

THE POWER OF THE RAINBOW

Seven Steps to Spark Change in YOU

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Last but not least, I would like to thank my readers, who will soon embark on this journey with me. I hope this book provides you with the guidance and inspiration to spark the change in you so that you can live your best life and bounce back from any adversity.

Thank you all for being a part of this journey with me.

INTRODUCTION

They say that when a student is ready, a teacher will appear. For me, that moment arrived when I was diagnosed with breast cancer. My journey to transform my life led me to discover profound insights that have the potential to change your life too. In this book, I share the wisdom I have acquired from the many teachers and mentors I've encountered along the way. I am incredibly grateful to each one of them for sparking the change within me that has paved the way for my freedom, inner peace, and love for life.

As I journeyed, I discovered that "being" is just as significant as "doing." This realization prompted me to delve into spiritual teachings and cultivate a fresh mindset that empowered me to steer my life in a positive direction. My teachers consistently emphasized that true healing comes from within oneself. By discovering my authenticity, setting intentions, choosing faith over fear, loving unconditionally, and embracing the power of forgiveness, I have learned the keys to living my best life.

My journey to discovering my authentic self has ignited a spark within me, a spark that has fueled my desire to love life, love everyone, and become one with everything. I have learned that true change starts from within, and it requires us to be open to new perspectives, experiences, and possibilities. It is a continuous journey, one that requires patience, persistence, and courage. But as I have experienced firsthand, the rewards of this journey are immeasurable when you take the leap of faith.

Letting go of attachment meant releasing my grasp on material possessions, relationships, and even my own thoughts and beliefs. This enabled me to open myself up to new experiences and possibilities. I learned to trust in the universe and a higher power, rather than trying to control everything in my life.

In this book, I will take you through a seven-step guide that I call the "the power of the rainbow," which I've gathered the key message from the books that have secrets to my transformational journey.

If you're reading this book, I believe it's not a coincidence. Everything happens for a reason. Join me in learning the seven steps that will empower you to take control of your life and live with passion and purpose. All that's required is your readiness and commitment to change.

I hope to spark a change within you, that will inspire you to do the inner work that leads you to live your best life, to love unconditionally, and to connect with the world around you in a deeper and more meaningful way.

Remember, a spark can ignite a fire, and that fire can spread, illuminating the darkness and bringing light to the world. So let us all commit to being the change we wish to see in the world, to love fiercely, and to spread kindness and compassion wherever we go. For in doing so, we not only transform ourselves, but we also contribute to the transformation of the world. May we all continue to spark change and make the world a better place, one spark at a time.

OUR POWERFUL MIND

Our mind and beliefs system are the drivers of our life. Therefore, I will begin this book with my the foundational learnings that sparked the change in my transformation. The human is a complex entity that comprises several different aspects, including the conscious and subconscious mind. Both of these play a significant role in shaping our thoughts, emotions, and actions. However, there are distinct differences between the two, and understanding them is essential for personal development and growth.

Understanding the conscious mind

The conscious mind is the part of the human mind that we are aware of at any given moment. It includes all the thoughts, feelings, and perceptions that we have access to and can control. This part of the mind is responsible for logical thinking, decision-making, and problem-solving. It is the part of the mind that enables us to focus our attention and carry out tasks that require mental effort. The conscious mind operates on a short-term basis and has a limited capacity for processing information. It can only hold a small amount of information at once and quickly becomes overwhelmed if too much information is presented. It is also easily influenced by external factors, such as our environment and social conditioning.

Understanding the subconscious mind

The subconscious mind is the part of the human mind that operates below the level of conscious awareness. It is responsible for all the automatic functions of the body, such as breathing and digestion, as well as our emotions and memories. The subconscious mind is also responsible for our habits and behaviors, as well as our beliefs and values.

Unlike the conscious mind, the subconscious mind has an almost unlimited capacity for processing information. It operates on a long-term basis and can store vast amounts of information over an extended period. It is also not influenced by external factors and is entirely subjective. Therefore, it is often responsible for creating our perception of reality.

Differences between the conscious and subconscious mind

There are several key differences between the conscious and subconscious mind. Firstly, the conscious mind is aware of the present moment, while the subconscious mind is concerned with past experiences and future

Belief systems are collections of beliefs that an individual or group holds about themselves, others, and the world around them. Research has shown that belief systems can be shaped by a variety of factors, including upbringing, culture, religion, and personal experiences.

