

FROM “INNER COACHING”

CHAPTER 3 IDENTIFYING WHAT YOU MOST WANT

Why is it so difficult to know what you want?

How difficult can it be to know what we want in life? Surely this is a fundamental knowing we all have. But oddly enough, this very knowing...or rather NOT knowing...is the crux of much of our suffering in life. We all have gone down wrong paths working toward some goal that in the end we realize we never really wanted. After a few episodes of that, is it any wonder we have a growing fear of going down any new path?

One of the fundamental reasons we have such trouble is that we often confuse 'wants' with 'needs.' We may be so caught up with fulfilling our basic 'needs' in life that we don't have the time or energy to ever look for what we 'want' in life. Let's face it...we have certain human needs that have to be met....shelter, food, and livelihood. If we allow these things to consume our thoughts and efforts, they will, leaving no time or energy to search for what we really want out of life. The needs have overwhelmed our wants, or so it can feel. This is one of the primary reasons we need processes that can help us stand back and take stock of our life, take a deep breath, and re-evaluate what we truly want.

Processes that may keep you from knowing

Before we get to those processes that can help, it's good to review some of the processes we may have been using that keep us from knowing what we want.

Avoidance is always a good one. Simple avoidance. Or is there such a thing as 'simple' avoidance? Minutes before I sat down to write these very words, I had a call from a new coaching client on the east coast. She wanted to talk about hiring me to get her unstuck from her 'simple

procrastinating....simple avoidance.' My coaching experience tells me this is probably anything but 'simple,' and in less than a minute of questioning her, I was right. She is a cabaret singer who keeps avoiding looking for 'gigs' in New York City because she is terrified of terrorist attacks on the city. This is 'simple avoidance?' No, this is deep seated fear! Nothing simple or easy about it. Not a fear to be ashamed of either.

Cultural programming is another potent enemy of our knowing what we want. Any culture has its rules, visions, requirements that need to be re-evaluated constantly by each new generation. "Real men don't eat quiche." "Good girls don't work in that kind of place." I remember talking to my daughter when she was about 9 years old and she explained that she wanted to be a nurse when she grew up because they helped people get well. Her mother, standing just out of her sight, suggested that perhaps she would want to be a doctor because they help people get well also. "No, boys are doctors, girls are nurses."

Her mother pantomimed tearing out her own hair! Where did this child get this notion in our liberal, feminist household? From the culture...all around her. But the most fascinating process happened just then. Her mother quietly reminded her that her own pediatrician...carefully chosen by us for just this reason....was a woman. Not only was she female, she was from India and looked and dressed differently from us. My daughter replied, "Oh, yes. Ok." From that moment on, for years she calmly told people she would be a doctor when she grew up. A simple bit of cultural reprogramming! We should all do more of it....

But the most potent process that any of us has that keeps us from knowing what we want is our own subconscious. Freud lives! That wonderful child-like part of us that knows all and remembers all, also holds onto patterns and processes that are destined to keep us from knowing what we want in life today. These patterns may have been very useful in our childhood and protected us from some enemy real or imagined, but the pattern may be very detrimental to us now. For any number of reasons, Lowself, the ancient Huna term for the subconscious, may not let us think independently now as an adult. It may keep us from knowing what we most want and what is best for us out of some childish fear or pattern. It is our job as adults then to work to dislodge Lowself's grip on us, to

help it 'lighten up' and let us know what we really want. And the irony of it all is that it is Lowself who knew all along what we really wanted! Any desire we have ultimately has its origins in the subconscious, yet ironically it is that very same part of us that tries to keep us from knowing. A conundrum. But that is one of the great truths about Lowself: it is our best friend and worst enemy at the same time. It knows what we want and what is best for us, and yet it can keep us from knowing it. But not for long! Not if we use some or all of the following processes.

