and LifeStars always find the way to say “YES” to their life, goals, and dreams. You will get there, I promise. I believe in the greatness within you.

There is something within the heart of you – a spark of life – that if cultivated and allowed to flourish, can bring great happiness and fulfillment. Yet, if denied, can cause the strongest of suffering.

This spark or seed of life has many names, but for this material we are going to call it “your LifeStar dream.” This dream, which has been placed in your heart, has been there since your beginning.

All sentient beings have the potential for greatness and for sowing the seeds of their dreams. We need to start somewhere. As we build one dream, it becomes easier to build another. Otherwise, those seeds lay dormant within us until we are ready to invest our time, energy and attention into growing them. Are you ready? It is up to you to say “YES!”

Your dream is a living thing, a vision or hope, which you have within you of something you have yet to achieve or make real in the world. Your dream may be a new car, a beautiful relationship, an ideal career, a trip you have yet to take, or a contribution you want to make in the world. All dreams start within you as a wish, a desire, a goal, or an expectation. **Within you are the dreams of a LifeStar.**

If your dreams are not tended too, they will just lay there quietly and patiently waiting until you are ready to bring them alive again. You must take care of your dreams for they are the precursor to your reality.

Intend to cultivate visions for your life. Pay attention to them. Be curious about them. Learn from them. They are here to teach you and they are here for you to share with others. By sharing your dreams, you will give those within your influence the courage and confidence to move forward with desires that are within their hearts. This energy of dreaming builds and becomes a win-win for all.

To put this in perspective, everything around you has been created because it was a thought first. Think about it and take a look:

This book you are reading  
The clothes on your body  
The furniture in your home  
The desk in your office  
The walls and windows, doors and floors  
The car you drive  
The meal you ate earlier  
The garden you admire  
The business you visited as a customer

All were created from an idea that was dreamed of first, and then brought to life.

You, also, were a dream come to life. The choices your parents made for you were their dreams, whether they were conscious of their intentions or not.

Choices are great determiners of the outcome of dreams. Let this awareness, that you are always free to choose your life direction, bring confidence and wonder at the possibilities available to you. If you are one who has difficulty choosing, know that working with a coach, mentor, or qualified therapist will help you sift through the possibilities and walk through doorways of opportunity. However, you still have to choose. The power is within you.

You may have one or many dreams, be they personal or professional. The question is: “What are you doing about bringing your dreams to life?”

It is time to embrace those dreams. To do so, one must settle into the heart.

Are you in touch with your dreams? Can you access them? Are they so covered over with pain that you have lost connection with

them?

Look for the gift of your dreams within your heart.

Everyone experiences broken dreams. They are often called “failures.” It can be disheartening to lose a business, a marriage, a relative, an ability. This kind of loss is hard on the heart.

The world is full of people who have experienced loss. Many people stop pursuing their dreams when they experience failure. They simply give up.

Maybe you, too, have experienced what appeared to be insurmountable loss. If so, you are well aware of how loss can harden the heart. With a loss we often give up on our dreams and seek to minimize risk in our lives. If this describes you, possibly you simply have stopped dreaming and have chosen not to pursue your dreams anymore. If you are still in that place, I invite you to risk opening your heart again. It is time to take out the proverbial garbage and get in touch with the true you.

Everything happens for a reason although you may not yet know why things happen. Just because a dream hasn’t happened, or was crushed, does not mean you stop dreaming. Dreaming is a huge and necessary part of how you evolve.

We dream first and then we act!

Your dreams can grow from seed, to root, to flower, to fruit. It is up to you. You have all you need within you to begin. If you don’t know how to begin, start by making an intention for achieving your ideal life. This book, too, will show you a unique and applicable model for designing your life.

Reach for the stars! Just say “YES.”

You are here to add value to life and give your gifts to the world. Let your inner spark shine until you become what you were meant to be – a radiant LifeStar!

As your coach and mentor, I will stand with you at the threshold. I will prepare with you for your journey. I will give you a roadmap and

a life compass for finding your direction. I will show you how to create your ideal lifestyle design and I will keep you on the right track to achieving your dreams. I am honored to be your guide.

Focus on what speaks to you personally in this book. You may find only some information to be relevant at first. Take what you need for now and leave the rest. You can always come back and revisit.

Welcome to your journey. Now, dream yourself awake!

*Holly Shantara*

LifeStar Mentor, Coach, Consultant



*Author's Note: This book is about learning to be a LifeStar. There are "LifeStar Moments" in this book in which you are invited to participate. I suggest starting a LifeStar journal. Doing so will make this information real and help bring your dreams to life.*

*Live \* Love \* Lead \* Thrive*

# Chapter 1

## The Big Picture

### *You Are Here For A Reason*

*"You've gotta dance like there's nobody watching,  
Love like you'll never be hurt,  
Sing like there's nobody listening,  
And live like it's heaven on earth."*

- William W. Purkey

**T**here are two big questions you might have asked yourself in a moment of crisis or contemplation: "Who am I? Why am I here?" These are powerful "out of the box" questions to ask that open doorways to worlds of possibility.

These very poignant questions show that you are willing to look beyond the veil of "what is" and delve deeper into who you truly are. Good for you for having the courage, willingness and openness to question "reality"!

**You are Essential Spirit, Soul Energy, Life Force, Love.** You come with your own unique gifts, talents, and abilities. You take on this experience called "life" by being a spark in your mother's and father's eyes. You exist in the miracle of life. You are given a name, a set of genes, a body. You develop a personality and preferences. At each moment in life you make choices that determine the course of your existence. These are facts easily taken for granted.

You must be willing to look beyond just these facts to truly know

who you are and why you are here. This is a journey of conscious evolution.

This is a journey that entails an inner exploration. This is what it means to “look beyond the veil.” The “veil” is what you already know about life - the facts. I assure you the “veil” is thinner than you think.

You are invited to explore beyond the doorway of your known reality. Be willing to find out what you don’t know as of yet. Having an open mind and heart makes the exploration easier.

Step into your life even more than you have so far. Remove the veil, move beyond the facts, and you will find the deeper you. Yours is a personal journey. One must be willing to ask the deeper questions, to face oneself, and to go within. Meditation is a wonderful practice for “looking within.” Meditation means to “dream of, by looking within.”

It is not always comfortable to look inside, to go deeper, and to ask the life questions. Usually the quest to know “who you are and why you are here” (also known as your purpose) is originally sparked by an inner push or sometimes by an irritating pulse within you. Some call it a “wake up call.” Indeed, it is time to awaken to who you truly are.

Going within when you are not used to doing so is like diving into the deep earth. It is dark and full of unknown things. When you first “go in,” there might be a gnawing, grinding, icky sense of uncomfortableness that says, “There has got to be more than this!” Pay attention to that voice. It is there for a reason. It is your inner being, your true self, wanting to guide and to grow through you.

Take a deep breath and release the tension, in the way of your attention, to your true intention. This is meditation. Eventually you will find great comfort and mystery in the depths. You will want this deeper connection with you. Until then it can be quite uncomfortable. Have the courage to explore the unknown.

Do you think the butterfly is comfortable when it is pushing

through the cocoon on its way to first flight? Do you think the chick in the egg is comfortable when it is growing out of its shell?

No. It is scary and uncomfortable. It is called crossing the threshold. It needs to occur within you if you expect to move into your LifeStar destiny.

Often times, uncomfortableness is a sign of growing pains. Everything within you is saying, “I have outgrown where I am and yet I do not know who or what I am growing into. So, I will qualify where I am as ‘bad’ because to face the unknown is too frightening. I don’t have a framework or point of reference for this new reality, so I will just stay stuck. Even though it feels like compost, at least I know where I am.”

Release the judgments of your life experiences as “good” or “bad.” Give yourself space to change and expand beyond those self-imposed limitations. Just observe what is happening. Take the uncomfortableness as information from your deeper self that there is more room to grow!

If you do not risk and go with the impulse to change, your life may become quite uncomfortable. Embrace the qualities of courage and confidence to get your answers as you meet your life quest challenges.

To have what you want, be willing to risk and be an explorer and adventurer on your quest. My question to you is, “Do you have the courage for the journey?”

If you do, then you are going to be able to face your fears, your shadows, your unanswered questions, the unknown, and your truest self. This is the place where great changes occur.

If you do not have the courage – yet – then make it a priority to cultivate courage as you stand on the brink of your brilliance. You will need courage to go beyond where you have gone before.



To uncover your true purpose (the answers to “Who am I and why am I here?”) questions, pay attention to the signs on your life path. Those signs may appear as a book falling off a shelf in front of you; a friend telling you a story that has the exact validation you needed; a bumper sticker on a car that has a message meant for you. Answers and signs are all around you.

If you ask the big questions, be willing to invest the attention to get your answers. True listening is a skill whose value has been diminished in our technological times.

Meditation also helps to get those life questions answered and to activate inspired listening.

Other activities that assist in discovering the answers you seek are contemplation, journaling, being coached or counseled, dream work, intuition building, channeling, and prayer. These are examples of “looking beyond the veil” and through the doorways of awareness to get your answers. In addition, art and creativity will provide inspirational openings and new perspectives and will stimulate a different brain wave state to provide your answers, too!

Begin by asking those bigger questions.

You are invited to have the courage to risk by getting out of your comfort zone. Push your limits. Question authority. Make a stand for your true values.

Call on your inner rebel and find your cause. Break with the status quo or change something about your life that is truly ready to change!

More often than not, it is you that needs changing. Welcome that information with no self-judgment. Be kind and loving to yourself through change.

Part of the whole and worthy mission is to still the voice of desire and just settle into being as you “pierce the veil” and break out of your known and predictable existence. In other words, have the courage to enter into rest, silence, and meditation. Answers will come.

The chick isn’t constantly pecking at the shell from the inside and the butterfly isn’t constantly pushing against the cocoon. They peck



and push and then they rest before starting again. There is time for you, too, to rest and build strength while you prepare for your journey. When it is time, you will make a push. It's like giving birth. This is your preparation before you break through your own shell and cocoon of resistance.

Even without rest, the true answers to who you are and why you are here will bubble to the surface and show themselves, if allowed and invited. Daily life can be quite revealing to the seeker who wants to know.

The truth about who you are is that you are LIGHT, LOVE, ENERGY, PURE POTENTIAL embodied. This is not “pie in the sky” thinking. This is truth.

You are here to share and shine. You are a LifeStar.

You may not recognize yourself yet, but if you have been drawn to read this book, it is probably because you recognize something in these words - that you have a purpose and are ready to live your life with your heart and soul! You are willing to be totally and completely committed! You want to be “All in” with YOU! If you do not feel this yet, what is stopping you?



The reasons one may ignore or turn their back on their true self are many. Usually they come from a need to adapt to life circumstances. People need to feel or be “safe.” This is not wrong. This is basic survival. It is instinctual. In the past, our ancestors believed they needed to cover their “light” to be safe. It is how they learned to hunt and gather without being the hunted. It is also how they may have learned to not be judged, abused, bullied, hurt, killed, persecuted, fired from a job, abandoned by a lover, or accepted for a promotion. Do you recognize yourself in any of these scenarios? You may find that you hide who you are in ways that suppress,

depress, compress, and oppress your authenticity. This may keep you safe for the moment, but it hurts you in the end. Eventually, you need to unwind, release, and let go so your light, soul, love, talent, and true self can shine!

The masks we wear to face life, like the “socially acceptable” face, or the “emotionally controlled” face, or the “everything is fine” face, are mostly learned habits of protection and preservation. We use these faces to distract ourselves and to fend off criticism, judgment, bullying, and comparisons. We use masks to protect our most valuable possession - our heart.

Does this work? Sometimes. Is it helpful? Not really. Again, these masks do more than protect you from others. These masks can hide you from yourself.

Most of the time, the masks or faces that you wear do not represent your authentic self, your heart and soul self. Be willing to allow your vulnerability and to let shine who you truly are. In distracting, shutting down, or turning off to who you are, you can easily forget who you are. This is a choice - to open instead of shut.

As a person who has been involved in the healing arts for most of my life, I am no stranger to the path of what one does to adapt to life or how to choose differently. I have self-studied, meditated for over 40 years, and pressed myself to know myself. I have facilitated thousands of client sessions for over a quarter century. I have seen what one does to conform, accommodate, fit in, attune, and relate to the world.

I have witnessed how over-adapting can be hazardous to one's health, sense of self, life advancement, and making dreams come true. I like to call the journey to change “learning to get out of your own way.”

We humans need to expand with and within life. This is difficult to accomplish when we are our own worst detriment to our own evolution.

The “sink or swim” nature of primal life has been a necessary part of evolution in general. It has required massive adaptation. It is the way evolving humans have learned to “fit in.” Yet, we are changing evolutionary trajectories.

We all learned early on to accommodate the rules. These are the rules of families, society, and peers. It is as if there was a memo handed out at birth that said, “Adapt or die.” Was it useful? Yes. Is it now? Not if you are ready to become the you who you are meant to be.

Sometimes it is necessary to break away from the mold and follow a higher calling from within. This is especially true if you are a natural born leader.

In your life, have you felt like the “odd man out,” or the “black sheep” of the family? Usually this means you are the “chain breaker.” You are the one who is setting a new precedence of what is possible. The inventors, leaders, and innovators of change are society’s “mold breakers” and creators.

It takes courage to be a leader and change the rules. It takes willingness to be uncomfortable and to look yourself in the mirror, face your shadow as well as your light, and be honest with yourself. Self-deception is part of that adaptation mechanism described earlier. You need to be willing to risk “seeing” what you don’t now see.

Take that risk and you will be able to answer those bigger questions and know “who you are and why you are here.” Challenge what you know about your adaptation mechanisms. Think outside of the box. Ask yourself if something is true for you or is just a habit of thinking and doing.

We will now look at how one adapts through the personality, ego, patterns, conditioning, and programs. Again, these adaptation mechanisms are not wrong. They have their place. Yet if they are not reflected upon, understood, and put in their rightful place, they can get in the way of you being the LifeStar you were born to be.



**The Personality – *The outward character, qualities and characteristics, disposition, and temperament that make up the person you show to the world.***

It is easy to confuse a personality with the person. It is easier still to think this aspect of self is the total self. In metaphysical terms, the personality has aspects of the soul and spirit expression, yet it is also the person you have chosen to be in your lifetime. In terms of adaptation, a person can limit their soul and spirit expression because of an alternate agenda such as wanting to be liked, accepted, and loved.

- **Personality Example:** “Sally” is a happy person. Everyone knows her to be one. She is always smiling and willing to help. Behind closed doors, Sally is exhausted and battling breast cancer. Her over-giving and over-accommodating personality has left her exhausted and unwell. Sally learned early on not to ask for help but to keep her needs to herself. Her dream is to have a true partnership, but she has not made room for that person to come into her life. The face of her bubbly personality that she shows to the world does not allow herself the vulnerability it takes to have a beloved. Her true nature is kind. She is learning to be kind to herself and ask for help as part of her healing process. She has learned that her personality had been overshadowing the true needs of her heart.

**The Ego – *Closely linked to the personality, but is an identifier.***

The ego labels life as “good or bad” and “right or wrong.” The ego is meant to serve the spiritual self, however it usually won’t allow that to happen. The ego likes to take over instead.

Many philosophies state the ego must be destroyed, yet it has the purpose to “identify.” It is a natural part of a person’s evolving communication system to label things. The ego makes a great servant but a lousy master. It contributes to feelings of inferiority or grandiosity. It can get in the way of your true heart’s desire. It usually views things as either always right or always wrong. It is the voice of the “inner critic.” The ego can be trained to work for your Essential Self and be a supportive ally. The ego cannot be eliminated. We are meant to transcend the ego and retrain it by putting it in its proper place as a helper to our Spirit. We must instruct the ego to do so.