OUR BELIEF SYSTEM

Our belief system is a complex framework of ideas, values, attitudes, and assumptions that shape our worldview and influence our behavior. It is formed through a combination of factors, including our experiences, upbringing, education, culture, and religion.

One of the primary functions of our belief system is to help us make sense of the world. We use our beliefs to interpret events and experiences, to assign meaning and value to them, and to guide our responses. For example, if we believe that hard work is essential for success, we are more likely to put in the effort to achieve our goals. If we believe that life is inherently unfair, we may feel discouraged and give up on our dreams.

Since our belief system also influences our attitudes and values, which in turn shape our behavior. If we believe that honesty is essential, we are more likely to be truthful in our interactions with others. If we believe that family is the most important thing in life, we may prioritize spending time with our loved ones over other pursuits.

Another function of our belief system is to provide us with a sense of identity and belonging. Our beliefs help us define who we are and how we fit into the world around us. They provide us with a framework for understanding our place in society, our relationships with others, and our purpose in life.

Our belief system can be either conscious or unconscious. Some of our beliefs are deeply ingrained and may not even be fully aware of them. For example, we may hold beliefs about our abilities, our worthiness, or our place in the world that we have never consciously examined or challenged.

Our belief system can also be influenced by external factors, such as the media, advertising, and peer pressure. These factors can shape our beliefs without our even realizing it, causing us to adopt ideas and values that may not be in our best interest. In summary, our belief system is a critical aspect of our identity. Understanding our belief system is the first step towards shaping it to be more positive and empowering.

The Importance of a Positive Belief System

A positive belief system can have a profound impact on our mental and emotional well-being. When we hold positive beliefs about ourselves, the world, and our place in it, we feel more confident, resilient, and capable of dealing with life's challenges. A positive belief system can help us cultivate a sense of purpose and meaning in life, leading to greater satisfaction and happiness.

Positive beliefs about ourselves can lead to increased self-esteem and self-confidence. When we believe that we are capable, competent, and deserving of success, we are more likely to take action towards our goals. We are less likely to be deterred by setbacks or obstacles, as we have a sense of our own worth and potential.

A positive belief system can also lead to greater resilience and coping skills. When we hold positive beliefs about ourselves and our abilities, we are better equipped to handle stress and adversity. We are more likely to see setbacks as temporary and surmountable, rather than as permanent and insurmountable. This positive outlook can help us weather difficult times and bounce back from setbacks more quickly.

Beliefs about the world and our place in it can also have a significant impact on our well-being.

A positive belief system can foster a sense of hope and optimism, which can lead to greater life satisfaction. When we believe that the world is a good place, that people are generally kind and trustworthy, and that things will work out in the end, we are more likely to feel content and fulfilled.

Going into how a positive belief system can also help us cultivate a sense of purpose and meaning in life. When we hold positive beliefs about the value of our work and our contributions to society, we are more likely to feel a sense of purpose and fulfillment. This sense of purpose can give us a reason to get up in the morning, a sense of direction in life, and a feeling of connectedness to something greater than ourselves.

In contrast, a negative belief system can be detrimental to our mental and emotional well-being. Negative beliefs about ourselves, the world, and our place in it can lead to anxiety, depression, and low self-esteem. When we believe that we are not capable, that the world is a dangerous and threatening place, or that our efforts are futile, we are more likely to feel hopeless and discouraged.

Negative beliefs can also limit our potential and prevent us from achieving our goals. When we believe that we are not good enough or that success is out of reach, we may hold ourselves back from trying new things or taking risks. Negative beliefs can become self-fulfilling, as they can create a negative cycle of thoughts and behaviors.

The Impact of Our Belief System on Our Relationships

Our belief system can have a profound impact on our relationships with others. This is because our beliefs shape the way we perceive and interpret the world around us, including the people in our lives. These beliefs can influence our behaviors, attitudes, and emotions, all of which can impact the quality and longevity of our relationships.

One way in which our beliefs impact our relationships is by influencing the way we perceive ourselves. If we have positive beliefs about ourselves, such as believing that we are competent, likable, and deserving of love, we are more likely to approach our relationships with confidence and openness. We may be more willing to take risks and be vulnerable, knowing that our sense of self-worth is not dependent on the opinions of others.

