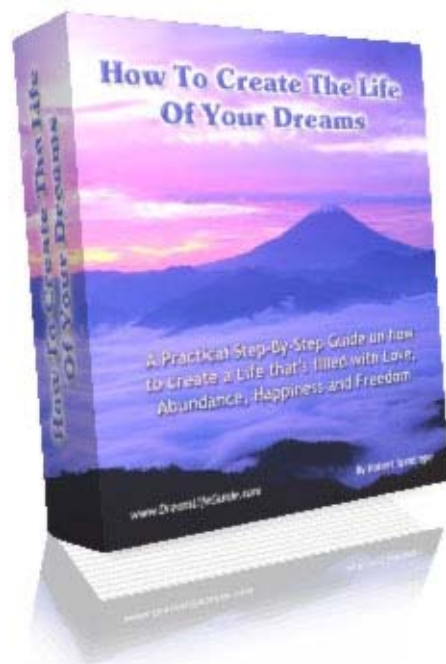


How To Create The Life Of Your Dreams

**A Practical Step-By-Step Guide on how
to create a Life that's filled with Love,
Abundance, Happiness and Freedom**

How To Create The Life Of Your Dreams



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How To Create The Life Of Your Dreams

Thank you very much for downloading the table of contents for the Dream Life Guide manual.

The table of contents (see further below) lists all the topics and subjects that are covered in the Dream Life Guide manual. Each chapter builds on the previous one and takes you one step closer to the life of your dreams.

Most chapters contain a theoretical- as well as a practical part and a topic summary. In the theoretical part you get all the insights, the secrets, the theoretical information, what needs to be done to live a happy and fulfilled life, what might prevent you from doing so... and much more.

The practical part provides you with different exercises, simple meditation techniques, you learn how to fully make use of the power of visualization to create your dream life... and there are lots of other exciting and powerful exercises.

But you should also be aware that the Dream Life Guide isn't just an ordinary eBook. It's a complete package, a step-by-step system that shows you in a straightforward and easy to follow way how you can create the most amazing life you have ever dreamed of.

Here is a brief summary of all products and tools that come with the Dream Life Guide:

PRODUCT #1

The Dream Life eBook

This is a step-by-step guide that takes you by the hand and leads you in **easy to follow steps** to the life of your dreams.

The Dream Life Creation eBook is in PDF format and – as all other products that are contained in the package – can be downloaded immediately.



PRODUCT #2

The Dream Life Audio Files

You can listen to all these **groundbreaking ideas and techniques** on your way to work, in the train, during a relaxing walk in the park... whenever and wherever you want.

It's entertaining, exciting and fascinating at the same time. You get 29 audio files – a total of ~ 8 hours of recording.

The Dream Life Audio files are in **MP3 format** and you can listen to them on your PC, on your MP3 player or burn them on a CD.



PRODUCT #3

The Dream Life Action Manual

The action manual (in PDF format) is your roadmap, your step-by-step plan towards the life of your dreams.

It **shows you exactly how- and in which order to proceed** with all the highly effective exercises, techniques and action steps you will learn about in the Dream Life Course.



How To Create The Life Of Your Dreams

PRODUCT #4

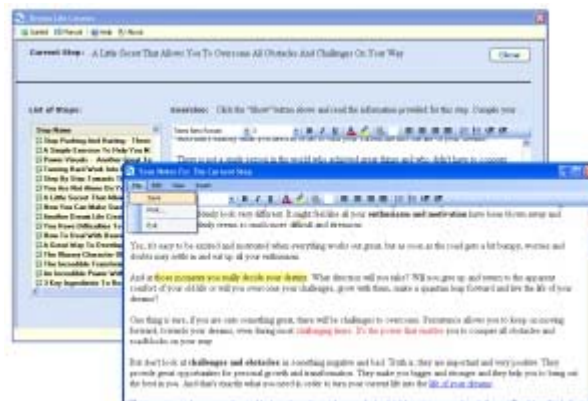
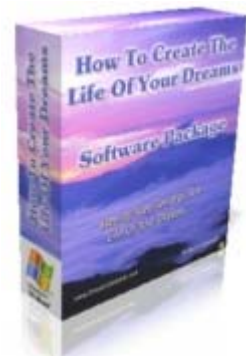
The Dream Life Software

This amazing tool guides you step-by-step through the entire Dream Life Creation process.

You decide how fast you want to move on and the software guides you from one step to the next... towards the life of your dreams.

You don't need to worry to forget anything or to proceed in a wrong way... This really is **Dream Life Creation on autopilot** – it can't get any simpler.