- **Ego Example:** “Bruce” is strong in his voice and actions. He exhibited much bravado in his younger days. He would brag about his accomplishments and compare himself to others. His actions were condescending toward his friends, family, and coworkers. Those close to him tolerated his behavior because he was quite good at getting things done and trying out new experiences. Behind closed doors, Bruce had a drinking problem that masked his deeper insecurities of never being good enough and his fear of being alone. Bruce’s ego was masking as false pride and arrogance. It was in the way of his ability to have humility and was costing him greatly. Bruce is a true leader who needs to learn how to follow first and let others lead. He is learning to sober up to who he really is, to quiet his dominating ego voice, and to listen more to others. Bruce is now using his true strength to lead and guide others toward accomplishment while speaking as a warrior of the heart.

### ***The Patterns – Your life configuration and how you develop, plan, design, and model your life.***

Faulty patterns make for faulty results. Patterns can be habits that are adopted such as how you drive to work, what time you get up in the morning, how you relate to others, or how you hold your

body in a certain way.

Patterns can be healthy or unhealthy. Watching your own patterns can inform and empower you to make changes in your life. Ignoring your patterns can keep you stuck. Want to change your life? Change your patterns to ones that support your goals and dreams.

- **Patterns Example:** “Jill” is a busy gal. She likes it that way. Jill has had a habit of stacking too much on her plate. She would fill her calendar with endless “to do’s” which contributed to her busyness and made her feel a false sense of accomplishment. The problem was Jill was chronically late for all her appointments and this did not make her feel accomplished. She found herself constantly apologizing to her friends, business contacts, her yoga teacher, and classmates. She did not feel good about herself. In digging deeper, we found that her habitual lateness was a pattern she had developed in high school. Jill had been a straight “A” student, and her parents, who were busy people themselves, expected her to be as well. Jill had learned to over-accomplish since that was her family pattern. She would stay up late every night to get her homework done and always arrive late for her first class. Jill was used to a pattern of busyness and of being late which resulted in accomplishment. Jill is learning a new pattern. In terms of her calendar now, “less is more.” She can still accomplish and leave room to be on time, with no apology needed. She is learning to appreciate what she has accomplished instead of negating what she has done well by focusing on all that she has left to do.

**The Conditioning - *To be trained or accustomed to behave in a certain way and accept the state of your life circumstances.***

You may have learned what you “deserve” through

observation and repeated experiences. How you were treated greatly influenced your self-esteem, success, and relationships. There is positive conditioning such as the consistent exercises athletes perform to strengthen their bodies. There is also negative conditioning such as being told for years that you are stupid.

Either way, conditioning has an effect on how you experience yourself. Think of conditioning like applying many layers of wallpaper – for years. You can try to paint the wallpaper, but usually the color and consistency of the paper will bleed through the paint. Sometimes you have to tear down the wallpaper and start fresh.

- **Conditioning Example:** “Ed” is an all around good guy. People like him a lot. They know him as a loyal person. Ed would give his “right hand” to anyone who needed it, and everyone knew that about him. However, Ed was always broke. Even when he made money, he would quickly lose it all. Ed couldn’t hold onto anything of true value for himself. He would usually give it away to someone he thought needed it more. In exploring Ed’s conditioning, we discovered that Ed’s father was a pastor who taught, “It is better to give than receive.” Ed remembered growing up in a house where his family took in others and gave away what they had – for years. Ed had been conditioned to give rather than keep for himself. In working with Ed, we had to counter his conditioning with another phrase, “Ask and you will receive.” At first, it was hard for Ed to give to himself without feeling guilty. Yet by showing Ed the more he has the more he is able to give, he was able to balance his need to give to others with giving to himself. Ed has reconditioned himself to ask for what he needs and to allow himself to have what he needs. Ed is learning that he can save his money and still help people without “giving away the farm.”

**The Programs – *What you have been indoctrinated with in your life.***

Think of the programs as commands. “You will do this. You will not do that. This is acceptable. That is not. You will speak when spoken to. You will stop when the light turns red and go when the light turns green. You will work from 9-5. You will rest on the weekend.”

When one is “programmed” to behave a certain way, it can be helpful or harmful.

You have adapted to survive. This adaptation mechanism helped you survive, but it also can be crippling, handicapping your abilities, talents, gifts, and joy. Your ego, personality, patterns, and conditioning have influenced your life circumstances. Yet the greater influence comes through your intent to get to know your Greater Self, also known as your Soul and Essential Spirit or Nature.

The “big picture” questions will help you to explore beyond your indoctrination to find out who you really are and why you are here. This is a personal journey and one worth exploring.

The previous examples of adaptation illustrate potential challenges that result from getting caught up in reactions to life caused by ego, personality, patterns, programs, and conditioning based on limitation instead of possibility. You can make a different choice regarding how you authentically move through your world!

Here are a couple more client stories that show how their adaptation mechanisms got in the way of their progress – until they found their “LifeStar Moment.” They connected to their true selves and overcame their issues. You may recognize something of yourself in these examples:

- **Client #1** – “Carol” could never be alone. She feared being only with herself. It affected all her relationships. She stayed in an unhealthy and abusive marriage for years because she feared being alone. Her dream was to be free of this problem



and her marriage. In uncovering the root of the issue, both her parents had been overprotective of her as a child. Her mother was afraid and her father was domineering. Carol had learned early in life to adapt to her parents' ways and not make them upset by acting independent of their wishes. She went from her parents' home to a marriage that mimicked her childhood. Carol's "LifeStar Moment" came after she left her marriage and bought her first home, alone. She now finds that not only is she quite capable of being alone, she truly loves being in her own company.

- **Client #2** – "George" was stuck in a dead end job. He didn't like his boss and he didn't like the commute. George was a grumpy guy, yet he had enough sense to know that he needed a change. In getting to the heart of George, it was clear that, as long as he could remember, he wanted to be in business for himself. Peeling back the layers of George's patterning, it was clear his father had a big affect on George's life choices. George shared that his father had stayed at the same job for 37 years until it literally killed him. George recalled that as a teenager, his father had told him, "Pick a job and stick with it because you'll never know when you will get another one." George had taken his father's advice to heart, and his own job was now taking its toll. George's "LifeStar Moment" came after we designed a plan for launching his new career and George resigned from his job. George is no longer adapting to the plan of his well-meaning father. He is following his own path and becoming a happy and big-hearted man in his new livelihood.

In my own life, I was gifted as a spiritually intuitive child. Growing up, it was natural for me to understand another. However, through life circumstances I became afraid of my gift.

I interpreted that my abilities were not accepted and I didn't always like what I knew about people. So, I learned to adapt through suppression. I stopped sharing my gift, which caused me great emotional pain.

Eventually, I had a “wake-up call” experience that put me on my path as a healer, advisor, and coach. My “LifeStar Moment” came when I realized that other people also were having a hard time accepting what they had hidden within themselves, fearing what could potentially be revealed. I started to feel that it was a part of my deeper calling to help people stop hiding out. I was called to help them bring their gifts to the world and live their true purpose, as I was learning to do.

Over the years, that issue of adaptation, in the form of “hiding out” and suppressing my gifts, reared its ugly head over and again. Yet, I kept punching through my own programming and overcoming my self-imposed limitations. I knew that people needed the gifts I was here to bring, and I was compelled to share them.

Asking the “big picture” questions of myself has allowed me to help my clients live true. Now the reflection I get is not that people are scared to be seen; in truth, they are relieved. Today, I am confident in what I do and that confidence helps others feel safe working with me.

Learning to walk my talk, live my dreams, and design a lifestyle that reflects my authentic self exactly where I am is amazing! I love my connection to my Essential Self. I have created my own custom designed career and helped others do the same. I am always evolving as I get ever clearer on who I am and what I am here to create, transform, and experience. I work as an entrepreneur who helps other entrepreneurs live their dreams. I have always been a rebel with a cause. I have learned how to be a LifeStar with soul. Through massive change, I have pushed myself way out of my comfort zone to move beyond my own conditioning and set of limitations. I have

worked on myself. I have worked on others. I have worked on what works and what doesn't. I have huge allowance, space, and acceptance in me for the human condition and experience. I have lived most of it. Believe me, I understand. I can teach this because I have lived it and have overcome it.

Like you, I have been through all kinds of adapting. I make no excuses for my life circumstances be they positive or negative. I am always where I am because of my past, present, and future life choices. I know the power to change is within me. The same is true for you.

To think you are at the effect of life is victimized thinking that will get in the way of you achieving your dreams. Know that you are creating your circumstances, whether you are aware of doing so or not.

I want you to feel the power that you are where you are because of your choices and the choices of your bloodlines. This is reason to celebrate or reason to reevaluate.

You can overcome what stands in the way of your ideal life. Just keep moving forward with your dreams and paying attention to what reveals itself to you and for you. Throughout this book, if something resonates with you, pay attention, highlight, underline, bookmark it, claim it, and make it yours. It's good practice and helps you trust yourself.

The beauty about life is that there is always more. Even on your deathbed, you are going somewhere. Let that knowledge suffice for now. All you have to do is look at nature and the circle of life. The acorn becomes the tree. The tree drops the acorns. Eventually the tree might die, but it is in the mulch that feeds the other acorns. Beyond that simple explanation, I will not go into much more here about "life after death." Suffice to say, I KNOW there is more than meets the physical eye. I experience life beyond the "veil" on a daily basis. I am able to see, feel, and sense those that have crossed over. You have

lived before and will live again. This is not a question for me. It is a knowing.

One must be willing to go beyond the “veil” and look deeper. It starts with you. You have your own knowing. You have your own awareness that is beyond the physical senses. Just say “yes” to getting to know yourself more. You are in relationship with you, for life. You might as well make it a good one.

Even very logical men who I have had the pleasure to get to know, live, and work with in my life, have “sense” ability. They usually call it their “gut instinct.” When their gut instinct is redirected toward thriving instead of surviving, they feel a profound impact on the connection they have to all of life. They might have been conditioned to not listen to their hearts, but eventually, somewhere on the path, they came to realize that their heart matters. This awareness alone is “big picture” insight. It doesn’t matter what you call it. Just tune into it.

You are designing your life as you go. When you realize this, you can’t play the victim anymore. In other words, you cannot act as if life is happening to you, or people are doing things to you. I know it’s hard to break that habit, especially when you have experienced pain, loss, and heartbreak. Yet, you can’t change anything without taking your power back to turn the worst of life into the greatest of learning. Often times, it is the problems, when overcome, that become your greatest gift to the world.

Spiritual maturity means taking responsibility for what happens and being clear on your choices. The quality of your life is determined by your choices. This is knowledge. This is wisdom. This is power.

If life gives you lemons, make lemonade. Make the best of what life gives you. THAT, dear LifeStar, is a lifestyle choice.

**Fear and love can't occupy the same space at the same time.** You cannot be a victim and a creator at the same time. So choose. Are you creating your reality or living at the effect of other people's choices and your life circumstances?

These are just some of the “big picture” questions one must ask. These questions will inspire you to overcome your challenges and create possibilities in the designing of your lifestyle.

There is more to you than you even know or maybe are aware of at this time. Are you interested in knowing more about you?

Growing yourself as a LifeStar will definitely bring more growth and knowing! Not all of it is easy and not all of it is comfortable. Yet when you know you are a “diamond in the rough” and you feel this need inside, you can refine your life and become the diamond! It makes it hard to settle for less for very long.

Remember this saying when meeting with life challenges:

***No pressure, no diamonds.***

It is the same with a new shoot that comes through the concrete or the acorn that becomes a mighty oak. Challenges bring strength and the ability to handle a bigger life. Make peace with that knowing.

If you are growing a relationship or a business, for example, this new territory is going to push your buttons and challenge you to rise to excellence – if you want to succeed.

The bigger picture is that you are here for a reason, if only to live joyfully. There are many people suffering in the world, and to give the gift of your joy could be exactly what is needed. Is it a challenge to live in joy when others are suffering? Absolutely! Yet, it is a gift to offer to them as well.

I will be quite candid here. Not everyone makes it through to living their dreams. It is heartbreaking to witness and even harder for those who experience the dying of a dream. It happens.

This is why I suggest that you just start with one dream and achieve it, and then build confidence to achieve another and

another. Momentum builds on success or failure. Strength comes from moving through the winds of change.

Life can kick your personal “assets” and then some. Yet, the testimony of an amazing life is being able to overcome adversity and rise to shine in the magnificence of who you are and how you contribute to life.

You must be willing to risk. To have courage. To grow.

Without the willingness to risk and grow, there will be no forward momentum in the direction of bringing your dreams to life and living on purpose. This can be a tragedy. It can be a tragedy to never go for your dreams again. To give up. To not try. To just wither on the vine. This happens because people stop believing in themselves and their dreams. They are not willing to try anymore because they have been broken too many times. Think about it in this way: If you stop dreaming, you are dying.

Part of my work as a Lifestyle Design and Business Mentor is the business of mending broken dreams, spirits, hearts, and minds. I assure you, healing happens. Life continues on even after this one and the next and the next. So what are you going to do with all this life? You are going to go for you!

What else is as important? This is your life. It takes courage, as I said. You can be content to sit on the sidelines. Yet even then, if you are being honest with yourself, there will always be that still, small voice within you (or sometimes a very loud voice if you have been in the habit of ignoring your small voice) that says, “Hey! Is this really enough for you? Are you living true to you? Do you even know who you are? Why are you here in this life anyway?”

It can be very frustrating to hear that voice. Far too often it is ignored. Why? Because it means that things are going to have to change. YOU are going to have to change.

We all know that change is uncomfortable. Yet, change is really a gift in disguise.

The bigger picture will invite you to take a reality check of your life. Ask those deeper questions that invite you to jump into life and to fully commit, rather than allow the toe-dipping, wavering faith, and endless bypassing of your dreams.

Are you willing to accept the invitation to stand at the threshold of your dreams? Are you willing to do the work to create your ideal lifestyle? Are you ready to Live Like a LifeStar?

Designing your ideal life and living like a LifeStar means you must fully commit to YOU. Nothing else will do.

There are certain hallmarks of living your ideal life. One is the freedom to choose. In this book, I stand with you and map out a lifestyle design formula in which you have the freedom to participate or not. I want you to get the best results and I am inviting you to join in.

Wouldn't it have been great if your teachers in school invited you to learn about who you truly are and what you can truly do? This knowledge empowers you. It allows you to be in control. Will you choose YOU?

Honoring your life in all of its aspects makes for a much smoother ride. On the contrary, when you are not living true to you or paying attention to the various areas of your life, it can make for a very bumpy ride. Think of a car with different size tires. The quality of the journey is going to be vastly different if you have the same size tires with equal pressure or not.

Learn to balance your life.

You may have heard the saying, "What would you do if you knew you could not fail?" I invite you to take this question to heart. This question is a skeleton key that allows you to open the doors of possibilities and opportunities.

It allows you to SHIFT.



*"We've seen in the last half century an incredible shift.  
This is just as extraordinary time to be alive. "*

**- Neale Donald Walsch**



## Chapter 2

# The Shift

### ***Awakening Your Personal Leadership***

*“The important thing is that men should have a purpose in life.  
It should be something useful, something good.”*

**- The Dalai Lama**

**T**he ways you have been operating in life are up for review. Are you living true to you? Are you in integrity with yourself and all of life? Or, are there areas that you know need some refining, reinforcing, and re-evaluating? If there are, then by reading this book, you are in the right place.