On the other hand, if we have negative beliefs about ourselves, such as believing that we are inadequate, unlovable, or unworthy, we may approach our relationships with fear and insecurity. We may be more likely to avoid intimacy or sabotage our relationships, believing that we do not deserve to be happy or loved.

Our beliefs can also impact the way we perceive others. If we have positive beliefs about others, such as believing that people are generally kind, honest, and trustworthy, we are more likely to approach our relationships with openness and trust. We may be more willing to confide in others and to be vulnerable, knowing that we are likely to be met with support and compassion.

In contrast, if we have negative beliefs about others, such as believing that people are inherently selfish, dishonest, or unreliable, we may approach our relationships with suspicion and caution. We may be more guarded in our interactions with others, which can limit the depth and intimacy of our relationships.

Our beliefs can also impact our behavior in relationships. For example, if we hold a belief that relationships require compromise and effort, we may be more willing to work through conflicts and make sacrifices for the sake of the relationship. On the other hand, if we hold a belief that

relationships should be effortless and perfect, we may be more likely to give up on the relationship when conflicts arise.

Finally, our beliefs can impact the emotions we experience in our relationships. If we hold positive beliefs about ourselves and others, we are more likely to experience positive emotions such as love, joy, and gratitude in our relationships. In contrast, if we hold negative beliefs, we may be more likely to experience negative emotions such as fear, anger, or resentment.

How Our Belief System Can Affect Our Success in Life

Our belief system can play a crucial role in determining our success in life. As mentioned earlier, this is because our beliefs shape our thoughts, behaviors, and actions, which in turn can determine the outcomes we achieve in various areas of our lives, such as our career, finances, health, and personal growth.

One way in which our beliefs can affect our success is by influencing our mindset. Our mindset refers to the way we approach challenges and setbacks in life. If we have a growth mindset, we believe that our abilities and intelligence can be developed through hard work and dedication. This mindset can motivate us to persist in the face of obstacles and to view failures as opportunities for learning and growth.

On the other hand, if we have a fixed mindset, we believe that our abilities and intelligence are fixed traits that cannot be changed. This mindset can lead us to avoid challenges and to give up easily in the face of setbacks, as we may believe that our failures reflect a lack of ability or talent.

Our beliefs can also impact the goals we set for ourselves and the actions we take to achieve those goals. If we hold positive beliefs about our abilities and potential, we may set ambitious goals for ourselves and take bold actions to achieve them. In contrast, if we hold negative beliefs about our abilities and potential, we may set lower goals for ourselves and be less likely to take risks or pursue our dreams.

Furthermore, our beliefs can impact our level of motivation and persistence. If we believe that our efforts will lead to positive outcomes, we are more likely to feel motivated and persistent in pursuing our goals. In contrast, if we believe that our efforts are unlikely to lead to positive outcomes, we may feel demotivated and give up more easily.

In addition, our beliefs can impact the way we approach feedback and criticism. If we have a growth mindset, we are more likely to view feedback and criticism as opportunities for learning and improvement. We may be more open to constructive feedback and willing to make changes to our behavior or approach. In contrast, if we have a fixed mindset, we may

view feedback and criticism as threats to our self- image and be less open to making changes.

Finally, our beliefs can impact the level of confidence and self-efficacy we have in pursuing our goals. Self-efficacy refers to the belief in our ability to accomplish specific tasks or goals. If we have positive beliefs about our abilities and potential, we are more likely to have high levels of self-efficacy and confidence in pursuing our goals. In contrast, if we have negative beliefs, we may have low levels of self-efficacy and be less confident in our ability to succeed.

Our belief system is a powerful force that shapes our lives. A positive belief system can lead to greater happiness and fulfillment, while a negative belief system can hold us back and cause emotional distress. By understanding the importance of our belief system, we can take steps to reshape our perspective and create a more positive and empowering worldview.

Examine your belief system on the following page with this in-depth self assessment:

Higher Self Connection Assessment

Instructions: Rate each statement on a scale from 1 to 5, where 1 = Strongly Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, and 5 = Strongly Agree.