Tools to reveal what you most want

Following are many different methods that have been used successfully by my clients to help them discover within their subconscious what they really want. Glance over the list and get a sense of which ones most appeal to you. This very process is the beginning of you listening to your subconscious. Just look at the following headings for suggested exercises and let some inner guidance choose one to begin. You may find your heart's desire in just one exercise or you may want to do them all, but let that inner part of you do the deciding, just for the fun of it.

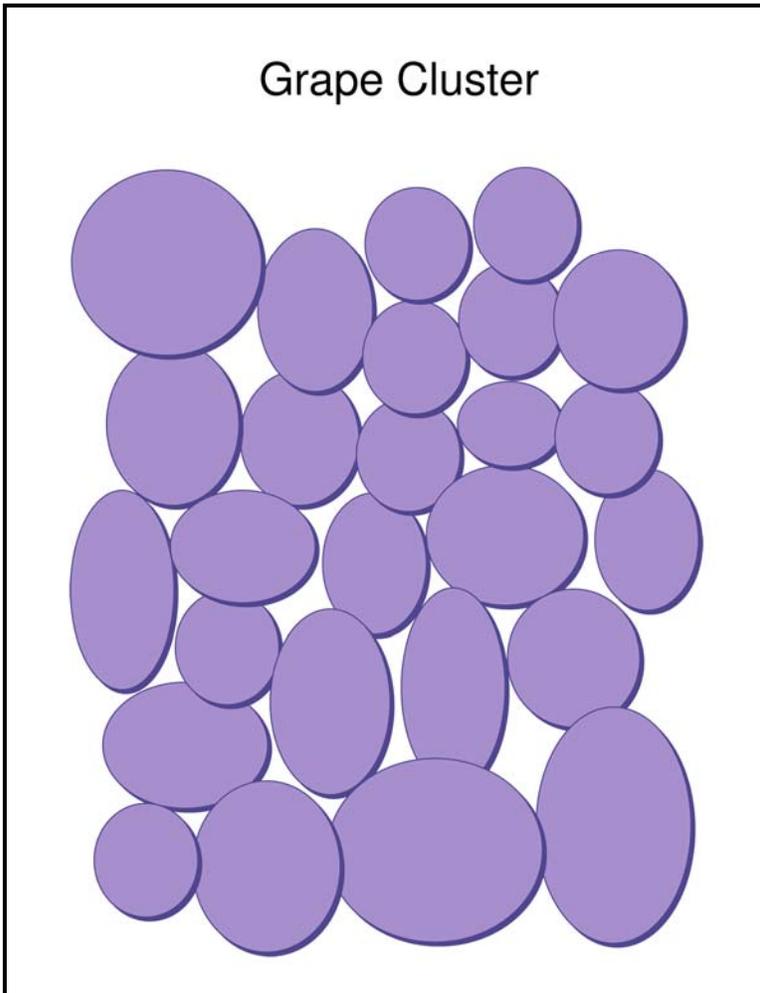
******Doing a grape cluster***

This is the simplest and most effective tool I know, and the one I recommend most often to clients as a starting point for the process. The concept again comes from HUNA, which suggests that around any one desire we may have is a cluster of subordinate desires or pictures. And here is the main consideration when doing the process: Pictures. Huna always reminds us that Lowself does not respond to words, teachings, lecturing. It only responds to pictures, so as you do this exercise, be sure the 'grapes' are in visual form. People often head off to the exercise using concepts like 'financial security,' but that is not a visual picture. Having a vacation cottage at the beach is a picture I can see in my mind, and that implies financial security to me, which is what Lowself is looking for.

You can use this very same process again in Chapter 4 after you know what you want to focus on, but it works well here also when you are in the process of deciding what you want to bring into your life.

Exercise

Following are a sample blank grape cluster and an example cluster from a client. You can download them both at my website www.donclarkson.com under 'Coaching Tools.'