The path to becoming a LifeStar is about awakening your personal leadership abilities and coming into greater balance with who you really are while leading a purpose-driven life.

A consciousness movement has been growing on the planet for some time. It has the potential to grow beyond and expand the boundaries of what you have previously known or experienced before on Earth. You have a part to play in this movement.

We are in a time of great change that has been likened to a cosmic “wake-up call.” You, and many others, are being impulsed, challenged, and invited to awaken dreams and end the spiritual amnesia that has been the mainstay of human consciousness. You are being invited to live from your courageous heart and to make a difference. You are being challenged to answer the call and do your part to become a stellar steward of our living planet. You are being

called to make your unique and brilliant contribution to life. Will you turn a blind eye to your calling?

It's a choice and it starts with you.

This “shift” (*note: lower case “s” means personal shift*) is about awakening to who you are.

The “Shift” (*note: upper case “S” means collective Shift*) is about moving from a place and space of limited, separated, miserly, and victimized thinking, into an awareness of the interconnectedness, preciousness, and abundance of all life. In other words, your life matters and so does all other life: plants, trees, rocks, insects, animals, birds, air, water, and other humans.

No matter what your personal or spiritual beliefs are, most people know that we are in a period of our evolutionary history that has the potential for great achievement or great disaster. Human evolution is shifting from leading from the head to leading from heart. We are making this Shift together.

This collective journey will either energize us to utilize the gifts and lessons that science, religion, history, psychology, and physics have brought, or it will see us continue to put our “heads in the sand” and pretend as if nothing is going on. Again, the choice is up to each one of us.

It is time to wake up. Waking up is a good thing. The collective alarm clock has been sounding for some time. There is movement of both fear and love. The two cannot share the same space simultaneously. You, personally, along with everyone else on the planet, get to make a contribution toward building on the fear or building on the love. This is why it is vitally important for you to really live, love, and lead your life from heart and soul. Your life is valuable. You matter.

What is your personal and collective choice? Is it to grow and lead from love or from fear?

Take another look through the doors of inner awakening and

notice you are here for a reason. You do make a difference. Your choices matter. You make a difference not only to yourself but to those around you as well. This is Unity Consciousness. We are all interconnected. We are all One. Like cells in a body, we affect each other.

An alternative view to Oneness is the “Kill ‘em all and let God sort ‘em out” philosophy and the “What’s mine is mine and what’s yours is mine” mind-set that still runs rampant in those who are not aware of the interconnectedness of all life.

Humans do not live in a disposable society. We are to be renewing and caring for our resources, not destroying them haphazardly. The price of this type of thinking is costing us greatly, both personally and collectively, on our home planet. A vital rule of healthy living is respect for all of life.

It has been said that to make a change, all it takes is to tip the scales 51 percent in the direction you want to go. Just 1 percent more than being half way divided will tip the scales toward making your dreams happen. You are not alone. Others are tipping their own scales in the areas of health, wealth, love, and happiness. Momentum is building.

There has been a growing movement for some time that started in the 1960’s toward the direction of creating 51 percent harmlessness on the planet. In other words, people have been talking about and building toward the power of love, peace, harmony, and happiness on Earth. The expression of this cause has changed, yet the essence of that change is now manifesting in entrepreneurship, environmentalism, personal leadership, and consciousness building! Change-makers are everywhere!

Your desire to become “all you are meant to be” is a movement toward creating at least 51 percent harmlessness to your personal and collective environment. Anything more than that is “icing on the cake.” A critical mass expansion will move us, by way of collective consciousness toward harmlessness, into creating heaven on earth.

We are moving from “me” to “we” through technology, spirituality, and community. To make a positive contribution to the “we,” just be the best YOU can be! It sounds like a contradiction, but it really is not. Just think for a moment. If you took yourself out of the mix, there wouldn’t be a “we” anyway. You are needed. Your choices, thoughts, feelings, and actions matter.

There is difference between being selfish and self-centered from an ego place and being “centered in self” from a heart and soul valued place.

This time of great change is not just environmental or personal. It involves every aspect of our lives. This is why the movement to be an entrepreneur, live your dreams, and create your ideal lifestyle is so timely. Just keep in mind why, how, and if you are making a positive contribution that benefits what I call the 8 main areas of life: Spiritual, Mental, Emotional, Physical, Professional, Financial, Relational, and Environmental. These are the aspects of the Lifestyle Design System I teach that guide you to awaken your personal leadership and to harmonize with all aspects of life.

Zig Ziglar, legendary personal growth and development guru, had many words of wisdom. One of his most popular quotes is,

*“You can have everything in life you want, if you will just help other people get what they want.”*

It is fine to have what you want if you also consider how you are making a positive, constructive, and beneficial contribution. You are here to bless and be a blessing. Live this way as your inner compass guides you to and you cannot fail. Otherwise, you might have a nagging feeling that you are not doing enough. That is your consciousness kicking in, letting you know you may not be living up to your possibility potential.

All one has to do to notice the great potential of “The Shift,” is to pay attention to the consciousness rising. Environmental awareness is growing. A financial “re-evaluation” process is underway. Humans

must now be resourceful and innovative. We need to take into account the benefits and repercussions of what we are creating, building, designing, and producing. This is a fantastic opportunity to do your dream and make it work! Be inspired and active in this collective Shift. Do your life with your heart and soul involved.

Not everyone is caught up to speed yet. Yet, the scales have tipped toward 51 percent growing consciousness. That is what we are building upon, and we are not done yet.

There is plenty of information about this time of transition and the gateway of 2012 that we crossed. This knowledge connects through the indigenous ones, religions, astrology, and prophecy. There are many interpretations of this age. One thing is certain: No one is immune to “The Shift.” We are all taking part in it, individually and collectively, whether we are aware of it or not. It is becoming harder, almost painful, to not live authentically. In becoming authentic, “The Shift” becomes easier.

What is “The Shift” really?

The evolutionary process that the human species has been going through can be likened to a string of Christmas tree lights. When the lights are not “plugged in” they are dark and not shining on their own. When they get “connected,” the whole strand lights up.

Each human is like an individual light, connected to each other. Every one needs to be “turned on.” The more that you “light up” by doing your dream, the more hopeful and optimistic you will feel about life. The dimmer your light, the more hopeless and disconnected you may feel.

When human lights are on, we can shine and celebrate together, admiring the beauty in each other.

You cannot always find your light on your own. If you are not shining your light, you may need assistance to find your passion and dream again.

This “finding your dream” task is all about the creative

process. The value on creativity and creating has been minimized during the production phase of the age of technology. Yet, I believe, this next evolutionary “Shift” is all about learning how to create reality from the heart and to not be so at the effect of circumstances and mechanizations made by the mind. This is not about dismissing technology. It is about honoring that your creative nature needs to come to the forefront, not stay at the sidelines.

Is your soul light turned on? Are you passionate about your life? Do you feel soulfully on purpose? Are you able to bring benefit to others by who you are, what you do, and how you spend your time? Or, do you just exist?

Are you not doing what you love? Are you not appreciating life? Do you feel as though you are living without a purpose? Are you not being turned on by life?

This is the collective (string of lights) awakening time. “The Shift” is about moving from the head to the heart center. It is a time to light up your love light by doing what you love. Contributing to a greater purpose is making the greatest of contributions. What turns you on?

Think about being “turned on” from a multifaceted perspective. If you are doing what you love, you are going to be turned on. If you are living your soul purpose, you are going to feel turned on. If you are in love, you are turned on. If you are allowing your gifts, talents, and abilities to be used in the world, you are going to be turned on.

This “Shift” does not mean you do not take care of the business of everyday living. There is no need to sacrifice your strength and abilities to operate life with heart and soul. On the contrary, taking care means pouring all of who you are into all of what you do and into all aspects of your lifestyle design.

You, along with many others at this time, are grounding a new

way of being in the world. This is why there are more entrepreneurs than ever! People want to live their lives doing what they want to do, and not just live another's dream. Making this necessary and personal "shift" allows you to become your own LifeStar.

Another part of this "Shift" is realizing that life is energy and energy is life.

To consider where and how and with whom you are investing your energy brings you to a level of self-mastery that not everyone gets a chance or has the awareness to experience. Truthfully, the knowledge of how energy works puts you ahead of the game. Change your energy and you change your life – faster than you might expect. Although not the main topic of this book, the use and understanding of energy is a specialty of mine that I love teaching to clients. It will help for you to have at least a basic understanding of what your energy is doing at any given moment.

Pay attention to how you feel when you make a choice. If you feel some relief or ease or excitement or inspiration, it usually means you are headed in the right direction. On the contrary, if you feel anxious, fearful, apprehensive, resistant, or restrictive, you might be headed down a track that may not be the best. While there are many factors to consider regarding energy, aim to pay attention and move in positive directions. This description of energy is extremely simplified yet the point is to pay attention to how you feel. Live empowered and do what is ultimately right for you!

During this "Shift," **being in charge of your life means aligning yourself to your vertical as well as horizontal connection.** This relates to "As above, so below" and "As within, so without." Who is in the center of that connection? You are. It is the you that is connected to the YOU, your super conscious, super soul, spirit self. This is powerful knowledge. If you understand the implications, it will change your life. You are not alone. YOU are All One.

Being in charge does not mean controlling others against their

will, or muscling through life and living out of balance. These behaviors are no longer of benefit. Humans can no longer afford to override the heart with logic. It is time to be integrated.

An ancient rule of self-mastery is having the correct combination of love, wisdom, and power. Having any of these aspects out of balance or missing can cause problems. For example:

- Your heart must be guided by your wisdom and supported by your power.
- Power without love is corruption and causes major damage.
- Love without power is weak, needy, and leads to getting used and abused.
- Power without wisdom leads to foolishness and wasted energy.
- Wisdom without power leads to non-action.
- Wisdom without love does not relate with compassion or empathy.

When you live your life with love, wisdom, and power, and when you bring your energy into all you do, you become masterful. When you learn how to bring your dreams to life, you become master of your reality!

This is the shift of learning to become a LifeStar.

For a long time, society has glorified stars on the screen, in the music industry, and in fashion world. Authors and artists, politicians and activists, and financial moguls and tycoons capture the attention of the masses. We can add to the list luminaries, visionaries, and world leaders. What do they all have in common? They are stars who have brought their dreams to life – and you can, too! These “stars” do not need to be deified. They can be admired for who they have become. You are not less in comparison. Remember, you are a LifeStar, too.



The personal “shift” in perception is to realize that everyone is a star of life. Are you bringing your star to life?

Can you imagine the confidence a child would have if he or she had been raised with that kind of honoring? How might a child grow if told they are a star who has come to earth to shine their own special kind of brilliance? See this as an honoring. To honor the life force, energy, love, wisdom, power, and creative abilities within is a gift one can give to themselves and to another.

Were you told as a child that you could do anything you dream? Were you told you could become anyone you wanted to be? Tell yourself those things now. It is never too late. How can we give that gift to our children if we ourselves are not leading our lives from a sense of connection and purpose? How can you give that gift to yourself?

What were your childhood dreams? They are clues as to the real you.

Your individual “shift” is about taking responsibility for your personal leadership. Know that you are either contributing to the solution by allowing yourself to live a life you love, or you are contributing to the problems on the planet by not allowing your LifeStar to radiate. The beauty is, when you decide to become your brilliant self, so much more opportunity will show up for you to experience.

You have a choice. If you are reading this book, there is some part of you, perhaps your “inner rebel with a cause,” that wants to live your life with purpose! Something inside of you wants to make a difference. Something is tugging at you to design and live your soul-inspired life. You are recognizing that you want to live a life full of heart and meaning.

Allow yourself to move with “The Shift” and “shift” what needs to in your own life.

I am sure right now you are already reflecting on what needs to “shift.”

Just imagine what you could do if you allowed yourself.

The truth is, you are needed during this “Shift” time. People need what you have to offer. The Earth needs you to wake up and shine.

The future will be better or worse because of your time here. Yes, you do make a difference. And you will not pass this way again. My advice? Commit to making the most of your Earth walk.

Shifts, whether personal or global, usually make for times of great change. A shift can occur during a move, a birth, a job ending or beginning, a loss, an opportunity, or a dream realized. During change, faith can be tested, confidence could waiver, and the road ahead may not be clear. You may feel lost along the way. All of these feelings are quite normal. Have patience with yourself and let yourself move with the changes.

To assist during this “Shift” and to help you design your ideal life and rise as a LifeStar, I am opening the door and providing a potential road map and compass for you throughout this book. The words within and the accompanying “LifeStar Moments” are part of the prep work, but the walk is up to you. However, I will help you cross the threshold if you will allow.

See what speaks to you in these pages and let the rest go for now. You can always circle back and use this book as a touchstone to reconnect as you “shift.”

Remember, you are making way for the new. Give yourself room to grow.

In the next chapter, we will delve more deeply into what may be standing in the way of you becoming a LifeStar.



*“When obstacles arise, you change your direction to meet your goal.  
You do not change your decision to get there.”*

**- Zig Ziglar**

## Chapter 3

# Letting Go

### *Moving Out Of Your Own Way*

*“To let go is to release the images and emotions, the grudges and fears, the clings and disappointments of the past that bind our spirit.”*

**- Jack Kornfield**

The subject of letting go is a daunting one. Letting go seems to imply loss. That is why many people do not want to actively engage in the letting go process. Consider these few questions, which might put the letting go process into perspective:

- Do you know WHAT you are letting go of?
- Do you know WHY you need to let go?
- Are you aware that there is something greater that you can let go into?

Ultimately, letting go is empowering. It will open up a vast amount of space in your being. As you let go, you get out of your own way and shine, connect, feel more, live more, and love more.

Frankly speaking, letting go is a necessary part of becoming a LifeStar. One cannot shine unless they remove the debris that is holding them back, covering them over, and getting in the way of their dreams.

Remember, you are making way for the new.

Letting go has been given a bad rap.  
Letting go feels like pain.  
Letting go feels like loss.  
Letting go feels like no fun.  
Letting go feels like failure.

We will “reframe” these negative beliefs into something positive. By the end of this chapter, you will embrace letting go as a golden key to your freedom and ability to be a LifeStar. To truly create your ideal lifestyle design, you will need to let go.

There are great benefits to letting go. You become free, liberated, elated, happy, inspired, anticipatory of good, hopeful, healthier, carefree, confident, empowered – and you enjoy life a whole lot more.

So if there are all these benefits, why don’t people do it more often?

Sometimes letting go hurts, and humans do not like to experience hurt. It doesn’t feel good. You may have lost a person, an ability, a fortune, or a desired outcome. Losing in these life situations is painful.

If you touch a hot stove when you are not prepared, you are going to experience pain and you will withdraw immediately as a reaction. Pulling back is a natural response, yet it is a reaction you do not need to hold onto.

When you hurt, you contract. You get tight. Drawn in. Armored. Defended. Defensive. Divisive. You shut down. How good do you think those states are for living your dream?

With this discussion about letting go, we come to the point about choice. You can hold onto your past, to your pain, to your excuses, and to your problems. You are perfectly free to do so. Or, you can choose to let them go. By making the choice to let go of the pain, you will begin the healing process that puts you on the road to recovering your dreams.

It’s time to do some soul-searching and some inner house

cleaning. Reflect on what you need to let go of in your life. Take a moment to make notes in your LifeStar journal or in another format.

If you are holding onto the past, there is going to be limited room for the future. What are you holding onto that needs to go?

Thinking about letting go can make you feel surrounded by “bummer” energy. Who wants to dig deep and clean out their closet of old skeletons?