Here is one of the screenshots of the application:



And of course you get **free lifetime updates for all the products** listed above. Every now and then I might decide to add some new bonuses, to add a new chapter to the dream life guide, to update the software... and you will be informed immediately so that you can download the newly added bonuses and updates.

Check Out My Special Half-Price Offer

Currently, I'm doing a **special introductory offer** for the entire dream life Package. But one thing is sure, this offer won't last very long and you will never again be able to get your hands on this package at this incredibly low price.

So, you better check out the Dream Life Package right now at <http://www.DreamLifeGuide.com> before the price goes up.

By the way, there is **absolutely no risk on your side**, because the Dream life Package comes with a **100% customer satisfaction guarantee**. And this means, if you are not thrilled with the results anytime within the first 60 days after buying this product, simply send me an email and **I'll immediately refund your money – no questions asked, no hard feelings**.

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Get more out of your life! Learn how you can make use of your full potential and how to make all your dreams come true: <http://www.DreamLifeGuide.com>

Below you can find 3 sample chapters of the Dream Life Creator Manual

4. Become Crystal Clear About What Your Dream Life Should Look Like - Be Bold And Daring And Choose Whatever You Want

In order to create the life of your dreams, you first have to become crystal clear of what exactly you want. You need to get a clear vision what your dream life should look like, what you want to be, do and have.

The sad truth is, most people don't really know what they want. When you ask them what their dream life would look like, they first need some time to think about it and then they usually tell you things like: "Having... would be great", "I would like to be..." and so on.

That's all very vague and there isn't really any focus, determination; passion and belief to get what they want. It is more like: "Yes, this would be great, but it's just a dream and it will never come true anyway".

So, the first step is to get crystal clear about what you want, all other elements that will allow you to realize your dreams will be covered in the following chapters. Use the meditation and advice I gave you in the previous chapter to find out what you really want.

Right now, you might think that certain things are crucially important for you and that having them would make you the happiest person in the world. However, if you go a bit deeper, you might realize that it's not really that important at all or you wouldn't even like any longer what you have been superficially desiring at first.

So be careful what you are wishing for, it might not give you the desired happiness and fulfillment at the end. As I already said, your mind has been influenced and conditioned by your society, parents, priests, the media... all life long and the things that come to mind first are rarely the things you really want - deep within yourself.

When you design the life of your dreams, when you choose all the things you want to be, have and do, go within and ask yourself if that's really what you want and if it will fill your life with love, happiness, abundance, freedom...

All the love, abundance and happiness is already within you, you only have to open the doors and express it and in order to do that, you have to be yourself - nothing else. Do and be whatever corresponds with YOU, with your inner nature and all the great treasures that are already within you will flow into your life and all your dreams will come true.

You might achieve all kinds of worldly successes and riches, but if whatever you are and whatever you do doesn't correspond with who you really are, you won't find

happiness and fulfillment and without it, all material success is useless. Be yourself, realize the life YOU want, the life of YOUR dreams, do, be and have what corresponds with YOU and you will have both, the material things and the happiness and fulfillment.

1.1 Create your wish list - write down whatever your heart desires

Create a list of all the things you would like to do, be and have in your life. Imagine you can have everything, really everything, and write down whatever comes to your mind. Be bold and daring.

Your mind might tell you things like: "That's ridiculous... you can never have... it's impossible... you don't have the right education..." - don't listen to it, just keep on writing. Later on you can always delete certain points that don't appeal any longer to you.

Take your time for this little exercise. Close your eyes and do some day-dreaming. Meditate and go within. Ask your higher self for help and guidance. Ask what you really want and what will fill your life with love, happiness, abundance, freedom...

Talk to your higher self as often as you want, ask whatever question you might have, be assured that you will be guided and then let go. The answers will come, often when you least expect them.

Also, there is no need, and most probably it's not even possible, to finish your wish list in one go. Come back to it over the following days, weeks or even months and add new ideas to it.

Once you have a first draft of your wish list, you can start refining it. You can do this already after your first big brainstorming session, where you have written down everything that came to your mind. Simply get rid of everything that's not really that important to you.

Whatever you choose to be, have or do, it should be at least somewhat believable. If you want to realize big dreams, there surely will be doubts at the beginning and that's completely normal. Unshakeable belief and faith is something you develop on your way. While moving towards your dreams, you are growing, you are transformed and your belief and faith grows as well.

It's just important that deep within you feel at least: "Yes, I think it could be possible, I might be able to do it". That's the seed and that's all you need at the beginning.