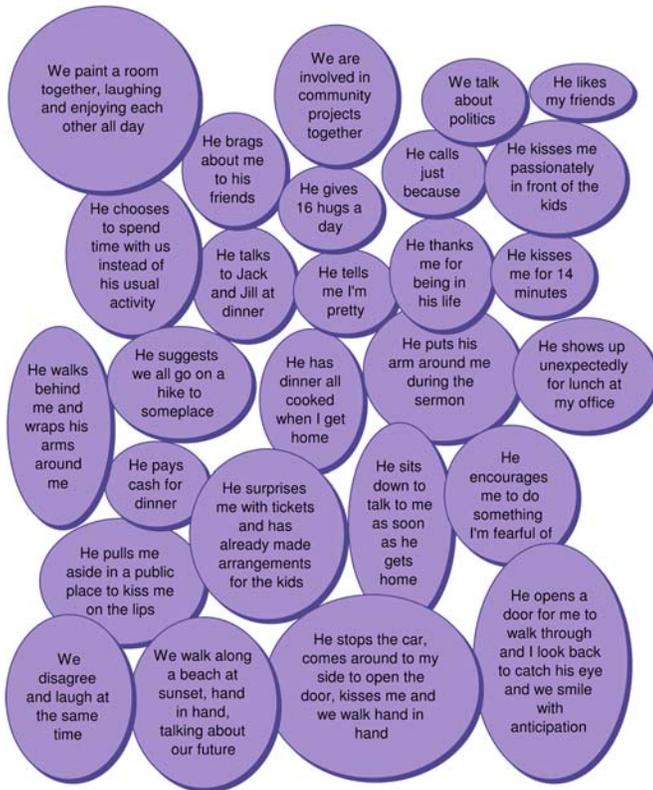


If you don't want the nearby drawing, simply draw on paper a few circles large enough to write a few words in. Make sure the circles touch, as grapes would on the vine. The reason for this is to make a strong message to Lowself that these issues or pictures are all connected. If you get one of them you get them all!

Now sit for a moment with the question in mind, What do I most want in life? You might even close your eyes if you are good at visualizing. Let pictures come to mind, and try

not to sort or qualify or judge them. Whatever comes to mind put it in a 'grape' in visual terms. These pictures may range from the simple, wanting a new pet, to the profound, seeing yourself owning your own business. Put them all down. You may end up with 10, 15, 20 or more.

Grape Cluster June 10, 2003



When you feel you are finished, sit back and look at the cluster. Are there themes?

Did you find 5 that had to do with financial success?

Perhaps the majority were

about your physical well

being? Or on having a

relationship? At some point

you will have a sense of what

group has the most meaning

for you at this time, and that is

where you should direct your

attention. From that cluster,

find the one 'grape' that is the

juiciest. The one that brings a

smile to you perhaps; the one

that makes your heart jump a

bit. When you feel you have it,

you can sit back and know that this is where you want to begin working. This is the next issue you want to make manifest in your life. This is not to say the other 'grapes' aren't important. They will be brought to manifestation also, but for now you are going to focus on this one exciting picture.

Circle it in the cluster or in some form highlight it from all the rest as the focus of your desires for the next few days at least.

Case Study

Sara came to my coaching process through a group I coached. She came to the group with the most enthusiasm, the most energy, but the least amount of focus. The simple intake forms she had filled out included one called Focus Form, which had 5 lines for 5 areas in which she wanted coaching. But under each heading she had listed A, B, C, D, resulting in not 5 but now 20 areas for coaching. When I pointed this out in the group, she smiled eagerly and said, "Oh but that's not all...look on the back." There, in small handwriting, were at least 40 more things she wanted in her life!

This is not focus, I tried to explain. This is a dream list, a laundry list, but not a focus list. When I asked her to focus on just 5 things we could work on at this moment, she was stymied. "But I want them all!"

Ah. There's the rub.

How right she was. We do want them all. We humans have no lack of desires, no trouble coming up with pictures of what we want. But what we do have trouble with is LIMITING those desires.

Focus is elimination.

Focus can only happen when you DON'T focus on all the rest.