*Tip: When you don't have any more skeletons, it is liberating!*

To get you ready for cleaning out the old, it's very helpful to pump up the energy, get your heart going, or maybe put on some inspiring music. Then go in and do the dirty work. It is difficult to clear when you are droopy and have low energy.

To activate your heart as well as your own inner “muse” for the purpose of efficient clearing, here is a “LifeStar Moment” exercise. Use it to get in touch with your inner radiance so you can let go more easily.

## **LIFESTAR MOMENT**

*Take a full, deep, long breath... Then take another... Then take one more...*

*Put your hands over your chest and ask for help from the greater you, your WISE SELF.*

*Ask your heart to show you what you are holding onto that needs letting go of now.*

*Take your time with this...*

*What do you need to let go of so you can start living your dreams?*

*Invest the time to listen, feel, sense, and trust what comes up.  
Your heart and soul will show you.*

*Be like an attentive lover and listen, rather than being dismissive of  
your beloved's sharing.*

*Whatever comes up for you, make a conscious choice to recognize it  
as from the past.*

*Make a decision to open your heart to yourself, especially in the area  
that you sense is contracted or still held by the pain of the past.*

*If you need to forgive yourself or another, do it. Whatever you have  
not forgiven will imprison your dreams from coming alive. Break the  
chain and give past hurts, injustices, and resentments away. Release  
it into an imagined river of light and love.*

*Be aware of letting your pride get in the way of your healing with the  
"blame, shame, and guilt" game. Let go of what you can.  
Simply decide to do so.*

*Complete by making an intention to have the power of your spirit fill  
up the place where you have released the past with love and the  
possibility of dreams fulfilled.*

*When you are ready, thank yourself and come to the present  
moment.*



The above "LifeStar Moment" invites intimacy and connection with your deeper self. With practice, it will strengthen you to live true to yourself and give you the courage and confidence to let go and go for your dreams.

If you need to keep breathing and digest what you have experienced, please do. Write your insights in your LifeStar journal. Listen to what you need. This is all part of being true to your path.

Now that you have made connection with YOU, we are ready to get to work.

Just like closet clearing, this next exercise is for getting clear on what needs to stay or go in your life. Getting clear will help you tremendously in making room for your ideal lifestyle design. I suggest you begin by reading the following “LifeStar Moment” all the way through before continuing.

## **LIFESTAR MOMENT**

*Make 3 columns on a pad of paper or in your LifeStar journal.*

*Label these columns: DELETE. DECIDE. KEEP.*

*The first column is the DELETE column. Here you will list all that you are absolutely sure needs to be gone from your life.*

*You may need to be rid of a thought you keep thinking; a relationship that has run its course; a way of doing life that no longer serves you well; a profession that does not match the real you; a habit; an attitude; clutter; clothes; papers; a belief; or a viewpoint.*

*Take your time and reflect upon what needs to go.*

*In the DELETE column, write down what you will definitely let go of.  
Write down what comes naturally.*

*The second column is the DECIDE column.*

*What are you considering letting go of, but still are not sure?  
This might be a career choice, a relationship, or a habit.*

*This is not the column in which you list something, like smoking, that*

*you know you need to let go of. In the DECIDE column, list what you are not sure you can let go of. Keep in mind you can't fool yourself for long. Be completely honest here as you will be the one who benefits from your honesty.*

*The DECIDE column is strictly for areas of your life that hold some confusion for you. You feel like it's a 50/50 choice to keep it or not.*

*The third column is the KEEP column.*

*These are items, situations, relationships, and ways of being that you might have considered letting go of, but upon further review, you absolutely know you need to keep them.*

*You don't need to spend much time on this exercise, but do spend as long as you need. You can always come back again later. Just watch for any patterns of avoidance.*

*You can get clear only by facing your life.*

*What you put into these exercises will be what you get out of them. I promise, if put into practice, these exercises will start to shift your life in profound ways. You will start to feel better, clearer, and interested in creating your ideal life.*

*On a totally separate page, make a list of BENEFITS for the most important items on your DELETE and KEEP lists.*

*For example, if you are ready to leave your corporate job and start your own business, write down a list of BENEFITS for deleting that job from your life. If you have something in your KEEP column that means the world to you, like your spouse, then make a list of BENEFITS of keeping your spouse. This will help you to recognize what you value.*

*In your lifestyle design model, you will want to build on those values.*



*Values may be spiritual, mental, emotional, physical, professional, financial, relational, or environmental.*

*I guarantee you have values in all of these areas.*

*Finally, you are now ready to sort out and revisit your DECIDE column. On a separate piece of paper, make two columns.*

*Next, from your DECIDE list, take the most burning issue that you feel divided about – and must decide upon – and write it at the top of the page.*

*Label one of the two columns BENEFITS and the other DETRIMENTS.*

*Now list the benefits and detriments of your burning issue that you wrote at the top of the page.*

*For example, if you are not sure if you should quit your job to go join the Cirque du Soleil, write down the benefits of quitting your job and of joining the circus. Then, write down the detriments.*

*When you have finished with your two lists, see if the BENEFITS outweigh the DETRIMENTS.*

*Then move this issue that was in the DECIDE column to either the DELETE or KEEP column.*

*When you have completed this exercise, congratulate yourself on your investment in your life and in making decisive decisions to let go of what no longer serves you.*



You made it through! Good for you! If you have truly participated in this exercise, you should have some additional clarity on your values. Now you can move forward with focus to address what you must let go of in your life.

Here is one piece of advice that I share with my clients when they are in transition or at a crossroads:

*The choices and lifestyle you have made may have served who you were up to this point, but they may no longer serve who you are becoming.*

In the process of designing your ideal lifestyle, it is vital to ask yourself who you are becoming or where you are going. Even if you have no more than an inkling of what that means at this stage of exploration, by engaging in these LifeStar Moments, you are making room to know!

If you are in any kind of pain, emotional, physical or otherwise, do what you can to heal. If you have worked on the healing and you still feel pain, it is a sign you have yet to let go. Sometimes letting go is the exact healing balm you may need.

Now let's touch on the types of letting go that make a tremendous difference and show you how to make room for your next steps in life.

## **Forgiveness**

I define forgiveness as a situation that shows up in your life “for giving away.” It is not for keeping. It is a giveaway. To hold onto an infraction, grievance, judgment, blame, guilt, or shame, binds you to the issue, person, or situation. To not forgive traps you in the past.

When you are having a hard time forgiving, consider how the act of forgiveness actually frees you. Forgiveness is not so much something you give to another, although it may appear that way. It is something you give to yourself.

Forgiving does not mean condoning or making right a situation or person that was wrong. It just means you are making a decision to not carry the problem, injustice, or wrongdoing in your heart anymore. Instead, you are choosing to give it up.

Who or what are you giving it up to? That depends on your particular belief system. You may release it to the Universe. Or to God. Or to whatever you call your “Higher Power” or your greater self. The wise you. “The One” that knows better. This is not your ego self, which tends to hold onto every affliction and injury.

Forgiveness is “taking the high road.” I promise it will free you to move forward in life.

Remember, when you are forgiving others, forgive yourself as well.

## **Closing the Door on Your Past**

Closing the door on your past means making a conscious choice to face in the direction of the doorway to your future. By closing that door, you are now facing the light, the opportunities, and the possibilities. Yes, you might have suffered greatly. Yet, you must move forward. There comes a point when you must let go of the past. Close that door and say, “Enough.” Then just walk away. Move forward. Take baby steps if you need to, but just move.

## **Releasing Preconceived Ideas About Yourself and Others**

Judgment of self and others can be incredibly damaging. Gossip, blame, ridicule, and destructive criticism can wound, and wound deeply. This is another place where “letting go” is needed. Remember, the benefits of letting go are many, with the main benefit being your freedom. Let’s face it, you cannot be free if you are in a state of constant comparison. Judgment usually comes from the ego since the ego is always aware of the separate self. When someone is highly judgmental or critical, they are usually masking a deeper insecurity or fear within themselves.

Aim to let go of preconceived ideas. Presume you may not know all that is going on with a person in the same way they don’t know all

of what is going on with you. Next time someone else is judging, or being critical, or blaming, qualify that experience with, “They just don’t have the full picture.” Then forgive them and move on.

If you are the one caught in the trap of judgment, realize you are harming yourself and others while cultivating a separation from your true self. It will interfere with your ability to authentically be a LifeStar. Besides, it is not healthy for “The Shift” that is occurring on the planet.

## **Clearing Clutter**

Bless the mess.

I am trained as a classical style Feng Shui consultant. This is a person who places objects, moves furniture, and orients a living or office space to achieve the greatest potential or to allow access to Life Energy also known as Qi or Chi. The intention of Feng Shui is to enable the life force to flow through a space in order to create the best of health, harmony, and success.

Historically, Feng Shui (meaning wind/water) was widely used to orient buildings, like tombs, that had spiritual significance. It was also used for auspicious placement of dwellings and other structures. Depending upon the particular style of Feng Shui used, a seeker could determine the location of an auspicious site by studying its alignment with local features such as bodies of water, or by the stars, or by a compass direction. Farmers paid attention to the seasons and directions, and by using alignment principles found in nature and the heavens, they could maximize the yield from their crops. Paying attention to the paths woven in nature usually leads to living in harmony with nature.

A principle of Feng Shui is that clutter blocks the chi or life force in a person’s life. Life is energy and energy is meant to flow. As an energy worker, I notice what blocks a person’s energy, and it usually is what they are holding onto.

If you hold onto clutter, be it mental, emotional, or physical, your Life Force is going to slow down, get stagnate and block up. This is true whether the clutter is in your house or in your body.

This stagnation makes everything you do much more challenging. Again, think about the benefits of letting go!

Let go of whatever clutter it is that is taking up space and energy in your life. Get rid of what is blocking you. If you no longer need it, let it go. You will feel so much better.

## **Releasing Attachments**

The Buddha, (Siddhartha Gautama) said it best, “Attachment is the cause of all suffering.”

Attachments can really cripple the strongest of souls. I am not going to suggest that you give up all your possessions and meditate under a tree like the Buddha did, unless you are called to do so. It’s simply that many people are attached to entirely too much stuff. It just clutters up space. It is fine to acquire possessions, but practice clearing the clutter, too.

I have had clients who wouldn’t allow themselves a relationship because they were still attached to a lover who had left them years earlier. Or, they wouldn’t leave their job or a living situation they hated because they were attached to it as the only reality they knew.

This is called being “stuck,” and being stuck is why we are learning how to let go.

As you consider your clutter and letting go, know you are loved and accepted as you are. Then, please, do yourself a favor. If there is something you are attached to that has no heart and meaning for you, or doesn’t “grow any corn” as they say in native land, then LET IT GO.

If you can’t clear it on your own, ask for help.

I “see” what happens to someone’s energy when they have unnecessary attachments beyond just physical or emotional ones.

I am speaking of energetic attachments. These people are bogged down. Heavy. Tired. They have low vitality and ill health. Excess attachments can be downright dangerous. In addition, you may be unaware of certain attachments and may need to release them for your ancestors and future kin. There is such great benefit in letting go, not only for yourself but also for your relations. It is amazing to see that when a person frees up, the family begins to get free, too.

## **Accepting What Is**

Acceptance is liberating. Yet, acceptance does not require you to like what you are accepting.

I learned this lesson years ago. I was in a lousy mood while driving to a meeting because a previous appointment ran late. This next meeting was very important and I needed to be in a much better mood. Yet, no matter what I did, nothing made me feel better. Finally, I just dropped into acceptance. I said to myself, “Oh well, I am just in a bad mood right now. That’s that.” When I accepted my state, it was like magic. My mood lifted immediately. I released resistance. I let go.

In your own process of designing your ideal life, or of reinventing yourself, or even in the process of letting go, you are going to run into your own resistance. You will know that you are in resistance because you will feel tight, anxious, stressed out, and unyielding at times.

Just accept where you are. Know that you are doing the best you can with what you do know, and let go.

One of the big perks to letting go is the room that will open up for amazing, fantastic, beautiful, and positive experiences to come into your life. Letting go allows you to become a LifeStar!

It has been said, “The universe abhors a vacuum.” When you let go, you are going to create space in your life that you are going to want to fill up. In the next chapter, we are going to focus on what to fill up that space with when you let go.



*"We must be willing to let go of the life we've planned, so as to have  
the life that is waiting for us."*

**- Joseph Campbell**





## Chapter 4

# The Gift

### *Opening Your Heart To You*

*“There are only two ways to live your life.  
One is as though nothing is a miracle.  
The other is as though everything is a miracle.”*

**- Albert Einstein**

**Y**our life is a gift and so are the dreams of your heart. Life itself is precious and dwells within you as “presence.” One can forget the value of their “presence” when, in truth, it is one of the greatest miracles of life.

It can be easy to stay in the habit of taking yourself and the life force within you for granted. Since you are in the world of time and space, there is much to occupy your attention. However, it is of benefit to cultivate gratitude for all of life, especially yourself. You honor life by being grateful for the gift of life.

The singer/songwriter Joni Mitchell said it best, “Don’t it always seem to go, that you don’t know what you’ve got ‘til it’s gone.”

Why do people take life for granted? It is because they may not yet be in the daily practice of gratitude and appreciation. The beauty about focusing on gratitude is that, in doing so, you will find a lot more to be grateful for.

A wonderful practice for creating and growing positive feelings (especially after loss) is to write in a gratitude journal. It is a rich and rewarding experience and it is simple to do. Simply write down what you appreciate about life, daily! Then watch as more goodness shows up in your life.

Quantum physics recognizes this power of observation. It is law. What you focus on increases. What you pay attention to will grow.

Right now, you are paying attention to these words. So let's use this opportunity to think about your gifts, talents, abilities, and anything else you are grateful for.

*I am grateful for \_\_\_\_\_ (fill in the blank.)*

Let yourself riff on this gratitude vibration. Expand it. Use it lavishly.

I want you to feel your heart opening to the gift that is YOU. This will serve you well when creating your lifestyle design, so practice here. Get in the habit and go for it! Spend at least a few minutes on this exercise.

*I am grateful for \_\_\_\_\_.*

*I appreciate \_\_\_\_\_.*

*I am thankful that \_\_\_\_\_.*

If you are finding difficulty with gratitude, the following "LifeStar Moment" will help further connect you and your heart.

*Note: Use your non-dominant hand for this LifeStar Moment, because your non-dominant hand – the one you do not write with – is your receiving hand. It will help connect you more to yourself and your heart.*

## LIFESTAR MOMENT

*You are invited to take a moment to put your hand over your chest area.*

*Just let it be there.*

*Notice the warmth of your hand on the center of your chest.  
Feel your beating heart through your chest.*

*Now talk to your heart like a beloved.*

*Apologize to your heart for disregarding the dreams held there.*

*Be with whatever you feel at this moment, but maintain contact.*

*Now invite your heart to share with you the gifts and “treasure of dreams” that are stored there. Listen. Feel.*

*If you don’t have a sense of what those dreams are at this point,  
just being present is enough.*

*It is the invitation to share with your heart that matters.*

*Let your heart know you are willing to invest attention, listening, and the honoring of what has been stored there for you. The purpose is to create an intimate dialogue with your deeper self.*

*Complete this exercise when you feel that your heart has received your invitation. You will know because you will feel a resonance or a sense of compassion, respect and regard for yourself.*

*Tears may come. Let them.*

*This is a homecoming experience. A coming home to the heart.  
You have a beautiful heart, so give it attention.  
Everyone's heart wants attention.*

*Take a breath and appreciate the sense of connection  
you just made to YOU and your heart.*

*When you are finished, record your insights in your LifeStar journal.*



Now that you are in a warm and fuzzy place (if you are not, know you can be with practice), let's shift perspective a moment and talk about space. Space opens when you let go. The previous chapter focused on letting go, and hopefully you now have some space in which to move around.