1. **Inner Guidance:** I trust and act upon my intuition or gut feelings in my daily life.
○ 1 2 3 4 5
2. **Authenticity:** I feel aligned with my true self and purpose, rather than conforming to external expectations and pressures.
○ 1 2 3 4 5
3. **Mindfulness and Presence:** I regularly practice mindfulness or meditation to quiet my mind and connect with my inner being.
○ 1 2 3 4 5
4. **Emotional Awareness:** I am aware of my emotions and able to process them in a healthy way, rather than suppressing or ignoring them.
○ 1 2 3 4 5
5. **Spiritual Practices:** I engage in spiritual practices, such as prayer, journaling, or spending time in nature, to deepen my connection with my higher self.
○ 1 2 3 4 5
6. **Purpose and Passion:** I feel a sense of purpose and passion in my daily activities, rather than feeling lost or disconnected.
○ 1 2 3 4 5
7. **Self-Compassion:** I am kind and compassionate towards myself, especially during challenging times, rather than being overly critical and harsh.
○ 1 2 3 4 5

Scoring and Interpretation:

- **28-35:** You have a strong connection with your higher self. You may benefit from occasional coaching to maintain and deepen this connection.
- **20-27:** You have a moderate connection with your higher self. Coaching could help you strengthen and enhance this connection.
- **Below 20:** You might benefit significantly from coaching to reconnect with your higher self and cultivate a deeper sense of purpose and inner peace.

If your score suggests that coaching could be beneficial, consider seeking guidance from a coach or practitioner who specializes in spiritual and personal development to support your journey.

THE POWER OF THE RAINBOW

The Rainbow Method is a comprehensive approach to healing and spiritual growth that involves seven key steps. Each of these steps is designed to help individuals connect with their higher selves, release limiting beliefs, and cultivate a sense of inner peace and fulfillment.

The Rainbow Method recognizes that true healing and growth requires a holistic approach that encompasses the mind, body, and spirit. Here are some of the key ways in which the method addresses each of these areas:

Mind:

The mind plays a crucial role in shaping our experiences and perceptions of the world. The Rainbow Method helps individuals cultivate greater awareness of their thoughts and beliefs, and identify any negative or limiting patterns that may be holding them back. By challenging these patterns and replacing them with more positive and empowering thoughts, individuals can shift their mindset and create a more positive and fulfilling reality.

Body:

The body is a powerful source of wisdom and intuition, and the Rainbow Method emphasizes the importance of tuning into our physical sensations and signals. By practicing self-care practices such as meditation, yoga, or other forms of movement, individuals can strengthen their mind-body connection and tap into a greater sense of vitality and well-being.

Spirit:

The spirit, or higher self, is often seen as the source of our deepest wisdom and guidance. The Rainbow Method helps individuals connect with their higher selves through practices such as meditation, visualization, and energy work. By cultivating this connection, individuals can access a source of infinite wisdom and guidance that can help them navigate life's challenges with greater ease and clarity.

Overall, the Rainbow Method offers a comprehensive approach to healing and growth that recognizes the interconnectedness of the mind, body, and spirit. By addressing each of these areas, individuals can create a more integrated and fulfilling sense of self, and cultivate a greater sense of joy and fulfillment in their lives.

Before moving on to taking a look at each step, please take the following self-assessment questions to evaluate your connection to your higher self.

The assessment below can help you reflect on your spiritual journey and identify areas where you might want to focus more attention to strengthen your connection with your higher self and identify if coaching might be beneficial:

Self-Reflection Belief System Assessment

Belief Category	Statement	Rating (1-5)
Belief in Self-Worth	I feel worthy of love and respect from others.	
	I accept compliments and praise without feeling uncomfortable.	
	I have confidence in my abilities and potential.	
	I rarely compare myself to others.	
Belief in Personal Power	I feel in control of my own life and decisions.	
	I take responsibility for my actions and their outcomes.	
	I face setbacks and obstacles with resilience.	
	I avoid blaming external circumstances for my challenges.	
Belief in Possibility	I believe that positive change is possible in my life.	
	I approach new opportunities with an open mind.	
	I am not stuck in a negative mindset or pattern of thinking.	
	I am willing to explore new paths and possibilities.	
Belief in Abundance	I believe there is enough success, love, and happiness for everyone.	
	I have a positive view of money and financial success.	
	I do not feel jealous or envious of others' achievements.	
	I am willing to share my resources and knowledge with others.	
Belief in Worthiness	I believe I deserve to be successful and happy.	
	I have a clear and positive definition of success for myself.	
	I do not impose limitations on myself that hold me back.	
	I celebrate my achievements, both big and small.	