Focus can only be single-pointedness of the mind. To do that you need to bring all

the dreams to consciousness so that you can then make a conscious, rational choice of which one you want to focus on now. And the main concept in this entire process is the NOW. Timing. Eliminating the pictures you are not going to focus on at this time does NOT mean you do not want them or are not going to focus on them. The question is only WHEN you will focus on them. If you can do this eliminating with Lowself in mind or even actively involved in the process, all the better. Then Lowself will not feel resentful of not getting all it wants in life. It will realize it's just a matter of timing.

As for Sara....she would probably still say I forced her to do a grape cluster. I tricked her into it. I had her do a cluster of all those dozens of wishes but this time in very visual form on the grape cluster. Then in front of the group I forced her to choose one grape that we would work on that very week. After several minutes of "Yeah buts..." she was able to compromise. "I'll choose one grape for this week, one for next, and one for the next."

Fair enough I thought. It's a start!

******Forced writing**

While this process is not the painful 'arm twisting' the name may imply, it can be annoying...and therefore productive. It's probably the simplest technique known to get the subconscious to reveal itself. You simply sit with an idea or question in mind and then start writing. And writing. And writing. You must write for at least 20 minutes on the subject and you cannot stop the pen from moving. This is not a narrative you're writing, but simply one sentence descriptions. A sample question might be "What do I most want in life." Or "What do I like?"

During the process, your mind goes through many stages. You may start feeling embarrassed at doing the exercise. You will probably at some point get bored. Then you will get annoyed. Then you may cycle through all the emotions again, and this is when it gets really good.

The point in doing this exercise is to give the conscious mind a fairly rote or mechanical thing to do so that in effect sets it aside doing its menial task. But that menial task is still focused on the very issue at hand, annoying though it may be. Once the conscious mind gets out of the way of thinking what you 'should' be writing and what the 'correct' answers may be, the subconscious mind starts coming to the foreground. This is when you start hitting pay dirt with ideas. These are the ideas that are hidden for whatever reason and now have a chance to break through to the surface, if only for this brief moment. But they are captured in writing for you to review later.

Once you have finished the exercise, it's important to go back and review what you wrote. Are there themes? Are there clusters of ideas that are related? Do you see a pattern? Did anything surprise you? Did anything come up that was 'bad' or 'naughty' in your value system?

Set the exercise aside for a few hours or days and when you come back to it, what leaps from the page? What ideas are most exciting to you? These will reveal to you what you most want in life and now you can choose which one you want to focus on.

Exercise

First, get a drink of water, go to the bathroom, and get rid of anything else you might use as an excuse to stop this exercise. Remember, the subconscious mind does not like being revealed and will do most any kind of trick to keep from being seen or found out, so you need to know this and prepare for it.

Have plenty of paper and pens handy so you can't run out of either. Have a timer or at least a clock. If you use the stove timer, set it for at least 20 minutes, 30 at most. But keep a watch or clock handy too so you don't need to get up and check to see why the timer must be broken! It is almost a certainty that you will find the 20 minutes MUCH longer than you expected, so it's good to have a clock you can check.

Form the question or issue you have in mind and write it on the top of the paper. "What do I like" is one of the simplest and best.

Now start writing and don't stop for anything. Just write short sentences. "I like beaches. I like chocolate. I like sex. I like going to the movies. I like reading books. I like reading mystery books. I like sex."

Don't worry if you repeat something. This in itself has great meaning for the exercise. And don't sit and ponder. If you can't think of something, write what you just wrote. Repeat it again. Keep on writing something without stopping.

When you have finished, read over what you wrote and look for patterns. Some clients color code statements with colored markers. If nothing else, you may see how many things you enjoy have to do with nature, which you may have colored green. Check to see how many times you said you liked chocolate. This could be important!

When it's all said and done, what have you learned? If you had to reduce this entire exercise into one or two words to answer "What do I most like?" what would the answer be? When you get that answer, this is the next thing you want to focus on to make manifest.

Case study

Margaret came to one of my afternoon workshops on visualization and tried this simple exercise. When the process was done, I asked people to share with the group what they discovered they really liked in life. Margaret eagerly volunteered to go first because she had gone through so many different moods doing the exercise and had come away with such a startling revelation.