When space is created, you are going to want to fill it up. What do you fill that space with? Fill it to the brim with your dreams, intentions, goals, desires, prayers, wishes, hopes, and your new lifestyle design that fits the True You – You as a LifeStar.

When you let go and create space, the key is to be very clear about what you are choosing to place in that space. Don't be sloppy about this part. Be intentional. If you don't know, then intend for whatever is most needed in your life to come in and fill the space.

We all have "soul helpers." I like to call them my "friends in high places." They are willing to help. You just have to ask. They are standing by to assist you in creating the best lifestyle design possible. They will help you fulfill your destiny of becoming a LifeStar. Know that you can include them in your process, if you so choose. There is no harm in asking. You have nothing to lose. So play like a child and

ask your non-physical friends for help. Doing so will shift your life from ordinary to extraordinary!

You have many gifts that can be hidden by psychic, emotional, and habitual clutter. Alternatively, it is extraordinary what happens to your gifts when you make space by letting go of what no longer serves you. Your gifts start to open up and expand, especially if you recognize them and are willing to use them. Yes, your gifts can atrophy, too, like a muscle when not in use. Your gifts must be nourished like a garden. The growth of your LifeStar garden of gifts depends on the attention you give them. That is why it helps to have assistance. It is a sign of strength, not weakness, to ask for counsel or guidance when needed.

So dine on humble pie and realize that if you are not in the habit of being grateful for your gifts, ask your life to be touched in a way that fills you up with gratitude and appreciation for your amazing life!

Assume – know – that you are Divine. Your Divine Inheritance includes a livelihood that honors your talents; an attitude of gratitude; the space of grace; inspirational downloads; your LifeStar activation; your dreams fulfilled; those riches you seek; and the friends and family you desire. Allow yourself to accept these gifts, as they are a part of the Divinity that is YOU. I do boldly and confidently know that you are Divine, even if you do not recognize yourself as such – yet.

Consider this: There is not one human who is left out of the gift of life. However, it is what you do with life – all of it – that matters.

Practice the art of receiving and fill that wonderful space you created by letting go. Take a moment to receive the gift that you are. Recognize and accept the help you asked for. Let it all in. This is the reward for the work you have done in letting go. Breathe in the richness of life and the bounty that chooses to grace your presence.

You live in an expansive and rewarding universe and there is no reason why you cannot take part. Only you can refuse to allow in the

gifts of life. Why might you do this? You might refuse because somewhere within, you believe you are not worthy.

I assure you nothing could be further from the truth.

The anxiousness you feel at times happens because you have forgotten your Divinity – your connection. Just because you have forgotten does not mean it is not there.

Learn to step out of your own way and receive the gift of you. This is what it truly means to be a LifeStar – to rise in your light, your love, your beauty, and your power. There is no one like you. It is your destiny to open your heart to YOU and be the best you can be.

I will close this chapter with a request: Find or create a reflection that mirrors the real you. It may be a painting or a song or a poem that speaks to you. Look for what brings out the best in you. Make a vision board – a collage of images and or words that speak to the dream of you and your amazing life.

When you find or create your reflection, you will feel lifted by the encounter. When you feel that lift, you will know you are on the right track. Then bring that form of inspiration into your life by taking action to bring your dreams to life.

Know that the more you do this, the more you will experience fulfillment.

To help build this positive reflection, let's move on to meeting your "Inner Hero."



*"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."*

**- Mark Twain**

## Chapter 5

# Your Inner Hero

### *Embarking On Your Life Quest*

*"I will love the light for it shows me the way,  
yet I will endure the darkness because it shows me the stars."*

**- Og Mandino**

**B**efore you make the “shift” into creating your ideal lifestyle design, it is important to own your Inner Hero. Remember the stories of Superman, Spiderman and Wonder Woman? These are invented stories of “nobodies” who became “somebodies” and helped the world by using their gifts, talents, and abilities. These characters usually had a set of values or core beliefs that helped inspire them to start on a path of living on purpose and making a difference.

These “Super Heroes” did not focus on themselves. However they did have to become self-aware in order to discover their gifts, their values, and a sense of internal justice about righting the wrongs of the world.

Often times, when someone is offered an opportunity to go for their dreams and own their inner hero, they have to go through the journey of personal development, inner exploration, and soul searching.

There seems to be a misunderstanding – a conflict of interest for some people – as to whether this process is selfish or altruistic.

The truth is, it is both. One has to look at the self and grow the self in order give your gifts in an even bigger way. This is a part of life called being self-centered – or centered in self. It is important to know in which “self” you are centering. To do so, it is of great value to pay attention to your conscience.

We are made of many parts: a personality; an ego to keep in check; a heart to pay attention to; a spirit to cultivate; a soul to grow; and a body to house it all. The parts of you that have your attention will influence your evolution, will grow your life, and will grow your business. However, to be on your true path, you need to integrate and utilize *all* parts of you.

A Cherokee Indian legend describes the process of choosing where to place your attention.

*An old Cherokee is teaching his grandson about life.*

*“A fight is going on inside me,” he said to the boy.*

*“It is a terrible fight and it is between two wolves. One is evil - he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.”*

*He continued, “The other is good - he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you - and inside every other person, too.”*

*The grandson thought about it for a minute and then asked his grandfather, “Which wolf will win?”*

*The old Cherokee simply replied, “The one you feed.”*

This story aptly depicts what a person faces on their hero’s journey to find their true self.



Albert Einstein, Edgar Cayce, Joan of Arc, Rosa Parks, Oprah Winfrey, Marie Curie, Beethoven, Eleanor Roosevelt, and countless others had lives filled with adversity. Yet they still achieved great works, rising to be LifeStars. They did not make their way without adversity. They chose to learn from their errors – and then succeed. This is the hallmark of LifeStar.

There are others who did not overcome their challenges and instead ended up harming themselves and others: Adolf Hitler, Charles Manson, Jim Jones, Aileen Wuornos, Lizzie Borden, and many others.

Each one of us is born into a set of circumstances, and at each moment we have the opportunity to decide whether we will take the high or low road.

Part of owning your inner hero is deciding that you will make the best of your circumstances. I'm not saying this will be easy. I am saying it is a decision you must make.

Many who have come to achieve greatness did not start out with a “silver spoon” in their mouths. They chose to work with their limitations, finding a way to overcome their past and produce great achievements.

Stories abound (fictitious or not) about those who have made significant shifts in their lives and then went on to influence the lives of others. These people are the real LifeStars.

What I'm about to say is very important. It is said with great emphasis. I am being very candid here because I want you to do your dream and what you came here to accomplish. I want you to find your inner hero and be a LifeStar.

***IF YOU WANT TO MAKE A DIFFERENCE, YOU NO LONGER  
CAN MAKE EXCUSES FOR WHY YOU CAN'T SUCCEED AT  
DOING YOUR DREAM. OTHERWISE, YOU ARE STAYING IN  
LIMITED CONSCIOUSNESS AND YOU WILL BE AT THE  
EFFECT OF LIFE.***

***YOU WILL BE A VICTIM INSTEAD OF A VICTOR. YOU WILL LIVE IN FEAR INSTEAD OF LEADING FROM LOVE. BE COURAGEOUS! DO WHAT YOU CAME TO DO AND LIVE WITH PURPOSE. THEN YOU WILL KNOW THAT YOUR LIFE HAS TRUE VALUE AND MEANING. THIS IS THE JOURNEY. YOU ARE HERE. MAKE IT COUNT. LIFE NEEDS YOUR CONSCIOUS CONTRIBUTION. BE A LIFESTAR. BE AN EXEMPLAR OF WHAT IS POSSIBLE. LIVE YOUR DREAM. THE TIME IS NOW.***

Did that wake you up? Push your buttons? Make you uncomfortable? I hope so because I want you to proceed with your dream. I want you to live your best life and to create your ideal lifestyle design. I want you to be a LifeStar!

As one of my soul coach colleagues says, “Be willing to put a period to the story of your past.” I love that because you can’t move forward until you do!

We all have had issues, problems, and challenges. The people who make a difference make decisions to make a difference. They will say something like “I will take these lemons and make lemonade.”

Crap makes great fertilizer for new growth if you decide to use it in that way. Once again, it is all about the decision to recognize the crap for what it is and then use it to grow your dreams.

Embracing your inner hero it is about having a good look in the mirror. I love the photo of the kitten seeing a reflection of himself as a lion. It’s time to see yourself becoming the true you!

A great luminary says it eloquently:

*“Our deepest fear is not that we are inadequate.  
Our deepest fear is that we are powerful beyond measure.  
It is our light, not our darkness, that most frightens us.”*

**- Marianne Williamson**

Why would you be afraid of your light? It is because you are afraid of being seen. Staying hidden is a big obstacle to overcome for many. It is easier to hide in the shadows than stand out in the light.

Did you know that the word “Hero” is synonymous with “Star”? Being a hero does not mean you have to be famous. Being a LifeStar does not mean you have to be famous, either. It means you are willing to act from your knowing and from what is true within you. It is living from your authentic self, finding your purpose, and risking everything to live true to your values.

In the hero’s journey, the hero knows he must go on a quest. He avoids the journey perhaps because he knows there will be peril. He is anxious in his avoidance. He tries to dull the voice of his conscience, perhaps with addictive and indulgent behavior. Yet morning always comes. He must, again, face the light of day— and face himself.

Usually, there is a cause, apparently outside himself, that pushes the hero to make the quest. It may be a damsel in distress. Perhaps it is to save the kingdom. Maybe his village is poor and, like Robin Hood, he cannot have his community go hungry.

Maybe he is tired of wasting his precious life.

As he gathers his belongings (that which he needs from the known world) he embarks on his quest. Usually before he leaves, he is given an idea of what he might encounter on his quest, as well as some wise advice to heed. (This is his conscience speaking to him.) As he departs, he says goodbye to his known world and promises to return.

On his journey, he confronts his demons, faces his shadow, slays his inner dragons, befriends his wise spirit within, and acquires some effective tools along the way.

There are points along the journey where he wants to give up. Where he fears failure. Where he wants to go back to his known world. He can choose to continue or abandon the quest at anytime.

Eventually, something compels him on.

As he continues, the path becomes more challenging as he confronts his demons and falls into temptation, laziness, fear, and self-doubt. If he survives each challenge, he will eventually meet his life mate, win the kingdom, and feed the people.

When he completes his quest and returns to his community, he is no longer the same. He is a hero. His 'LifeStar' celebration is assured.

From then on, he must live as the hero. He must not be complacent and slip into taking the gift of life for granted. He must be mindful of the quests that will continue, and he must be ready for them. He knows that he has learned wisdom, patience, foresight, respect, and appreciation for life. He now owns his LifeStar.

The hero's journey is one that we all have before us and must take at some point in our lives. It is never too late to start on your journey.

In the process of reinventing yourself and/or your lifestyle, you will need to rely on your inner hero for when the going gets tough. This support will help you become successful on your own life quest. Just remember, your inner hero is a reflection of your light, your spirit, your heart, and your soul. It is unique and specific to you. There is no one else like you.

Let's help find and cultivate your inner hero with the following exercise.

## **LIFESTAR MOMENT**

*Take a deep breath...*

*Feel your feet.*

*Wiggle your toes.*

*Shut down all distractions so you can hear the answers to the questions you will ask.*

*You are invited to take your time as you ask these questions  
and then listen to your deeper self reply.*

*Bring your attention to your heart when you ask.*

*Who is your hero within?*

*If you were to look in the mirror with the intention of finding your  
heroic star self, what would you see?*

*What are your values?  
If you had to defend them, would you?*

*If you had super powers what would they be?  
How would they apply to your “real” life?  
For instance, if you had the power to fly, perhaps you are a visionary  
with abilities to notice the big picture.*

*Who would you help?*

*How would you make a difference?*

*Complete by making a decision to own your inner hero,  
known as your LifeStar.*

*Take a moment to honor yourself for having the courage to take the  
journey you have signed up for.*

*Get present and grounded by taking a breath,  
stretching, and feeling your feet.*

*Notice the expansion taking place in your being.*

*Come back into the now with a newly empowered and deeper sense  
of yourself.*



Record your insights in your LifeStar Journal.

These “LifeStar Moments” are meant as base guidelines for inner connection. They can help you get clear and are a way to trigger your creativity and sense of innovation. If you reach your inner hero, follow the thread. Get the instructions. Listen to the messages. Act on your inspirations.

If you have not yet found your inner hero, take heart and stay on the quest. The treasure you seek will be well worth the reach.

Whatever you do, intend to take your inner hero with you as you embark on your quest to become a LifeStar. What you put into your journey, you will get out of it.

Next we will open the doorway of your lifestyle design and put it all into action!

LifeStar questers, prepare!



*“When I let go of what I am, I become what I might be.*

*When I let go of what I have, I receive what I need.”*

**- Tao Te Ching**

## Chapter 6

# Creating Your Ideal Lifestyle Design

### *The 8 Key Areas To Grow Your LifeStar*

*“A lifestyle that includes all aspects of who you are is the lifestyle that is going to serve you best.”*

- **Holly Shantara**

**U**p to this point, we have been pumping up the muscles of your extraordinary self. Now it is time to put that growing self into action.

We are going to dive right in with a “LifeStar Moment” to familiarize you with the 8 main points of the LifeStar Lifestyle Design System.

Take your time with each step so that you will reap the maximum benefits of this work. These benefits include:

- Increased ability to build your life and business while being true to you.
- “How-to-knowledge” for uncovering your dreams and making them your reality.
- Learning a lifestyle model that is unique and personal for your specific needs.

- Gaining clarity on making your personal shifts while in the bigger collective “Shift.”
- Guidance in designing the 8 key areas of your life so you begin to **Live Like a LifeStar**.
- A system for moving through transitions with energy and empowerment so you can transform the ordinary to extraordinary in your daily life!
- Building momentum as an emerging leader by exemplifying your values so that others can benefit by your walk and can live, love, lead, and thrive as well!

Devote time to this body of work. I guarantee the payoff will be well worth every moment you invest. Let’s begin!

## **LIFESTAR MOMENT**

*Visualize yourself standing in the middle of a large 8-pointed star (like a compass star.) Imagine it very large, about 10 feet in diameter. This is the symbol and beginning structure of your LifeStar.*

*Each point of your 8-pointed LifeStar represents the one of the 8 areas, aspects, or houses of your life.*

*Place your hands over your heart center and breathe. Invite the dreams of your heart to bubble up from within you and flow out into your LifeStar, filling it up. Go slowly and let your heart unfold.*

*Make an intention that you want every aspect of your life to benefit from opening your heart and inviting your dreams to life.*



*Are you centered in your intentions for your life?  
If not, go deeper into your heart.*

*Are you grounded and stable within?  
If not, feel your feet and where you are standing, even in  
your own mind.*

*Are you giving yourself full permission to be, do, or have anything  
that represents “the true you”?*

*If not, then consciously say, “I give myself permission...”*

*Are you being authentic and real with yourself? If not, then come  
back to this exercise after you have given yourself some time to get  
clear and honest with what you sincerely and truly want to  
experience in this life.*

*Are you holding back for some consideration?  
Be completely honest with yourself.*

*Do you think being true to yourself means another person will lose?*

*Perhaps you have been living next to your life, rather than being fully  
in your life. I assure you, by being true to you, the falsity will leave  
your life and others will benefit, even if it means they will need to go  
their own way.*

*Be willing to risk, to be true to yourself.*

*Know that you are exploring possibilities now.  
Have the courage to see, to feel, to sense, to know.*

*Reflect for a moment on what needs to change in your life.  
Is there one particular area that stands out and grabs your attention?  
It may be your emotions or your environment.*

*Perhaps it is your job or your relationships.  
Or, it could be your physical world or your finances.*

*Bring your heart and attention to the area that is first calling you.*

*Build self-trust by paying attention to your intuition and gut instincts  
during this self-inquiry process.*

*Be open and see what emerges through your awareness.*

*To complete, pick one action step that you know you need to make  
right now to start building your ideal lifestyle.*

*This very important step is what makes those dreams real.*

*If you want to build a new life or redesign the one you have, just  
thinking about it will not be not enough.*

*You must take action.*

*Decide what that action will be and write it down.*

*Next, offer gratitude that your “wheels are in motion” and you are  
much closer to manifesting your desires.*

*Thank yourself for your courage to explore.*

*Put your action step on your calendar with a “do by date.”*



That simple meditation is very powerful if you allow yourself the inner exploration. To begin making the life shift into true leadership, from mediocrity to mastery, it helps if you have a model and system of what is possible.