Belief in Growth	I see challenges as opportunities for growth.
	I am committed to personal development and learning.
	I am open to feedback and constructive criticism.
	I actively seek new experiences to expand my knowledge.
Belief in Connection	I believe in the power of connection and community.
	I nurture my relationships with family, friends, and colleagues.
	I am open to asking for help and supporting others.
	I engage in activities that foster a sense of community.

Instructions: For each belief, rate your agreement with the statements below on a scale from 1 (Strongly Disagree) to 5 (Strongly Agree). After completing the assessment, tally your scores and reflect on the areas where you scored the lowest. These areas might indicate beliefs that are impacting your life and where life coaching could be beneficial.

Reflection:

- **Review your ratings and identify areas where you scored 3 or below. These are potential areas for growth and improvement.**
- **Consider how these beliefs are impacting your daily life, relationships, and overall well-being.**
- **Reflect on the possibility of working with a life coach to address these areas and support your personal development journey.**

Let's take a closer look at each of these steps.

STEP ONE: RECONNECT

Reconnecting with your higher self is essential for personal growth, fulfillment, and well-being. Your higher self represents the best version of yourself, embodying your true purpose, values, and aspirations. When you are disconnected from your higher self, you may feel lost, confused, and unfulfilled. Reconnecting with this part of yourself can help you find clarity, direction, and a deeper sense of purpose.

One of the primary benefits of reconnecting with your higher self is gaining clarity about your life's purpose and direction. When you are in touch with your higher self, you can see the bigger picture and understand how your choices and actions impact not only your life but also the world around you. This understanding can help you make better decisions and take actions that align with your true purpose and values. Another benefit of reconnecting with your higher self is accessing your intuition and wisdom. Your higher self is a source of deep wisdom and insight, and by reconnecting with this part of yourself, you can tap into your intuition and access the wisdom that can guide you towards making the right decisions and taking appropriate actions. Furthermore, reconnecting with your higher self can help you become more self-aware and understand your own strengths and weaknesses. This self-awareness can help you identify limiting beliefs or patterns that may be holding you back from reaching your full potential. By overcoming these limitations, you can grow as a person and achieve a greater level of fulfillment and well-being.

Lastly, when you are connected to your higher self, you experience a sense of inner peace and fulfillment. Aligning your thoughts, feelings, and actions with your true purpose can lead to a deep sense of satisfaction and contentment. This sense of peace and fulfillment can radiate outwards, positively impacting the people around you and the community as a whole.

STEP TWO: AWARENESS

Awareness is a crucial component of personal growth and wellbeing, as it can help individuals make positive changes in their lives and become more resilient, authentic, and fulfilled. By being aware of their thoughts, feelings, and actions, people can regulate their emotions better, recognize when they feel anxious, angry, or sad, and take steps to manage these emotions. Increased self-awareness is another benefit of awareness, which allows individuals to identify their strengths and weaknesses, values and beliefs, and goals and aspirations, leading to more confidence, better decision-making, and more fulfilling relationships. Moreover, being aware of one's thoughts and feelings can help make better decisions by considering all the relevant factors and potential outcomes. Finally, awareness can help reduce stress levels by identifying the sources of stress and taking steps to manage it, leading to improved mental and physical health and a higher quality of life. It is therefore essential to prioritize awareness in one's personal growth and wellbeing journey.

STEP THREE: IMAGINATION

Our imagination is an incredibly powerful tool that can help us create the reality we want. According to Neville Goddard, everything in the world was first created in someone's imagination. That means we have the ability to bring our desires to life through our thoughts and beliefs.

The key to harnessing the power of our imagination is to visualize and feel the experience of our desired outcome as if it has already happened. By doing so, we align ourselves with the energy of that outcome and attract it into our lives.

However, we need to be cautious because our imagination can also work against us if we focus on negative thoughts and beliefs, we will attract more negativity into our lives. Therefore, it is important to cultivate a positive mindset and focus on what we want instead of what we don't want. By changing our thoughts and beliefs, we can create a more positive and fulfilling life. It's essential to practice consistently and let go of limiting beliefs and negative thought patterns. We need to remember that we are the creators of our own reality, and we have the power to shape our lives in any way we choose. By embracing this truth and taking action towards our goals, we can manifest our dreams and live the life we truly desire.