Every time she felt stuck and could not think of anything else to write, she wrote "I like chocolate." Who doesn't? After several minutes of writing this in the exercise, she began to realize that this was more than just a mindless phrase she was using. She REALLY did like chocolate. And once she got that quiet realization, her exercise began going down a subtly different road.

She read some of her lines to us after she realized how much she liked chocolate. She such wrote things as "I like helping people." "I like seeing people happy." "I like having my own business."

Do you see where her subconscious mind was beginning to take her? Can you guess what the realization was that she so eagerly wanted to share with the group? She wanted to have her own chocolate business!

And she did! Within the year, she rented the ground floor of a charming Victorian house in a small, upscale town and opened her own business selling handmade chocolates. Within months she was known as 'the chocolate lady.' All of this from this deceptively simple exercise.

*****Doing a cube**

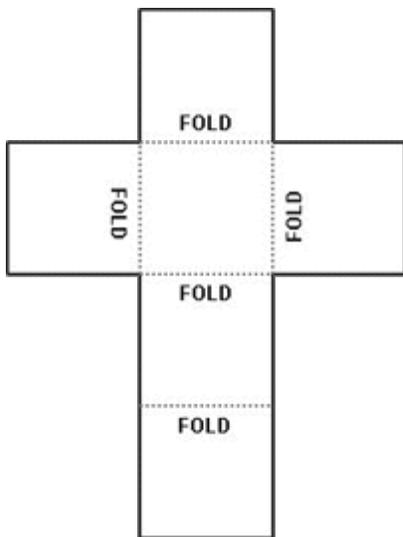
This exercise is probably the most profound and certainly the most 'metaphysical' of all the processes offered here. The cube has been instrumental in moving me forward in my life more than any other exercise, and it has been equally dramatic in the lives of many of my clients.

Typically we 'do a cube' when we feel we have either no options or too many options in a situation. It is an exercise designed to reveal from the inner most part of our psyche.

My primary study for the past 25 years has been the classic, ancient Tarot, the repository of the western mystical and religious traditions, including those of Islam, Judaism, and Christianity. The concepts held within the Tarot are the underpinnings of all those religious systems. And the most important symbol throughout the Tarot is the cube. To do justice to the history and theory behind the cube would take another book, but history is not the purpose here. Action is. Still, a brief explanation seems in order.

The cube has 6 equal sides all holding up the cube. Imagine force being applied from the outside pressing in on all 6 sides equally. Imagine being inside the cube with all that pressure weighing down. At the very center of the dark inside of the cube there would be a special convergence of force or accumulation of pressure. The ancients called that the Rose. We might simply call it The Solution. The unfolding rose of insight. The ancient order of Rosicrucians (Rosy Cross) actually adopted this as their symbol. .

Notice in the following illustration that a cube can be cut open in such a way as to form a cross.



This cross predates Christianity so do not mistake it as a purely Christian symbol, since the Christian cross actually grew out of this more ancient symbol. The Rosicrucians developed the cross with an unfolding red rose at the crossbeam as their symbol of unfolding insight and wisdom.

We can do the same.

Now to confuse the issue even more, the cube isn't really a square box at all but is your head! It is into this cube that you are about to throw many ideas that will rattle around in the cube and rub up against each other until they form a new realization or insight and unfold in your mind just as a rose does.

Exercise

Perhaps by the time you come to this exercise, you have a fairly clear idea of the area of your life you want to coach yourself. Perhaps it's in career, or relationship, or health. But knowing that this is where you first want to focus your coaching still doesn't give you the clear idea of what you really want in this arena. The cube will provide this unfolding clarity if you play the game with it.

Come to the exercise with the area you want to work on clearly in mind. The first step is to look at that area from six very different positions. And here is a major aspect of playing this game properly. These six positions can, and perhaps should, be on the fringe of your thinking. They do NOT have to be positions you would actually take. In fact, the point of the entire exercise is to s-t-r-e-t-c-h your thinking past the stuck point you are already in. Remember, no one will know what you write in this exercise, so neither the law nor the church will be coming after you!