As you build your lifestyle design “houses” also known as the 8 areas of your LifeStar, you will get both a model and a system that you can use, and continue to refine, for the rest of your life.

This entire process is about you and your life. How much of a priority do you consider yourself to be?

Like any house that you are currently living in, there will be aspects that work and don't work.

We attract where we are, both internally and externally. If you don't like where you are, give yourself permission to change. Giving yourself permission is important because permission is what frees you to pursue life.

I have witnessed many clients waiting for permission from others to go for their dreams and do their life. People wait on the approval of parents, friends, teachers, God, those living, and those long gone. By witnessing and teaching about permission-based thinking, I have learned that no one but you can tell you when you are done, or when you are ready to move on and grow your life. This is your free will coming into play. You are not meant to be a limited-minded human waiting for another to give you permission. You are meant to use your free will and be a conscious master of your destiny, giving yourself permission. This is your next evolutionary step. Giving yourself permission is a key to your advancement in life.

When you give yourself permission, you are free to live in accordance with the guidance in your own heart and soul. Then you begin to feel the "Spirit of Life" moving through you. No longer will your energy be blocked to the goodness of life. This will happen because you allowed yourself to feel and you gave yourself permission

You are invited to practice giving permission to yourself. It is liberating. Do it, by just saying...

*I give myself permission to \_\_\_\_\_ (fill in the blank.)*

What are you going to give yourself permission to be, do, or

have? Go ahead and experiment with that right now. Give yourself permission to design your life the way you need it to be, to match who you are becoming.

Say out loud:

***I give myself permission to design my life the way I need it to be, to match who I am in my heart of hearts. To match the person I am now becoming.***

Did you say it? Say it again. Saying anything three times or more, with commitment, “seals the deal” and helps you feel more empowered and confident, setting your higher intentions into motion.

If you really did it, you will feel lighter, freer.

Take a moment to own your powerful permission-based thinking and visualize YOU at the center of your LifeStar. (Truthfully, you are already there. You are just being gently reminded, through focus, attention, and awareness, that YOU are at the center – not someone else, not your job, and not what is happening in the world.) Everything and everyone is an extension of your life, but YOU are at the center. This is the place of power, heart, and connection to all of life.

We are now going to delve deeper into each aspect of your lifestyle design “houses.” Remember, these “houses” are the 8 points or 8 areas of your LifeStar.

The following “LifeStar Moment” starts with you at the center of your life.

Take your time with this exercise as it represents the body of this work, which is to get you connected to your ideal lifestyle design - so you can LIVE LIKE A LIFESTAR!

## LIFESTAR MOMENT

*Visualize yourself standing in the center of your LifeStar.  
Remember it has 8 points.*

*Let your star grow big in your imagination, about 10 - 12 feet in  
diameter.*

*If you really want to be creative and make this a visceral experience,  
and if there is a driveway or parking lot nearby, draw the basic form  
of an 8-pointed star on the pavement.*

*You can also draw your star on poster board or paper and put a  
symbol of you in the middle.*

*No matter how you attempt this exercise, it will work.  
Play with the form that is most interesting to you at this time.*

*When you have completed your drawing, stand in the middle and  
“own” your LifeStar!*

*If you weren’t able to draw your star on the ground or on paper,  
simply visualize yourself in the middle.*



*No matter the star’s form, be sure to place yourself in the middle.*

*Whether you create your image in your imagination, on paper, or on  
the ground, this experience will do wonders for bringing the felt  
sense that you are in charge of your life.*

*You are literally bringing a vision into form, a dream to life.*

*Complete by repeating your own statement of permission.*

*An example:*

*“I give myself permission to design a life that works for me, keeps me  
on purpose, and makes my life a living masterpiece!”*



Next, let's begin creating the 8 aspects of your LifeStar. This is where you really start to see things unfold and begin to sort out the main areas of your life. Listed below are the 8 aspects, or houses, that you will include in your lifestyle design. While each house will be fully described later in this chapter, take a moment now to add them into the LifeStar model you created. Place one house at each of the 8 points of your star.

1. Spiritual House
2. Mental House
3. Emotional House
4. Physical House
5. Professional House
6. Financial House
7. Relational House
8. Environmental House

To begin the extraordinary journey of you becoming master of your reality, center of your universe, and king or queen of your castle, we must activate the core of your LifeStar. Orienting to the center of your LifeStar is the most important part of your lifestyle design journey.

You should always be at the center of your star, but through the busyness and distractions of life, you may have been thrown off your center and disconnected from yourself. Here's a bit of perspective to remind you, lest you forget:

**Without you, your life would not exist.**

If you reflect on this statement, and I mean REALLY reflect, you will have a greater value for the significance YOU play in your life. This is part of the “big picture” conversation we were having earlier. You need to value yourself – first. The Universe cannot fulfill a greater purpose if you do not show up in your own life.

When you authentically value your life force and energy, soul and spirit, heart and body, you will attract others who are doing the same.

Hopefully as you read the “Your Inner Hero” chapter, you became clear on the significant part you play in life. If not, review that section and read it with you in mind.

To make this experience real, I recommend that you draw your LifeStar on pavement or in the dirt at least once. I want you to feel the brilliant possibilities that are available to you within your LifeStar. I want you to see it, feel it, and then believe it. What you are creating is only the basic model. Advanced LifeStar work (not addressed in this book) teaches a more comprehensive model. Let’s, however, continue with the basic LifeStar Design.

There are certain elements that need to be included at the center of your LifeStar:

- Your Body
- Your Heart
- Your Soul
- Your Spirit

Think of YOU with your body, standing in the center of your LifeStar.

Next, feel your big beautiful heart – passionate, vibrant, and full of love and appreciation for your life – radiating out through your physical form. (Don’t worry if you’re not “feeling it.” Just pretend for now.)

Include the awareness that along with your heart is your soul – your reason for being.

A reason for being is why you are here on the Earth. This was emphasized in chapter 1, “The Big Picture,” and we will explore more about this in chapter 7, “Put Your Soul Into It.”

As you play with your star, allow yourself to feel your spirit, your true self, the You who was here before you had this body, and the You who will be after you pass from this world. Your spirit will guide your soul into its perfect path, if you will allow it to. You can block, diffuse, restrict, deny, or disconnect all you want, but doing so will not connect YOU.

I invite you to take ownership of your life. Do it from your heart and soul-centered self. See, feel, and think of yourself at the center of your LifeStar!

Now that you are centering, we will touch on each point of your LifeStar with the following “LifeStar Moment.” This exercise allows you to explore your life as it is now. You are invited to take an attitude of open observation and curiosity rather than one of over-analyzing or over-rationalizing. Just have the experience.

I suggest that you use your LifeStar journal to note your progress because, as you practice these moments and use this system to check in with yourself, you are going to change. Often times, when we navigate through and complete a change, we don’t always remember what changed because we are onto the next task. It is beneficial to have a record of how far you have come.

Always remember to start with where you are. Where you are is exactly where you need to be. One must begin somewhere, so begin where you are.

*Note: After this exercise, we will touch on suggested definitions for these houses. For now, I recommend that you come up with what each of the houses personally means to you. After all, this is your life.*



## **LIFESTAR MOMENT**

*From your center, reflect on your life.*

*What is working?*

*What would you like to work better?*

*Let's visit the 8 aspects/houses that will make up your LifeStar Lifestyle Design System.*

*Again, they are your:*

*Spiritual House*

*Mental House*

*Emotional House*

*Physical House*

*Professional House*

*Financial House*

*Relational House*

*Environmental House*

*Starting with your Spiritual House, what about your spiritual life is working? What about your spiritual life leaves something to be desired?*

*Do you feel connected to Spirit or is there a disconnect going on?*

*What works?*

*What doesn't?*

*Trust whatever comes into your awareness and write it down.*

*Now ask the same about each of the other houses.  
What does each area of your life mean to you?*

*What is working?  
What isn't?*

*What needs to change, mentally, emotionally, physically,  
professionally, financially, in your relationships, and in your  
environment?*

*This exercise may take some time. Be patient with yourself. Allow  
yourself a stream of consciousness. Write or record key points of  
insight.*

*The investment of your time to gather the information will be well  
worth the payoff.*

*Complete by putting pen and paper down and looking up in the  
direction of space, the galaxies, and All That Is.  
Yes, I did say, "Look up." Take a big deep breath and exhale.*

*Know there are stars and planets in the heavens. In fact, they are all  
around you. You are one of life's stars as well.  
Own it.  
"Download" that awareness.*

*Just say, "YES" to owning your own LifeStar!*

*If you are allowing all of this, you should feel wonderful!*



Alternatively, if you find yourself stuck in your head, mentally trying to figure out what these houses are, below are some definitions to help. Realize these are my inspired “downloaded” definitions. Feel free to personalize or expand them to honor your knowing. The core purpose of these definitions is to provide a guideline and base of understanding for your lifestyle design.

## DEFINITION OF HOUSES

The first 4 houses are your basic 4 directions. For ease of visualization, I have assigned cardinal positions (north, south, east, and west.) Assign these directions to 4 points of your LifeStar drawing.

The next 4 houses, or points of your LifeStar, are the primary semi-cardinal directions (northeast, southeast, northwest, and southwest.) Incorporate them in your LifeStar lifestyle design drawing.

*Note: When designing your lifestyle design, you are not required to use these compass directions. They are available for ease of placement purposes with an intention of alignment to the earth and cosmos. That being said, you might find that it makes sense that your spiritual connection is in the north and your physical is in the south. These principles are based on ancient knowledge that we will not address in this book. For now, just experiment with the model and see how it resonates for you.*

Begin to explore the different “houses” or areas of your life. You are invited to see what is inside your inner world. Think of it as standing at the doorway of an actual house. You are going look inside and ask some questions. Be open to this journey.

**SPIRITUAL HOUSE - LifeStar Direction: North. Represents wisdom and connection to life that is more than what meets the physical eyes and senses. The spiritual plane.**

Your Spiritual House is your connection to your Higher Self: your Spirit; All That Is; the Universe; Source; Mother/Father God; Creator; Great Spirit. Your Spiritual House can present itself personally and practically in your life as religion; ancestors; spiritual practice; metaphysics; a guru, a guide, a spiritual advisor, or a priest/priestess. It is also your connection to the non-physical realm.

### **Exploring Your Spiritual House**

*What is the path, process, or connection I use to align to a greater purpose in life?*

*Do I have a connection with life beyond the physical world?*

*What works or is not working in my spiritual life?*



**MENTAL HOUSE - LifeStar Direction: East. Represents inspiration, beliefs, patterns of thinking. The mental plane.**

Often times, people validate themselves and their life through thoughts, programs, and conditioning passed on by parents, teachers, peers, and society. To change your life, it is important to monitor the quality of your thoughts. An ancient teaching about beliefs is “A belief is just a thought you keep thinking.” Monitoring the quality of your thoughts is a good exercise to master this house.

## Exploring Your Mental House

*Are my thoughts serving me in becoming all I can be and  
in achieving my goals?*

*Do I like the thoughts that move through my head?  
Do I have the ability to control my thoughts or quiet my mind?*

*What is working or not in my mental world?*



**EMOTIONAL HOUSE - LifeStar Direction: West.**  
**Represents the way you feel about you and your life. The emotional body holds energy to itself until released. The emotional plane.**

Is the sun shining in your world? Or, do you have droopy days? The emotional house is magnetic. In other words, we attract how we feel. E-Motions = Energy In Motion. Your emotional world is very big, with a full range of kaleidoscopic feelings. You can feel joyful and elated, while at other times you can feel flatlined. No energy. No passion. No interest in anything.

Honoring the needs of your emotional house is critical for living a rich life and rising as a LifeStar.

## Exploring Your Emotional House

*How do I feel about my life?*

*Am I honoring my feelings by speaking up and expressing, or do I stuff my emotions and needs?*

*Are my emotions out of control or do I know how to handle what I feel?*

*Do I see my sensitive nature as an asset rather than a liability?*

*What works well and what doesn't in my emotional house?*



**PHYSICAL HOUSE - LifeStar Direction: South. Represents how you use your body and your relationship to the material world. The physical plane.**

Your Physical House includes the world of “stuff” such as shelter, transportation, food, clothes, buildings, and things. Health and physical vitality are reflected in this house. The physical house is meant to be a demonstration of how well you are bringing your dreams to life. Taking care of this house works best if it is integrated with the other houses, especially your spiritual, emotional, and mental houses.

## Exploring Your Physical House

*Am I manifesting my deepest dreams and desires  
in the material world?*

*Do I honor my body's needs?*

*Do I respect my life walk?*

*Have I learned to work well with the tangible world?*

*What could I let go of or improve upon in my physical world?*



### **PROFESSIONAL HOUSE – LifeStar Direction: Northeast. Represents your career, job, and business.**

For most people, their profession is their livelihood. It is the way they earn an income and provide material needs for themselves and others. However, for some individuals, their profession is the way they live their soul purpose – what they have come to the planet to do. Besides sleeping, what you do for a living occupies most of your time, and your time is the one valuable resource you cannot replace. It is best to consider how you are investing your time in your profession.

## Exploring Your Professional House

*Am I fulfilled in my current occupation?*

*How could I do what I love and love what I do even more?*

*Am I making the best use of my talents and abilities  
in my current job?*

*Am I making a significant contribution in my line of work?*

*What needs changing and what is already working  
in my professional house?*



### **FINANCIAL HOUSE - LifeStar Direction: Southeast.**

**Represents your money: coin, currency, savings, budget, credit, debit, cash, etc.**

On a collective level, the world as we may know it is going through an overhaul with its relationship with money. Money is used as a form of exchange and lends value to what we have, what we want, and what we do. Humanity is learning to come into right relationship with money and everyone is invited to do their part to clean up their financial house. The truth is, there is enough money on the planet for everyone. It just moves around a lot, like the tides. You may have heard it said, “Do what you love and the money will follow.” I like to say, “Do what you love and the money will flow.”



## Exploring Your Financial House

*Am I at peace with my relationship with money?*

*What do I need to do to clean up my finances?*

*What shifts do I need to make to put myself on the receiving or giving end of the money current?*

*Do I believe that money is a part of my spirituality?*

*What is working or not working about my financial lifestyle?*



### **RELATIONAL HOUSE – LifeStar Direction: Southwest. Represents all your relationships.**

Our Relational House includes friends, family, co-workers, society, and community. My personal definition for relationship is: “Two or more people working together for a common goal.” A relationship may include your barber, your neighbor, your employee, your spouse, or your child. Aim for complementary rather than compromised relating. All relationships come with gifts and lessons. Remember the saying, “Is this person in my life for a reason, a season, or a lifetime?”