STEP FOUR: NURTURE

Nurturing your Soul, it's important to understand that taking care of yourself is essential for living a happy life. You may have been taught that prioritizing your own needs and desires is selfish, but in reality, it's an important aspect of living authentically. By taking care of yourself, you can develop a greater capacity for love, empathy, and compassion, which can help you show up in the world as your best self. The message of self-nurturing has inspired many to live more authentically and compassionately. Remember that you are worthy of love and care, and by prioritizing your own well-being, you can positively impact the world around you. So take the time to nurture your soul and live a fulfilling life.

STEP FIVE: BELIEFS

Beliefs are ideas or thoughts that we hold to be true or real, and they can be stored in our subconscious mind through repeated exposure or experiences. Our subconscious mind is responsible for processing information that we are not consciously aware of, such as automatic bodily functions, habits, and emotions.

Beliefs can become ingrained in our subconscious mind through repeated exposure to the same idea or experience. For example, if we repeatedly hear from others or tell ourselves that we are not good enough, over time, we may start to believe it at a subconscious level.

Once a belief is stored in our subconscious mind, it can start to influence our thoughts, feelings, and behaviors. Our beliefs can act like programs that guide how we interact with the world around us. For example, if we believe that we are capable and competent, we may approach challenges with confidence and persistence.

On the other hand, if we believe that we are incapable or unworthy, we may feel anxious or defeated in the face of difficulties. It's important to challenge our existing beliefs, replacing negative thoughts with positive ones, and taking action to reinforce new, more empowering beliefs. By challenging your beliefs, you can cultivate a positive mindset that focuses on growth and development, leading to a more fulfilling and satisfying life.

STEP SIX: OPTIMISM

Having a good attitude of gratitude is a crucial element of optimism because it allows us to concentrate on the positive aspects of life. When we adopt a grateful attitude, we become more optimistic about our future and have a positive perspective on life. This is due to several reasons, such as the ability to shift our focus from negative to positive thoughts and emotions. By concentrating on the positive aspects of our life, we can move away from negative feelings and thoughts, which can have a significant impact on our overall mood and well-being.

Moreover, gratitude also enhances our resilience, making us more capable of finding positivity in difficult situations. We become more adept at bouncing back from setbacks and challenges, which, in turn, helps us to stay optimistic about the future.

Furthermore, expressing gratitude is a powerful emotion that can strengthen relationships. It shows others that we appreciate and value them, which can deepen our connections with them. Lastly, grateful people tend to be happier because they can find joy and satisfaction in the simple things in life. By focusing on what we have instead of what we lack, we can create a more positive and fulfilling life. In conclusion, having a good attitude of gratitude is essential for optimism as it helps us to focus on the positive aspects of our lives, increases our resilience, strengthens our relationships, and promotes happiness.

STEP SEVEN: WINS

Celebrating your wins, no matter how small, is crucial for various reasons. Firstly, it can help build your self-confidence and sense of self-worth, which ultimately impacts your overall well-being and ability to take on future challenges. Celebrating your wins allows you to recognize the progress you have made towards your goals. Small successes are often overlooked, but celebrating them can help you see how far you have come and keep you motivated to move forward. Furthermore, celebrating your wins can cultivate a sense of gratitude for the good things in your life. By focusing on your accomplishments, you can shift your perspective towards the positive and feel grateful for the opportunities you have. Celebrating your wins is a form of self-care, which can leave you feeling fulfilled and motivated to continue taking care of yourself. Lastly, celebrating your wins can inspire others around you to do the same, creating a positive and supportive community. In summary, celebrating your wins, no matter how small, is essential for building self-confidence, recognizing progress, cultivating gratitude, promoting self-care, and inspiring others.

These are the seven steps to transform your life from the inside out. I hope to spark a change within you, that will inspire you to do the inner work that leads you to live your best life, to love unconditionally, and to connect with the world around you in a deeper and more meaningful way.

MY GREATEST TEACHERS

As I embarked on my journey of personal growth and transformation, I encountered several great teachers whom I am so very grateful as they are the reason why I am here writing this book. Through their teachings and guidance, I was inspired and learned valuable lessons about vulnerability, courage, and self-discovery. I am grateful to them and would like to share you in hope you are inspired by them as well.

Brene Brown:

Brene Brown known for her research on vulnerability, courage, and shame. She is the author of several best-selling books, including "Daring Greatly" and "Rising Strong."

Eckhart Tolle:

Tolle is a contemporary spiritual teacher who is best known for his book "The Power of Now." He emphasizes the importance of being present in the moment and cultivating awareness of one's thoughts and emotions.