On a piece of paper, write one way of looking at this area of your life. Now write down all the pros and cons you can think of for that position. You may want to leave room to write more later as they come to mind.

On the top of another piece of paper, write down what you would put on the opposite side of the cube as another view of this situation. And here is where it can get tricky. If at all possible, put down an opposing point of view to the opposite side. Don't force this issue, but you may see ways of viewing your situation that naturally and logically present opposite view points. When this happens, put them on opposite sides of the cube. The point here is to begin developing pressure, or even antagonism between the two viewpoints. The subconscious works well when pressure is applied!

On this paper also write down all the pros and cons you can think of for this point of view.

Now continue doing this for the other four sides of the cube, trying to put them in two pairs of opposites if possible. Continue writing the pros and cons of each point of view.

The point of the entire exercise is to bring to mind as many options as you can possibly think of. And remember, all the pros and cons you write down are really being thrown into the cube...your head...where they rub against each other just below consciousness. The ideas were always there perhaps, available at any time, but now you have brought them to conscious mind in the context of the question at hand, and this is where the 'magic' happens.

The magic of the cube is the unfolding of the rose at its center, or in our use, the unfolding insight that you get from the exercise. You have put down six different possible viewpoints or solutions to your situation, and from that will magically appear another...the seventh. The seventh position is the solution or the answer to your situation that comes about from the mixing up or rubbing together of the other six positions. And the joke in almost all cases is...IT ISN'T MAGIC. You will probably find that the solution...the unfolding wisdom you so longed for...is a quiet revelation that you knew inside all the time. And of course, that is the point of the cube. The answer was not outside of your head, but really inside your head all along. The exercise simply allowed you to see an answer that was there but never realized in relation to the issue at hand.

The waiting for this revelation can be an exercise in itself! I have seen clients do a cube in my office and gain the insight before they left a session. I have seen clients and myself take days or even weeks to gain the revelation. I suggest that while you wait, you actually build a cube. Draw out a cross on paper, as illustrated, and then cut it out. Fold it into a cube and tape it together. Now on each side you can write a word or two that represent one of the positions you took for this situation. I suggest leaving the cube on your desk or in plain sight somewhere. The point is to constantly poke at the subconscious mind. Every time you see the cube, the subconscious is thinking about it. At some point, most people doing the exercise come to the cube on the desk one day and realize that one or more sides of the cube are no longer options. This elimination in itself is a process of focusing on the situation. Hopefully, in short order you will come to your cube and realize that none of the sides is really an option and that a seventh side has revealed itself to you in a quiet, yet profound way. At this point you have come from your place of confusion to a place of real focus, and then the coaching can begin!

Case study

I never knew her name because she came as a visitor with one of my tarot class students. I'll call her Elizabeth. Oddly enough, she came to the class on the Emperor card, which is the class dealing with teaching the cube because the Emperor sits on a granite cube. After my long explanation of the Emperor card and the meaning of the cube, I asked for someone to volunteer to share a stuck position in their life... a place where they felt they either had no options or too many options to choose from. Elizabeth almost jokingly offered her stuck position, poor innocent lamb! She revealed that she was in a horrible marriage to an abusive alcoholic, and that she had absolutely no way to change the situation. Even with a bit of prodding, she could see not one option for her bad marriage. Most of the students could be seen rolling their eyes and smiling with that rather pained kind of knowing, uncomfortable laughter.

To get the ball rolling, I suggested to Elizabeth that one option...one side of the cube...could be Shoot the Bastard. That brought great laughter on her part and the other students. Of course she would not want that. How ridiculous. But I persisted. I suggested that in fact this could be a very viable way to start the discussion, and I reminded her that in doing a cube we always keep in mind the phrase "Not that I'd actually do it." This is just a mental exercise to help us see options....and in fact we don't intend

to do any of the six sides, but hope for the revelation of the seventh side.