## Exploring Your Relational House

*How well do I co-create with others?*

*Is there a significant shift I need to make in how I relate?*

*Do I have healthy relationships?*

*What relationships do I need to add or release from my life?*

*What needs improving and what is already beneficial  
in my house of relationships?*



**ENVIRONMENTAL HOUSE - LifeStar Direction: Northwest.**  
**Represents your environment and surroundings and the conditions in which you exist.**

At this point in evolution, many have lost touch with their relationship to environment and the natural world. The basic necessities of fresh air, water, and healthy soil seem to have turned into a commodity. We live on a planet called Earth in a galaxy far, far away. Our universe is composed of more than we can fathom. This is our environment. It includes space – which is active. The sacredness of life is held within our environmental world. The trees, bees, animals, air, water, plants, critters, and creatures give beauty to this planet. Considering the environment in your lifestyle design is just a natural part of a well-rounded and healthy life. Remember, when

designing your life, include your personal living and business environments as well.

## **Opening the Door to Your Environmental House**

*Do I feel connected, harmonious, and aligned to the pulse of nature?*

*Do I have a healthy balance of inside and outside time?*

*Do I have a calling to assist the global environment in some way?*

*What can I do differently to improve my own personal  
and business environments?*

*What is working or not working about my environmental house?*



This completes the definitions of the houses that are the foundation for your journey of creating your ideal lifestyle design.

In order to know the work that needs to be done in each area, pay attention to what you perceive that stands between where you are and where you want to be. Then focus on changing the pattern, behavior, or circumstance so you can shift the gestalt of your life and bring about your desired results.

Exploring the 8 houses of your LifeStar can be quite the catalyst for further growth. Basically, your “stuff ” might be up. It is easy to notice the changes that need to happen and still have a, “Yeah but...” for why you cannot make that change. Or, you may be so

overwhelmed with what needs to change that you don't know where to begin. Be careful of shortcutting the creative process and subsequent opportunity for life reinvention. Just take a breath and a step at a time. All progress starts with taking a step in the direction you want to go.

My advice for taking the first step? Start with your Spiritual House. Take your time there to explore, and then find your way through the other houses in the order listed until you get to your Environmental House. By doing it this way, you bring spirit into matter and desire into the physical plane.

The truth is, everything is connected. With right intention, the right amount of courage, and the ability to play with your lifestyle design, you will notice that changing one area of your life will affect all the rest.

Remember, the intention is to be a LifeStar and bring your dreams to life. I did not say this was going to be comfortable. Do you remember the butterfly metaphor and the chick in the shell? Learn to be okay with being uncomfortable. It's just growing pains on the road to transformation.

Keep giving yourself an abundant amount of permission to be an explorer of your life. What are you discovering about your life? Be curious. Be open. Be forgiving of yourself. Be embracing of what you find. Be excited about the possibilities.

A reminder: There is no judgment here. Your ability to explore your life and make it work for you is part of your Divine right. This is the journey of learning to Live Like a LifeStar.



*"Happiness is not a state to arrive at, but a manner of traveling."*

**- Margaret Lee Runbeck**

## Chapter 7

# Put Your Soul Into It

### *Living True To You*

*“A man sooner or later discovers that he is the master-gardener of his soul, the director of his life.”*

**- James Allen**

**Y**ou now have the basic model for your lifestyle design. You can refer to this model as you grow and change.

At this point, you probably have made some decisions about what changes you need to make in your life. Decisions are great, but what makes them fly is backing them up with action. This is how you bring your dreams to life.

Let's begin to place your soul into your lifestyle design! We will create some common language and understanding about the soul – what it is and what it means.

The following definitions of “soul” are my own and come from a lifetime of personal growth practices as well as my work as a Soul Coach and Expert Energy Intuitive. They do not represent a belief system. Feel free to use what I offer, or come up with your own definition(s) for soul if they make the understanding easier for you. Regardless of the definitions, I am inviting you to have the best LifeStar experience!

I recognize the soul as the aspect of the larger Self (call it your Higher Self, your Spirit, your Oversoul, your Superconscious Mind) that has taken on the incarnation process. A part of your greater spirit essence has chosen to do the “being in a body” dance. You enter this life with your own set of gifts, talents, challenges, preferences, and people with whom you are choosing to do life.

In my humble experience (and most sages would agree), the goal of the soul is to reach liberation, nirvana, enlightenment, and fulfillment by moving up the evolutionary ladder of self-realization and eventually coming home to its oversoul or spirit.

You might ask, “What would be the point of an aspect of my spirit, known as my soul, to enter the incarnation process if only to be on the journey to return home?”

Good question. My answer might appear to be very conceptual if you are not familiar with this knowledge. Yet, I want to give you a framework for your bigger purpose.

One of the reasons for your soul coming into the incarnation experience (taking on a body and doing the Earth walk) is to have your human self experience your Spirit self. The former is finite and limited, while the latter is infinite and limitless. What a contrast, right?! More than that, you have come to make a difference, to offer to the greater whole something more of who you are. This is the evolutionary process and why your spirit came to incarnate as a soul in a body.

Your soul is on the planet as an individuated aspect of the Divine. Your personal self belongs to a greater collective energy.

Forgetting who you are as spirit/soul is part of the process of incarnating. I call it spiritual amnesia. You come to the planet, forgetting who you are, and then spend most of your life trying to remember who you are as spirit. It can be discouraging when you are just beginning to “wake up” through the process of changing your life. However, it can also be liberating when you start having glimpses of your true soul self. This is why I’m such an advocate for

you being true to you. I believe the recognition of self is Divinely intended. It's all about the soul's journey of realization, remembrance, and returning.

To “re-member” who you are is to bring all the members or aspects of your soul back together, and then return home again to the Spirit. Not everyone gets to remember or rejoin all aspects of themselves in one life. It can take many lifetimes, experiences, and relationships to get there. It's as if your mission is to be a LifeStar, so you might as well enjoy the journey along the way.

To come home to yourself means bringing life force, energy, intention, and focus into the dreams that are the hallmarks of the true you – your unique personal expression and soul signature. It is part of the gift of your life journey to do so.

The journey of the soul is about discovering your individual authentic self and finding your way back home to Spirit with experience, knowledge, and growth achieved. It is about busting through the illusion of separation and returning to self-realization and your connection to all of life. This is the main purpose of your soul's journey.

Think of it this way. The experiences you have lived thus far have either brought you closer to who you are and your soul realization, or they have taken you further away.

When experiences bring you closer to who you are, you feel happier, more fulfilled, and have a greater understanding of life. You are doing your dream.

If you are suffering, then you may be dancing in and out of being true to yourself and experiencing what is called “the dark night of the soul.” In this dark night you may feel blinded and in pain by how much you cannot remember or recognize yourself. Usually you have no conscious awareness of what is happening. Ironically, it is the soul's “waking up” to who it REALLY is which causes the pain. Dark nights can be very intense and make you feel very strange about

who you are. Normal everyday activities can become difficult. This is why people go into crises, drama, or end up needing to leave their job or relationship. Often people don't even feel comfortable in their own skin. A dark night can be triggered by a significant passage in life like reaching midlife, the death of a loved one, a health crisis, or any number of life-altering or astrological scenarios.

Newfound awareness that triggers the dark night may make you think:

*"Oh my... I am not just a caterpillar. I am a butterfly. But, I have just realized this truth and yet my whole life has been built on the knowledge that I am a caterpillar. Ackkk!"*

The realization shown in this passage is part of the soul's process of self-discovery and development.

Wherever you are in your journey, know that in the end, you are always at the beginning. Masters and sages know this truth.

You may have heard what is called the "age" of a soul. An "old soul" is one who has lived much life and has a deeper understanding of the workings of the "bigger picture." A "young soul" may be new to the game of Earth life, with few incarnations and a different capacity of understanding.

This variance of soul age contributes to the vast contradictions of accountability and consciousness between one individual and another. Not all who are chronologically old are wise and not all who are chronologically young are ignorant. Whether you subscribe to the belief system of reincarnation or not, you can still recognize one who is wise beyond their years. This is usually because they are an older soul. They have been "around the block," having lived and experienced several incarnations.

It is not particularly fruitful to get too heady about the soul at this point, and it is not the purpose of this book to go deeper into teachings about the soul. Hopefully this explanation gave you a basis of understanding so that when you read my words saying, "Put your



soul into it,” you will know what I mean. Simply put, be true to you and create your lifestyle design based on your soul’s truth.

What is helpful to know is that the spark of life within you, the spark that gives you the desire to have your dreams fulfilled, was with you as an infant and will be with you as you take your last breath. It does not cease to exist just because your body does. It evolves through the gift that is your life. It is a continuum. Your life matters and your thoughts, feelings, and actions contribute to the growth or suppression of your soul.

Part of the purpose of this book and my life work – my skill set, gift, and my Divine Direction – is to help your soul come out of suppression and flourish.

Many people do not pay much attention to an awareness of their soul. I understand the logical mind that cannot wrap its head around the concept. The truth is, soul and spirit conversation is beyond logical understanding. It is nebulous and intangible. It is much like love. In fact, if you have a hard time digesting this “soul” conversation, you can replace the word “soul” with “love.”

Put your LOVE into it.

You can find more definitions for “soul” in the dictionary and in countless spiritual, religious, philosophical, and metaphysical resources. Bottom line, soul means, “You are more than you think you are.” If this feels challenging to you, or if it pushes your belief system buttons, my suggestion is to live like a child and play with this knowledge in a fun and imaginative sort of way.

I trust that my description of the soul has provided a basic understanding and has given us a common language as we continue.

This next “LifeStar Moment” is for aligning your lifestyle design with your soul purpose.

Before beginning, take a moment to think of the action steps that showed up in your lifestyle design process. Think of the top three actions that you are most drawn to take in the next 24 hours. Write

them down before you begin the following exercise. For example, in your Physical House, you might want to clean out your closet, go to the gym for the first time, or buy a new computer.

## **LIFESTAR MOMENT**

*Pick the area of the LifeStar House that is most calling your attention.*

*For example, if you have done the self-inquiry and know your professional life is most out of balance, focus on that area to make improvements. Remind yourself, and visualize as best you can, that **YOU** are in the center of your LifeStar.*

*Put your hand over your heart. Breathe.*

*Invite the life force energy that beats your heart to emanate through you.*

*Invite your soul energy to expand through your LifeStar Lifestyle Design System Houses. Reflect on the changes you want to make and the intention to have the 8 aspects of your LifeStar line up with your soul purpose.*

*Give this intention some room to expand by deeply owning who you are – in mind, body, soul, and LifeStar.*

*Say out loud something like*

***“I give myself permission to fully own my life and do what I came to this Earth to do – to live my soul purpose in every area of my life!”***

*The simple act of saying this gives the Universe the green light to move through you.*

*It is an activation. A decree. A command.*

*You don't have to know what your soul purpose is yet.  
Trust you will sort that out as you learn to live  
more authentically.*

*This is one of the golden keys I offer clients in the deeper coaching  
work and the inner secrets of being a LifeStar.*

*Living authentically will connect you to YOU, because it is you!*

*Align to your soul purpose through intention, as if you completely  
trust that you are here to live a life that is extraordinary, fulfilling, and  
that makes a difference in the lives of others.*

*When you are "connected" and have a sense of inner equilibrium,  
revisit your three action steps that will start changing your life for the  
better.*

*Do they still feel aligned?*

*For instance, it may no longer be the top priority to get a new  
computer. Instead you may be drawn to focus on your primary  
relationship.*

*Do your other action steps still resonate for you?*

*Or, does something seem "off " or not quite connected to who you  
are? Pay attention and trust whatever shows up.*

*If you need to make adjustments to your decided action steps then  
do so. This type of self-inquiry helps you stay in integrity with yourself  
and live what is true for you.*

*When you are ready, come out of this exercise and take notes on the  
changes you need to make that are even more aligned with your  
authentic self.*



In the process of a person's life, what ends up causing discord is living a life that is not really who you are, deep in the core of your soul within.

If you are paying attention, you will know when you are not aligned. I call it being "out of sync." It's as if things don't come together properly. "Road blocks" keep showing up. You feel like your life is in a "negative spin" cycle. The "domino effect" takes over and every effort feels as if you are walking through molasses. Things feel hard, tough, difficult, and laborious.

When you are in alignment, you feel harmonious, passionate, and excited about life. There is an ease and flow to your efforts. Some might call it "grace." I call it being aligned with who you are.

A wonderful thing happens when you start to become "soul focused." You begin to get answers to those burning questions: "Who am I? Why am I here?" You begin to align to your LifeStar and do what you are here on the planet to do. It is miraculous and magical.

Keep in mind that what you are here to do does not always mean some huge, lofty, Earth-saving mission. On the contrary, what it means is "LIVING AUTHENTICALLY TRUE TO YOU."

You can be a pizza delivery person and still be a LifeStar if you are delivering pizza and doing what you love and loving what you do. If that work is aligned with you, everyone who knows you will be touched in some way by how you deliver pizza!

This is what I mean when I say, "Put your soul (and your love) into it." Do not hold back. Give your all to whatever you are doing. This does not mean you will be doing it forever. Maybe being a pizza delivery person is exactly where you need to be in order to get to where you are going – living true to you.

Start with where you are. This is my greatest advice. Start with exactly who and where you are. The present moment is powerful. This is another reason why I ask you to visualize yourself in the middle of your LifeStar. It helps you get completely present with you.

During this next “LifeStar Moment,” let’s engage and energize your LifeStar with heart and soul. Notice when your soul starts responding to you. You will feel your soul coming alive within you just by the pure invitation to do so.

## **LIFESTAR MOMENT**

*Take a breath, with both hands over the center of your chest.*

*Invite your soul/love essence to come alive within you.*

*Visualize it as a brilliant light or glowing sun, coming through the center of your chest.*

*Let that light grow and expand.*

*Feel your arms moving out to your sides to accommodate this expansion.*

*Imagine your LifeStar drawing, which has been 2 dimensional and flat on the ground, is now upright and 3 dimensional, surrounding you completely. It is now an extension of you.*

*Feel as if you are within its glowing framework and you radiate as the LifeStar that you are.*

*Let the edges soften around you and blend with all of life.*

*Life has begun to be an extension of you.*

*Now allow your soul/love to come through your heart and expand,  
filling every area of your life! This is your creation.*

*You are changing.  
You are moving.*

*This is your Life! You are a LifeStar.*

*Play with this. Let go and feel the energy! Let the light, love, and soul  
energy of your infinite self move through your head and hands and  
feet. EXPAND. GET BIGGER!*

*Let definitions fall away and feel the magnificent radiance of who you  
are flowing into your life. Receive the gift of You!  
Let your heart open to you.*

*Acknowledge your inner hero, your “rebel with a cause.” It takes  
much courage to have evolved to where you are and be able to allow  
the radiance of life to move through you.  
Be the warrior/ess of the heart.*

*Let yourself commune with this opening.*

*Give yourself complete permission to be the best YOU and have the  
best life possible.*

*Just say, “YES!!”*

*When you are fully ready and connected,  
come back to your present time awareness.*



Congratulations! You now have put your soul into your lifestyle design and given yourself and your Universe the green light to make your life a living masterpiece. You are unstoppable. There is nothing you cannot do, be, or achieve. Good job, LifeStar!