For the moment, don't worry about HOW you will get, become or achieve something. The only thing that counts right now is to find out WHAT you really want. The HOW will be taken care of later on, on the path to your dream life.

Go within, leaf your critical mind aside for a moment and imagine yourself in the desired situation. Imagine directing your own company or writing a bestseller or whatever you put on your list. How does it feel? There will be an impulse telling you either "yes, go for it" or rather something like "no, somehow it doesn't fit, it's not the right thing for me, it's not what I really want".

Do this with all the points on your list to find out if you really need and want whatever you have written down previously. Ask yourself if it will give you all the happiness and fulfillment you are looking for. Does the idea of realizing your dream get you excited and thrilled? Are you passionate about it? Take off of your list whatever doesn't pass this test.

You might not have realized yet, but the list you just compiled brings you a big step closer to the life of your dreams. Now you belong to a small minority of people who know exactly what they want in life and this allows you to walk directly towards your dreams. If you don't know what you want, you might be running in circles all life long without really getting anywhere.

From now on, whenever you take any action (and this also includes your thoughts and feelings), ask yourself if this gets you closer to your dreams or if it pushes you further away. Whenever you realize that your current thoughts, emotions or actions aren't helping you to create the life of your dreams, then you can immediately change directions and do whatever allows you to make your dreams come true.

Keep a clear vision of your dream life in your mind, put all your focus on it and verify as often as possible throughout the day if you are moving towards your dreams or away from them.

You know, whatever you focus on becomes your reality. That's a universal law and it works in any case, with 100% accuracy. Your life and all your current circumstances is nothing but a reflection of your past thoughts, feelings and actions. A reflection of whatever you focused on in the past.

And you can only focus properly on your dreams and goals, when you are absolutely clear about them. Being focused means, thinking about your goals, visualizing them, feeling as if they would already be part of your life, being passionate and excited and using the energy that is created in this process to take the appropriate action.

As often as you can and like, visualize your dream life and feel as if it would already be your reality, feel it with all your senses and be passionate about it. A lot of energy is created in this process and it's the kind of energy that turns hard work into child's play.

You might even come to a point where you no longer have to make an effort at all. The appropriate action will just be happening through you as a result of the accumulated thoughts and feelings that are focused towards the vision of your dream life, and the reality (your dream life) that's already crystal clear within you will also

be manifested in your physical world.

Doing all this, you will realize something else: The actual process of creating whatever you want is so exciting and fulfilling that it is even more joyful than "holding the final achievement in your hands", like moving into your new house, succeeding in your career...

You will realize who you really are. You will realize that you are a creator and that you can create anything you can imagine and believe in. You have the power to create the most amazing life you have ever dreamed of, a life that's filled with love, abundance, happiness, freedom...

If your current life doesn't correspond with the vision of your dream life, then simply change your thoughts and feelings and align them with your goals. Now, as you have a clear vision of what you want in life, this should be relatively easy for you.

Actually, simply knowing what you want is not enough, you have to develop a crystal clear vision of what you want, it has to become a part of you, you nearly have to get "obsessed" by it.

When I use the word "obsessed", I mean it in a very positive way, in a sense of being happy, excited, thrilled and full of gratitude about your vision, your dream life coming true. If someone wakes you at 3AM in the morning and asks you what your dream life would look like, you have to be able to tell immediately, without even thinking.

Once you decided on what you want in life and once you have a clear vision of it, stick to it and don't change it every few days and weeks. You can always slightly modify your vision and add new elements to it, but stick to the core of it.

If you keep changing what you want - today this, tomorrow that and next week again something else.. - it will be impossible for you to ever realize your dream life, because your energy (thoughts, emotions and actions) will be scattered and not focused on one specific thing.

So, decide what you want, what you really want and what counts most, put all your energy on it and simply create it, materialize it in your life. When your neighbor buys a new car, don't suddenly put all your energy on the desire of getting a new car as well, stay focused on your dream. When a friend changes his job and tells you how happy and successful he is, don't suddenly put all your energy on the desire of having a successful career as well, stay focused on creating your dream life.

If you start chasing a different dream every few weeks, you will never get anything, nothing will materialize and your dreams will remain only dreams. Stay focused on your dream life, align your thoughts, emotions and actions with the vision of your dream life and it will become your reality - with 100% certainty.

You know, you don't achieve extraordinary things because you are highly intelligent,

because your parents are very rich and influential, because you have a great mentor, because you graduated from Harvard...