With this caveat, Elizabeth felt free to play the game. She listed several pros for the option of Shoot the Bastard. "I'd never have to see him again." "I wouldn't have to go through a divorce." She then listed several of the cons of this position, such as the obvious moral and legal problems.

We then went to the opposite side of the cube where she put "Stay in the marriage as it is." We then listed several pros and cons for that side of the cube.

By the time we did all six sides, we had listed several dozen options which had been thrown into the cube....i.e. Elizabeth's head.

And then the magic happened for all the class to see. We could almost see two or three options collide together in her head to form the unfolding rose of insight, or the seventh solution.

"My mother lives in town and I could go home to her this very night. I wouldn't ever have to see or face him again."

It was the perfect...and legal...solution that had eluded her. She came to the class with absolutely no solution to her situation, and within minutes she came to a realization that was there all along but not conscious to her. And in fact, the very first option she played with....Shoot the Bastard...had provided one side of this new revelation.

She did not have to see him again, and she

found a way to attain this position with no jail time!

Case study

Rich came to me for coaching with a background in the Tarot, having been a student of mine through the entire series. He knew something of the cube and its origins. He came to coaching and the cube with the opposite problem of Elizabeth. Rich had too many options in his career life. He had just left a long-term job in sales and was floundering in beginning a new career. Should he stay in sales? Should he stay in media? Maybe he would start his own business in web design. After a month of coaching around these several issues and investigating where each avenue might lead, he decided to do a cube on the issue. At our next session I asked what insight he had gained, and he sheepishly admitted he had not done the exercise, so I suggested we do a cube together for our session.

We started the process with several 'safe' and known positions on the cube and I noticed that Rich kept yawning broadly. The exercise didn't seem to generate much pressure on him or even interest, so I suggested we try a different cube with much less obvious and therefore stretching choices. I reminded him we were trying to stretch his thinking beyond what he already knew. With this in mind, he began again with sides of the cube. He could stay in advertising, and he listed the pros and cons. He could start his own business. Then I suggested he think of something really wild and crazy, and he suggested he could be a crook! He listed many pros for being a bank

robber....lots of banks with lots of money; very short working hours; lots of time in sunny Mexico. He listed some of the obvious cons to the idea.

I noticed that he stopped yawning and sat up straight, showing much more interest in the exercise. He chose another side of the cube, Be a Slacker. Now the process started to do its magic. He really got interested. Being a slacker to him meant having other people do his work for him; only doing what he really liked to do with no time pressure; spending more time playing than working, or at least working on something that seemed like play.

If I had videoed the session, you would have noticed the change come over him. You would almost be able to see some of the pros and cons he had thrown into his 'cube' rubbing against each other. He began to see new options that had not been there before. From one side of the cube came the idea of having his own business dealing with the Internet. From another came his interest in art and artists. From another came his almost secret desire to not have to work too hard and to play more than work. Suddenly I could see some kind of vivid realization cross his mind and he said, "Wait...I could do some form of Internet art gallery to help sell the work of all my artist friends. I could be an 'art broker' of sorts."

Within minutes he was so excited by the prospect of this new career that he wanted

to cut the session short so he could go home and work on the ideas.

Not all cubes work this fast, but this is in fact how they work. Ideas from one side dropped into the cube or head get tangled with another and out comes a brilliant 'new' idea that doesn't seem new or unfamiliar but rather has that ring of familiarity to it that makes you want to go make it happen!

******Psychic readings***

Going to a psychic to find out what you most want in life can be a very valuable way to gain insight, or an exercise in futility and frustration. Going to anyone outside yourself for your answers is always subject to question. We in the Western world are infused with the 'savior' metaphor....that person who will save us from our problems, such as the doctor, the lawyer, the priest, or even the next pill, newest book, latest fad. All too many people are willing to seek the advice of a psychic or other metaphysical practitioner and then turn their lives over to the advice given as though God gave out the advice.

