



Introduction

Welcome to 40 Days of Discovery!

For whatever your reasons you have decided to take the next 40 days of your life and focus your attention on yourself. This is your time, just for you. It is an opportunity for changes to take place within you. Everything that surfaces around you and within you will become tools to teach and guide you. You will use the wisdom and skills you have acquired through life to assist you in expanding your awareness. With this awareness you will learn to use knowledge as a tool in your life, instead of knowledge having control of your life. You will gain the freedom and power to choose what you wish to experience in your dream, and how you wish to live your life.

The dream of the planet is all around us and is a large part of the reality that we live in. It is very beneficial for us to be aware of and acknowledge the way humanity dreams as a whole, even if we hold different personal beliefs. As we live our lives and enjoy our physical existence here on this planet, we will always be interacting with other human beings living their own lives. This does not mean these interactions have to be filled with drama and grief. During this course you will engage in many lessons designed to show you how to allow all things to be just as they are. You will also gain awareness around choosing how you wish to experience these things, as well as bringing more of what you desire into your experiences.

We always have choice when it comes to how we perceive events and individuals around us. Our 40 days in the desert will not be a literal fast, from food, speaking or human contact, it will however be a fast from personal drama. The dream of the planet provides us with beautiful reflections of our addictions to drama. Everywhere we look we see drama and those doing their best to be in the middle of it and create even more. If we are honest, we can sometimes see ourselves as the perpetrator or as the victim or even as the enthusiastic observer wading neck deep in the drama and embracing every aspect of it. Acknowledging our addiction to drama in our life can assist each one of us to accept what is and then to choose to change it.

Our addiction to drama fuels our dream of hell, or the first attention. This addiction is overflowing with jealousy, rage, resentment, blame, anger, self judgment, pain and suffering. When we give our power to our Ego, our Parasite, our Judge, our Victim or even our Knowledge, we lose control of our lives and ride blindly, without Awareness, through our life. We will suffer whatever befalls us and only see our experiences through the eyes of whatever is in control at that moment. With Awareness, we can choose to experience our dream however we wish, as heaven or hell. By choosing to give yourself the gift of this course, you have now opened an opportunity to take back control of your life and create a new way of living your dream.

Take the risk, and the responsibility, to make a new agreement with yourself, right now. This agreement must be your own. I cannot tell you what it is, only you know. I do not know how you have been feeding your parasite, how you have been going against yourself, or how you have been creating your own personal hell. I do know you have mastered it over an entire lifetime of practice. I do not know what agreements you have made, but you do. Go find a mirror and look into your own beautiful eyes, the windows to your soul, and make a new agreement with yourself. Set your intent for yourself, tell yourself what your new agreement will be, and tell yourself that it will be true for you after you complete this 40 days. Have faith in yourself, even if it is only a very small amount right now that is fine, small amounts of faith can move mountains when you unleash your full potential.

I am happy to invite you to begin your journey and for the next 40 days, walk with me as you step away from suffering and step into a dream you have been waiting to live for all of your life. Remember, there is no failure and practice makes the master, so let us begin.