

©Laura Handke, 2005
www.laurahandke.com

ME NOW

When a speedboat zooms across the surface of the water, there's a white foamy froth behind it that's called the wake of the boat... The wake of your life is nothing more than a trail that's left behind you. Thought of in this way, it's absolutely impossible for that wake to drive you forward. The wake is not in any logical way responsible for what you're experiencing or failing to experience today. The wake is just what it is, and nothing more—a trail that you've left behind.

But have you?

-Wayne Dyer, 10 Secrets for Success and Inner Peace

You're leaving the wake behind when you do the **ME NOW™** exercise. Do it in writing and see it clearly in your mind's eye. Everything in this exercise is targeted for precisely who you want to be in the ME NOW that is truly you. If you are \$50,000 in debt and struggling to pay bills working at a job you hate now, you are debt free and have \$100,000 invested in the ME NOW. If you are living in the suburbs and really want a farm with livestock, you're living on that farm in the ME NOW. The key is to know who you want to be as if you are that person now. Then you will become that person. It's important to **Visualize, Journalize, Vocalize™** your dreams to connect with the six degrees.

Imagine your life, yourself, as a clean slate, a newborn, in the sense you have left preconceived images and ideas of yourself behind. This is the ME you truly are within and are about to become in daily life, using the six degrees of connection to help you.

Wake up in the morning and notice your surroundings. What are the colors, textures, scents, sounds and beings – people, animals, plants, etc. – around you? Did you wake up in a king size bed with a rich thread count in the sheets, on a bed of pine needles in the forest, in your very own house boat? Wherever you start is your ME NOW.

Read your daily inspirational quote and go to the bathroom. Look in the mirror. Look very closely. Who do you see? Who is this person? What do you look like? Why is that sense of joy and peace in your eyes? What have you done with your life to come to this point?

Where do you go from the bathroom? What are you wearing? What do your surroundings look like? Again, what beings are around you? What do you smell? What do you eat for breakfast?

This exercise is a lot of fun. Just take yourself step by step throughout a twenty-four hour period, a week if you wish, noticing how you're feeling and what you're sensing. I'm making a presumption you want to be a happy person, so that's what you saw in the mirror. If you want to be an unhappy person, I can't help you. What I'm asking you to do is look at that happy person in the mirror and know why ME NOW is happy. Use your IVIN to guide you.

What gifts, talents, skills and energy are you using to better your life and the lives of others? Where does this energy come from?! Why is there such joy in the daily life of

ME NOW? Write down every single detail. Know your contribution to the world and where your money comes from, what you are doing with your time and resources.

You'll break the steps down with the help of your Wishweavers circle. For now, let your imagination run wild.

I completed a similar exercise called Your Ideal Day, from the book *Wishcraft*, by Barbara Sher with Annie Gottlieb, the first time in the fall of 1999, just after M⁶ was formed. All the critical pieces in that particular ideal day manifested into my life within six months. Of course, it was no coincidence the real estate agent and mortgage broker who helped my husband and I secure our dream property out of town were both in M⁶.

For example, in your ME NOW, you may be working as a free-lance consultant from your home office. Your home is well organized and a greyhound dog is your canine companion. You might start off like this:

I awaken to golden sunlight streaming through my bedroom window at 6:45 am. I do not own an alarm clock because I awaken every morning well rested, eager to begin the day. I recently redecorated my bedroom and the room is imbued with warm red and gold hues, filling me with a sense of luxurious richness. A brilliant white lilac bush blooms outside my bedroom window. I stretch luxuriously as does my dog and pal, Jeremy. My body is flexible, fit and healthy. I slide from between the creamy sheets and place my bare feet on the smooth wooden floor beneath my shaker style bed. A precious rug at the foot of the bed was designed and created by my neighbor in the earth-friendly community I have chosen to live in. As I walk to the hand-hewn side table to read my daily inspirational quote, I feel at peace with the world and my contribution to it. A smile rests on my face as I...

The key is to focus on whatever details are important to you and what you are feeling. Once you start, you likely will not want to stop. Let the inspirations and images come, without censoring yourself in any way. This is a powerful step to meeting that first degree to your dreams.

Best Wishes,

Laura
www.laurahandke.com