The greatest frustration of gaining psychic insight is the lack of follow through, and this is what drove me to add coaching to my psychic practice. It is one thing to throw hot potatoes of great wisdom into peoples' laps, but it is quite another to help them make use of these insights. It is relatively cheap and easy to go to a psychic and hear exciting prospects for your future, but most people then sit back and wait for the miracles to start happening. When they don't happen, the person is either back to the psychic for more advice, off to another psychic for 'better' advice, or has given up on this process all together.

I always remind my clients who come for a reading that my advice is just one piece of advice, not the voice of God. It should be added to all the other voices of advice they have been given and then decisions should be made from within their own mind and insight, not from any one outside voice.

Psychics and other advisors can simply be wrong. I remember a sweet television interviewer asking me on live television if all my predictions come true. "Would I be sitting here talking to you on public access TV if I were 100% accurate? No...I'd be running the White House or living on an island I owned." If you go to a psychic who is less than the Leader of the Free World, then this psychic is probably fallible. This doesn't make the psychic bad, just human, and so the advice needs to be taken in a human context.

Selecting the right practitioner for your needs can be tricky, so you need to shop around. I think it is entirely appropriate to expect to talk with the psychic and get some sense of the type of work they do, how long they have been working as a psychic, how they discovered the talent, and any other questions you might have. I know a psychic who refuses to deal with any business questions for fear she would give out the wrong advice. I have a psychic friend who loves to work on criminal cases, whereas I refuse to do so. One of my favorite areas of psychic work is medical diagnosis, whereas another psychic is terrified to the point of shaking at the very thought of giving such advice. The point is, you need to know these aspects of the practitioner before you are in their office. Don't be shy. Ask what you want about them and tell what kind of issues you are dealing with and if they are comfortable with them. And do NOT play guessing games with the psychic. "Can you see what my problem is while we talk on the phone?" If you are looking for fortune telling you should go to the circus. If you are looking for insight and help on issues, call a psychic. And you might expect to go more than once. The psychic process is just that...a process...and most people who go become clients, meaning they return for more advice, or they hire a coach to aid them in an ongoing way.

Exercise

While there is no 'exercise' you can do here to become psychic, you can do an exercise in order to find a psychic. If it really is your intention to seek out a psychic, then make it your conscious intention to do so. The subconscious, once programmed, will find many subtle ways to make it happen.

CASE STUDY

Diane came for a psychic reading simply as a lark, she later admitted. It was her birthday and she was meeting a girlfriend for lunch in town and she decided to treat herself to something wild and crazy.

Diane was happily married to the perfect husband. She had two beautiful and perfect children. She lived in a wonderful and perfect house in the perfect suburb. She was totally satisfied with her perfect life, as anyone would be. Having a psychic reading was just for fun...something to tell her friend at lunch...a new experience to add to her perfect life.

She came dressed to the nines and sat sweetly before me in my office. I explained my psychic process and then closed my eyes for a couple minutes. When I opened my eyes, Diane sat up eagerly to hear what I saw.

"I see you on what I think is a sound stage in Hollywood. You are in front of lights and cameras. You really want to be an actress."

I'll never forget how that sweet smile of expectation slowly changed to a frown, and then tears filled her eyes. "How can you say such a thing? How can you know that? I've never told anyone of my secret desire to be an actress, not even my husband."

Revelation! The psychic process had indeed done its magic. It had revealed what Diane most wanted in her life, even if she didn't want to deal with it. What she did with the information is quite separate from the revelation. She chose to come back a month later and ask if coaching could help her to realize her dream. We worked for only six months on being an actress, and then she moved her family to Los Angeles where she found an agent two months later.

Try writing your intention on a sticky note and paste it on your computer, or some place you will notice it often.

Take a minute each day to remind yourself that you want to find a psychic. Even imagine yourself walking out of the psychic's office with a smile of satisfaction on your face.

Now sit back and wait. See how many times each day something comes to you about psychics. The friend at lunch just had an appointment. The newspaper today did an article on psychics. You trip over a psychic's business card! It's amazing what can happen when you simply make your intention known to your subconscious. Then all you need to do is follow up on the 'coincidences' that happen.