Mooji:

Mooji is a spiritual teacher who emphasizes the importance of self-inquiry and self-awareness in his teachings. He teaches that awareness can help us to discover our true nature and find inner peace.

Walt Disney:

Walt Disney the creator of Mickey Mouse and the Disney empire believed in the power of imagination to bring joy and happiness to people's lives. He once said, "If you can dream it, you can do it," and he built an entertainment empire based on the idea that began in the imagination.

Neville Goddard:

Neville Goddard is the New Thought writer and speaker emphasized the power of imagination to shape our reality. He believed that by imagining ourselves in a state of abundance, health, or happiness, we can create those conditions in our lives.

Dr. Joseph Murphy:

Joseph Murphy is an author and minister taught that the imagination is the key to unlocking our inner potential. He believed that by using our imagination to visualize ourselves as successful, confident, and happy, we can tap into the power of our subconscious mind to achieve our goals.

Oprah Winfrey:

Oprah Winfrey is an American media executive, actress, talk show host, television producer, and philanthropist. Oprah Winfrey teaching empower people around the world by teaching the importance of self-belief, empathy, personal growth, and giving back. She encourages individuals to discover their potential and take control of their lives, while promoting compassion and understanding as a means to build stronger relationships.

Paramahansa Yogananda:

Paramahansa Yogananda is the Indian yogi and spiritual teacher taught that the imagination is a powerful tool for visualization and manifestation. He believed that by using our imagination to visualize our goals and desires, we can align ourselves with the energy of the universe and attract positive outcomes into our lives.

Anita Moorjani:

Anita Moorjani is an author and speaker who is best known for her book "Dying to Be Me" and her inspiring near-death experience. Through her experience, Moorjani realized the importance of self-love and the impact it can have on our physical, emotional, and spiritual health.

Deepak Chopra:

Deepak Chopra is a well-known author and speaker who focuses on holistic health and healing and emphasizes the importance of self-care and self-nurturing practices like meditation and mindfulness.

Alan Watts:

Watts was a British philosopher and writer who emphasized the importance of awareness and mindfulness in his teachings on Zen Buddhism and Taoism. He taught that awareness can help us to overcome our egos and connect with the present moment.

Bruce Lipton:

Bruce Lipton is a cell biologist and author who is known for his work in the field of epigenetics, which is the study of how environmental factors can influence gene expression. In his book "The Biology of Belief," Dr. Lipton discusses the idea that our beliefs can have a powerful influence on our biology. He encourages people to

become aware of their beliefs and to consciously choose beliefs that are supportive of their health and well-being.

Louise Hay:

Louise Hay was a motivational author and founder of the publishing company Hay House, who believed that self-love and self-nurturing are essential for healing and personal growth. She believed that our thoughts and beliefs create our experiences, and that we can heal ourselves by changing our beliefs about ourselves and the world.

Joe Dispenza:

Joe Dispenza is an American neuroscientist, chiropractor, and author who has been teaching meditation and self-transformation techniques for more than 20 years. He believes that we can change our reality by changing our thoughts and beliefs, and that we have the power to create our own destiny. His teachings emphasize the importance of meditation, visualization, and the power of the mind-body connection

Gregg Braden:

Gregg Braden is an American author, scientist, and spiritual teacher who has been exploring the intersection of science and spirituality for more than 30 years. He believes that our beliefs and emotions have a direct impact on our physical reality, and that we can change our lives by changing our beliefs about ourselves and the world. His teachings emphasize the importance of self-awareness, compassion, and the power of the heart.

Dale Carnegie:

Dale Carnegie was an American writer and lecturer who taught courses on self-improvement, public speaking, and interpersonal skills. His book "How to Win Friends and Influence People" is a classic on positive attitude and communication.

Zig Ziglar:

Zig Ziglar was an American author, salesman, and motivational speaker who emphasized the importance of a positive attitude in achieving success. He coined the phrase "positive thinking will let you do everything better than negative thinking will."

Maya Angelou:

Maya Angelou was an American poet, memoirist, and civil rights activist who emphasized the importance of a positive attitude in overcoming adversity. Her famous quote, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel," is a testament to the power of a positive attitude.

Tony Robbins:

Tony Robbins is an American motivational speaker and self-help author who teaches that our attitudes and beliefs shape our lives. He emphasizes the importance of taking responsibility for our thoughts and actions and choosing a positive attitude in order to achieve success and happiness.