*"No pessimist ever discovered the secrets of the stars, or sailed to an uncharted land, or opened a new heaven to the human spirit."*

**- Helen Keller**





## Chapter 8

# Live Like A LifeStar

### ***Do What You Came Here To Do***

*"I am involved in a freedom ride protesting the loss of the minority rights belonging to the few remaining earthbound stars. All we demanded was our right to twinkle."*

- **Marilyn Monroe**

**I**f you have made it this far in this book, hopefully you are intrigued, interested, perhaps compelled to Live Like a LifeStar. Congratulations!

I believe you have a purpose – something that you came here to do. It may not be just one thing; it probably is more. As I have found with most clients, their lives evolve over time, building on one success after another.

There is one truth regarding what you came here to do: You came here to be the best “YOU” that you can be. You came here to shine your inner light, your talents, your gifts, your abilities, and your spirit on the world.

You have been given a blueprint and a set of circumstances. You have been gifted with a personality, a body, DNA, talents, and handicaps. You make your choices and learn from your mistakes. You are responsible to make the best of what you have been given. You may have done so already.

*If you seek to be one of the chosen, simply choose yourself.*

You must absolutely and unequivocally choose YOU if you want to Live Like a LifeStar. You have reached the point where you decide to do what you came here to do – make your life a living masterpiece. Have you done that yet? If not, do so now. Believe in YOU. I do.

We have journeyed on this path together through the course of this book, and you now have the basic process of creating your lifestyle design. I have shown you how YOU matter and have opened the door of possibilities for you. Now it is time to talk about how to Live Like a LifeStar.

Living like a LifeStar means you acknowledge that you live and create your reality and your dreams from the center of your universe. This does not negate your Higher Power. On the contrary, it welcomes the idea that you are part of the ALL THAT IS. So don't hide your light under a blanket. Rock it!

So, how does one “Live Like a LifeStar”?

## **A LIFESTAR USES WORDS WISELY**

There is a language, a thought process, and a stance one makes as a LifeStar.

LifeStar language is conscious. Your words are aligned with who you authentically are. Do not minimize or apologize for who you are. Instead honor your life with your language. LifeStar language is the language of a creator, not a victim. Notice the difference in the examples below.

### ***Non-LifeStar Language:***

“Nothing ever works for me. I never am going to have what I want. Nobody wants what I have to offer.”

***LifeStar Translation:***

“I am better than I was, yet not as good as I am going to be. I am doing the best I can with what I know right now. The right people will find me. Eventually, my life will come together in a magnificent way, as I allow.”

***Non-LifeStar Language:***

“I have always struggled with my finances. I can’t ever make the amount of money I want. These economic times don’t help either.”

***LifeStar Translation:***

“Up to this point, I have been financially challenged, yet it is my intention to make the kind of money I want. I see that others are thriving no matter what is going on with global economics, and it is my choice to do so as well.”

***Non-LifeStar Language:***

“My partner never listens to me. What’s wrong with me? No matter what I do, it’s never enough.”

***LifeStar Translation:***

“Perhaps there is something for me to learn in the area of communication that will bring more harmony to my relationship with my partner. I probably don’t know all there is to know. I am open to learning new ways to create the kind of relationship I am seeking, and I am willing to do the work to get there.”

Do you hear the difference? “Non-LifeStar language” negates the self and the gift of life. It describes issues only as challenges instead of as opportunities. “LifeStar translations” are life affirming. The former is negative. The latter is positive.

The Masters do not disrespect life. Ever. To do so is indulging in the limited ego personality. The Masters honor life. You are part of life. Aim to respect yourself with your language.

### **A LIFESTAR CHOOSES SELF-MASTERY**

To gain mastery, one has to monitor the quality of their thoughts. If the way you are thinking or behaving is not helping in some way, be mindful to cease that thought or behavior. Self-mastery is not about being perfect. It is about being mindful.

To be accountable and responsible for one's thoughts, and then to self-correct and self-direct, puts one in charge of their life instead of at the effect of it.

Meditation and prayer are exceptionally helpful for remembering to be mindful while letting go of the thoughts that clutter your LifeStar inspiration and creativity. If you are not in the habit, practice closing your eyes and focusing on your breathing for 15 minutes a day to start. This allows you to witness how your mind works and teaches you to discipline your thoughts. A runaway mind can be a dangerous thing.

Conscious breathing helps to change your brain wave state, which then shifts you into a deeper sense of self where you can access all your gifts. Shallow breathing tends to put one in a "fight or flight" state and is not conducive to expanded and enlightened thinking.

### **THE LIFESTAR THOUGHT PROCESS IS ABOUT DISCERNMENT**

Until you get in the habit of thinking advantageously, you may need to sift and sort through your thoughts, determining what has value, meaning, and purpose, and what does not.

You are on the path now to move from mediocrity to mastery. You have tremendous opportunity available to you! Have fun with the process of designing your ideal life. You have everything within you

to do, be, and have all that you want. You just have to say, “YES!”

Every day is a new day to begin again. Life is a rich, wild, spirited, and juicy ride, if you will let yourself design it that way.

Whether you subscribe to the belief system of reincarnation or not, the truth is you only get one life to be you, as you are, in your present body. At the end of this life you are going to look back and review. What you did or didn’t do will be what matters. You will be responsible and accountable for your actions. If you live true and honor your heart and soul, at the end of this ride you will have a sense of satisfaction and pride in your achievements.

The following and final “LifeStar Moment” will give you a bird’s eye view of this “end of life” perspective. This exercise is helpful to do anytime you need to take a sobering look at what has heart and meaning for you. When you are finished, record your insights in your LifeStar journal.

## **LIFESTAR MOMENT**

*Begin by relaxing and placing your hands over your chest.*

*Breathe for a few moments into your body.*

*Imagine that this is the last day of your life and you are aware that you will be departing this world soon.*

*Reflect on what you have done with this life.*

*Feel the appreciation and gratitude for the life you have lived. Think of the people you have known – your friends and foes, your family and coworkers, even your acquaintances.*

*How did their actions and words influence your life?*

*How did your actions and words change their lives for the better?*

*What did you learn from these relationships?*

*Did you overcome adversity?*

*Reflect on the challenges and difficulties, the trials and errors,  
you faced.*

*Have you forgiven everyone?*

*Have you forgiven yourself?*

*What about the gifts you have been given?*

*Consider your talents and abilities.*

*Did you make the best use of them?*

*Were you in integrity with yourself and others?*

*Did your "yes" mean "yes," and your "no" mean "no"?*

*Is there anything you regret?*

*Is there anything you wish you would have done or said differently?*

*Did you risk?*

*Did you step outside of your comfort zone?*

*Were you a rebel with a cause?*

*Did you take the challenge and rise to become a LifeStar?*

*Did you shine your light on the world, or make a difference  
in some way?*

*Did you let yourself love and be loved?*

*Were you able to succeed at a dream?*

*Are you grateful for the experience of life?*

*Did you learn how to “let go”?*

*This is the point where you either let go of your past or hold on to it.  
When it is your time to cross over, you will want to feel “clean” with  
your relationship with YOU.*

*Take a moment to embrace yourself and your life,  
and then let go into your LifeStar Self.*

*You have prepared your whole life to do so.  
It was the plan before you began and now again as you transition.*

*Let go with joy and gratitude to dwell amongst the stars with your  
brothers and sisters, friends and family.*

*They also made the journey, overcame their challenges, rose to  
greatness, and now have become great beings of light.*

*Know that as you let go, you let go into a family of light.*

*Commune in this space for a moment or longer.  
Then bring yourself back into your body and into present time.*

*Complete by writing down your insights and observations.*



Your whole life is filled with opportunities to be and to embrace your LifeStar. Yet, many wait to confront their life choices until they cross over the threshold into the afterlife. The invitation really is to choose to embrace your LifeStar now, while you are alive, instead of waiting until you transition into spirit. Everyday stand at the threshold of opportunity, fully facing and embracing your life.

The above “LifeStar Moment,” and all the others in this book, can be life changing. They can help you prepare for living life true to you. Return to any chapter and review what you need to strengthen who you are.

End of life is just another beginning, just like the end of a job, or a relationship, or a self-identity. Life goes on. There is grieving. There is learning. You will grow. One day you will come to embrace the totality of who you are. You are one of those individual lights on the Christmas tree of life. You are also the whole strand. In fact, you are the tree of life, connected to all living creatures.

You are the contributor to the solution – or to the problem – with every thought you think and every action you take. You have so much room to grow and learn. You are free to choose, moment by moment, the quality of your life journey.

Living like a LifeStar means you are “all in” for life. YOUR life. You can live “all in” for as long as you are here. None of us really know when our exact moment of departure is, so be careful about taking life for granted. Live your best life, now!

You can’t duplicate someone else’s life and, at the same time, live authentically true to you. You can follow a model and a mentor to keep you on track, and I suggest you do. Yet, no matter how much help you receive, no one can do life for you. Eventually, you must to do your own thing! So when you do choose your models and mentors, make sure they are worthy of your attention and can give you systems that allow you to put your own vibe into what you are learning. In other words, take what you need and leave the rest.



Look for the value and forget wasting energy on what is not true for you.

Living like a LifeStar means giving yourself huge permission, repeatedly, to stretch the boundaries and limits of what is possible. This is especially true if you were told at some point in your life that your dreams couldn't come true, or you couldn't achieve your dreams. I believe anything is possible! I really do. I simply cannot put a cap on what's possible for someone – and neither should you.

*It takes as much energy to think big as it does to think small.*

*So, think BIG!*

## **WHAT DOES LIVING LIKE A LIFESTAR MEAN FOR YOU?**

It's important to be able to answer that question. When you do inquire, trust the answers and inspirations that come.

Ask yourself:

*What does it mean to me to Live Like a LifeStar?*

*As a LifeStar, I surround myself with what kind of people?*

*What is the level of success I will allow myself to reach as a LifeStar?*

*How do I make a difference by living like a LifeStar?*

*As I design my life as a LifeStar, I create an environment that reflects my true self. What does that look like?*

*As I live my LifeStar path, where do I see myself in 6 months, 1 year, 5 or 10 years?*



These kinds of questions will help you move along the path of living like a LifeStar. Revisit these questions as you refine your hopes and dreams and achieve your aspirations.

## **THE GOALS OF A LIFESTAR**

While you may already have achieved goals that were aligned with you, some of your accomplishments may, or may not, support how you want to live your life going forward. Revisit your goals, often. Check to see if they still pertain to and support the true you who you are becoming.

The goal is not really about achieving the goal. The real goal is to be true to you.

Beware of making excuses as to why you are not achieving. Be very careful about doing so. This is a trap that many have experienced. Don't confuse a challenge/opportunity with something not being right for you. Don't make that excuse when it's only that you are being pushed out of your comfort zone.

Have the discernment to feel, see, sense, and hear within what is best for you and also what you may be avoiding. I didn't say this skill set was easy, but you can intend it to be easier as you practice letting go into who you really are. It is that simple.

The work is really to get out of your own way.

Remember, you have a purpose to be the best you can be. Just check in with yourself and see if your goals are aligned with the true you. You will know what is true and resonant for you, and what is not, if you are in the habit of listening to yourself.

Your goals as a LifeStar are always aligned with your true self.

*What is your mission, LifeStar?*

*What are you going to do with your life?*

You can do, be, or have anything you want! Isn't that good news?! It doesn't matter if you have lived a certain way, or have had one career, and now you choose another. Go for it! It is never too late to reinvent yourself.

Expand this energy a bit more. Feel excited, optimistic, and hopeful of the possibilities in your life!

Speaking of possibilities, reflect upon this inspiring Steve Jobs interview given for the 1994 PBS documentary 'One Last Thing.'

*"When you grow up you tend to get told the world is the way it is and your life is just to live your life inside the world. Try not to bash into the walls too much. Try to have a nice family life, have fun, save a little money.*

*"That's a very limited life. Life can be much broader once you discover one simple fact, and that is - everything around you that you call life, was made up by people that were no smarter than you. And you can change it, you can influence it, you can build your own things that other people can use.*

*"The minute that you understand that you can poke life and actually something will, you know if you push in, something will pop out the other side, that you can change it, you can mold it. That's maybe the most important thing. It's to shake off this erroneous notion that life is there and you're just gonna live in it, versus embrace it, change it, improve it, make your mark upon it. I think that's very important and however you learn that, once you learn it, you'll want to change life and make it better, cause it's kind of messed up, in a lot of ways.*

*Once you learn that, you'll never be the same again."*

Steve Jobs lived "The American Dream." He became an entrepreneur. He lived life on his own terms. He designed a lifestyle

that matched his values, made the best use of his talents, and helped people along the way. Steve Jobs was a LifeStar. He felt the boundaries of his reality and challenged them.

Stepping out, as Steve Jobs did, doesn't mean you win popularity contests. It means you live true to you.

With all the talk of an economic collapse, recessions, and fiscal cliff diving, know that this "Shift" is opening tremendous opportunity for cottage industries and entrepreneurs to do their dream. It is a perfect time to reinvent yourself – to "occupy yourself." This is not about Wall Street. This is about you! View the present economic, environmental, and world issues as types of spiritual crises/opportunities that are forcing us through the collective birthing canal to ask the "Big Picture" questions.

You are grounding a new reality. These things take time. Being a LifeStar is part of the plan. You are living in the age of emerging leaders! So, lead on LifeStar! Do your "Thing!" Do what you have to do!

Dreams for peace, a healthy environment, and a thriving and enjoyable lifestyle are a part of this new reality we are grounding! You have a part to play! I am guided to assist.

I want you to feel that you are here to make a difference!

I want you to know that you can!

I want you to know that you have support!

I want you to know that it is possible to make your dreams your reality!

I want you to trust that you have purpose!

Everything happens for a reason. Even though you may not know the reasons now, the puzzle pieces will come together and show you a great working that has made a beautiful masterpiece of your life.

When you look up at the stars at night, make a wish to be the best you can be while on this beautiful planet Earth.

You live amongst the stars. You came from the stars and to the stars you will return. You are made of stardust and are here for a short while. Make the best of your LifeStar life! When you make a wish, remember to make sure you also ask to shine as brightly as you can.

You create your own reality. Feel the power in that statement. It is never too late to move toward a dream. It is time to Live Like a LifeStar – to live your light and love your life.

Make your dreams come true. It is up to you!





## About The Author

**H**olly Shantara, Lifestyle Design, Business and Soul Coach for Entrepreneurs is an Expert Energy Intuitive helping thousands to follow their life calling, love their lives, and bring their dreams to life. Her mission is to help create Heaven on Earth by mentoring emerging leaders, conscious entrepreneurs, and rebels with a cause. She strives to see others master their gifts and make a difference in livelihoods that energize, empower, and enlighten mankind to become stellar stewards – and fulfill their soul purpose!

*“Since I was a child, I have devoted myself to helping people. I always had a sense that my “destiny” or life path was to assist others who did not have the knowledge or comprehension to communicate about this future evolution.*

*As time has progressed, I found my voice and my own LifeStar purpose – to help people design, create, and then live their dreams.*

*We are living in the age of the LifeStar!”*

*– Holly Shantara*





# **Life...**

## **The End**

## **The Middle**

## **The Beginning**

### **THE END**

*"Life should not be a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out, and loudly proclaiming 'Wow! What a ride!'"*

**- Hunter S. Thompson**

### **THE MIDDLE**

*"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 one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would not otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance which no man would have dreamed would come his way.*

*I have learned a deep respect for one of Goethe's couplets:  
'Whatever you can do, or dream you can, begin it! Boldness has genius, magic, and power in it.'* "

**- W.H. Murray**

### **THE BEGINNING**

*"Star light, star bright,  
The first star I see tonight;  
I wish I may, I wish I might,  
Have the wish, I wish tonight."*

**- English Nursery Rhyme**