Shawn Achor:

Shawn Achor is a Harvard-trained researcher and author who focuses on the science of happiness and positive psychology. In his book, "The Happiness Advantage," he discusses the importance of celebrating small wins as a way to improve our overall sense of well-being.

Dr. Carol Dweck:

Carol Dweck is a Stanford University psychologist who is known for her research on the growth mindset. In her book, "Mindset: The New Psychology of Success," she suggests that celebrating small wins can help individuals develop a growth mindset and become more resilient in the face of challenges.

Dr. Angela Duckworth:

Angela Duckworth is a psychologist and author who has studied the concept of grit and perseverance. In her book, "Grit: The Power of Passion and Perseverance," she suggests that celebrating small wins can help us stay focused on our long-term goals and develop the resilience we need to overcome obstacles.

Gretchen Rubin:

Gretchen Rubin is an author and happiness expert who writes about the importance of finding joy and contentment in everyday life. In her book, "The Happiness Project," she suggests that celebrating small wins can help us cultivate a more positive outlook and increase our overall happiness.

Robert Williams:

Robert Williams author of "The Missing Piece Peace In Your Life!" and creator of the self-help modality called PSYCH-K, which is a technique for changing limiting beliefs at the subconscious level. PSYCH-K involves a process of muscle testing and mental exercises to reprogram the subconscious mind with more empowering beliefs.

Dr. Bradley Nelson:

Bradley Nelson is a holistic chiropractic physician and author of the book "The Emotion Code." He has trained thousands of practitioners worldwide on how to release trapped emotions that can lead to physical and emotional discomfort. Dr.

Nelson has also developed a method of muscle testing to identify and release trapped emotions.

Wayne Dyer:

Wayne Dyer was a motivational speaker and author who focused on personal growth and spiritual development and encouraged people to take responsibility for their own happiness and well-being through self-nurturing practices.

Bob Proctor:

Bob Proctor is a well-known speaker, author, and personal development coach who has been teaching success strategies for over 50 years. He is best known for his work on the Law of Attraction and his appearances in the hit movie "The Secret." Bob Proctor teaches that we can achieve anything we want in life by changing our thoughts and beliefs. He believes that our thoughts create our reality, and that if we want to change our circumstances, we need to change our thinking. He emphasizes the importance of setting clear goals, visualizing our desired outcomes, and taking action to make them a reality. He also stresses the importance of developing a positive attitude, cultivating gratitude, and maintaining a strong sense of purpose. Overall, Bob Proctor's teachings are focused on empowering individuals to take control of their lives and create the success and fulfillment they desire.

In conclusion, these teachers have dedicated their lives to helping people live more authentically and find meaning and purpose in their lives and I am doing the same.

By studying their teachings and applying their principles to your life, you can transform yourself and create a better future for yourself and those around you.

Remember, the road to self-discovery and authenticity is not an easy one, but it is a journey worth taking. With dedication and perseverance, you can become the best version of yourself and create a life that is truly fulfilling and meaningful.

ABOUT THE AUTHOR:

Born in Italy, and having settled in the United States with her family at the age of seven, Giovanna has always been driven to create a better life for herself and her loved ones. Her corporate career in finance, working with Fortune 100 companies like Coca-Cola, MasterCard, Bayer and Siemens Healthcare, was successful, but ultimately unfulfilling. After experiencing the loss of her mother to cancer and navigating her son's seizure disorder, she was inspired to pursue a career in education, obtaining a Master's in Education and working as a teacher for children with Autism.

In 2015, her father passed away and on April 14, 2017, the darkest day of her life, she was diagnosed with breast cancer, which prompted her to explore the transformative power of personal development. After studying Bob Proctor's "Thinking Into Results" program, she became a Certified Proctor & Gallagher Consultant, teaching mindset principles to individuals around the world through her private practice.

Her fascination with the mind-body-spirit connection led her to further explore energy medicine and become a qualified facilitator and of several integrative and complementary modalities, including PSYCH-K® and The Emotion Code.

Today, as a Transformational Life Coach and Energy Health Practitioner, Giovanna guides clients on their healing journey, using her own transformative experiences to help them live happier and more fulfilling lives. I am honored and humbled to bring these powerful tools to those who are seeking to be supported in their personal journey.

Visit GiovannaTartarone.com or SparkingchangeNow.com to learn more.