No, you only achieve your biggest dreams because you focus all your energy on them and because you are absolutely convinced (this conviction is the result of your faith and belief, and it is something you develop and grow on your way - we will talk about this a bit later) of your success - nothing else really matters.

No matter what your background, education, financial situation, this incredible creational power within you allows you to achieve a life that's filled with love, health, happiness, abundance... beyond your wildest dreams. Make use of this power within you and create the life of your dreams!

Summary:

- In order to create the life of your dreams you first have to get a clear vision what your dream life should look like - what you want to be, do and have.
- Be careful what you are wishing for, it might not give you the desired happiness and fulfillment at the end.
- When you choose what you want to be, have and do, go within and ask yourself if that's really what you want and if it will fill your life with love, happiness, abundance, freedom...
- Be yourself, realize the life YOU want, the life of YOUR dreams, do, be and have what corresponds with YOU and you will have both, the material things and the happiness and fulfillment.
- For the moment, don't worry about how you will get, become or achieve a certain thing. The only thing that counts right now is to find out what you really want. The "how" will be taken care of later on.
- If you don't know what you want, you might be running in circles all life long without really getting anywhere.
- And you can only focus properly on your dreams and goals, when you are absolutely clear about them. Being focused means, thinking about your goals, visualizing them, feeling as if they would already be part of your life, being passionate and excited and using the energy that is created in this process to take the appropriate action.
- Stay focused on your dream life, align your thoughts, emotions and actions with the vision of your dream life and it will become your reality

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- No matter what your background, education, financial situation, this incredible creational power within you allows you to achieve a life that's filled with love, health, happiness, abundance... beyond your wildest dreams.

14. You Are Not Alone On Your Path - Meeting Your New Best Friend Who Will Handle All The Complicated Stuff For You

No matter how intelligent and talented you are, your abilities are still limited and you simply can't find all the best possible answers and solutions relying on your intellectual capabilities only.

Your "conscious mind" and your intellect allow you to control only a relatively small number of things in your life and it's pretty much impossible to create the life of your dreams, a life filled with abundance, happiness, freedom, love... relying only on these faculties.

Sure, it's possible to accomplish a lot doing everything on your own, but then it will take much more time and it will be much tougher than it has to be. No, there are better ways. You are not alone on your path and there are resources you can access that will make your life so much easier.

And you know what? All you have to do is to ask for help and guidance. You can call this source you will be referring to your higher self, the universe, god... or whatever you prefer.

This higher source can lead you to answers for all your questions, to solutions for all your problems and it will help you to overcome all sorts of challenges and obstacles you may encounter on your way.

And not only will you receive just an answers or a solution, you will be guided to the best possible answers and solutions. For whatever problem or question you may have, the universe already knows the most suitable solution for you and your specific problem.

Sure, your mind can also elaborate a solution, but it will rarely be the best possible one. So, why being content with something mediocre or even worse, when you can have the best? You are not alone, you have an amazing power at your disposal and you should really learn how to make use of it.

And when I'm saying, you have this power at your disposal, I'm not entirely right, because in reality this power belongs to you, it's an integral part of your being. You might not be conscious of it (yet), but still, it's there and it's waiting to be used.

Yes, this higher self, god... isn't separated from you, it's part of you, it's your innermost nature. It's closer to you than your dearest friend, your husband or wife, your children... and you can talk to it as if you would be talking to your best friend.

So, in other words, you can talk to god, to your higher self as if you would be talking

to your best friend. There is no need to hide anything, there is no need to be someone else than who you are, here is no need to behave in a certain way... Just be absolutely you, and don't change anything.

Relax, close your eyes and in your mind, simply start talking to your higher self. Describe your situation or problem and ask for help and guidance. Get into a dialogue: "You know, I'm looking for the best possible solution to...", "What would you recommend?", "Do you think I should... or rather...?", "Ok, that's great, I know you will lead me to the right answer." ... You can ask anything you want, any problem, any concern, any question....

So, whenever you need some advice, help, answers... , simply ask for it. Be at ease and be yourself, because if you are not, you won't be able to connect with this higher source within yourself. How can you connect with Your Self, when you are not yourself? Really, nothing else is required, no tricks are needed and no magic is necessary.

Sometimes, you might get an answer immediately, it just pops into your mind. You ask and the answer will be there. At other times, it might take a bit longer. The answer or solution to your problem could find you anytime and anywhere, often even when you least expect it.

It could happen while you are having breakfast, during your daily jogging, while you are having your shower... The answer might also reach you in many different way: In a book someone recommends to you, in the lyrics of a song you hear on the radio, in a discussion you are having with a stranger... There are thousands of possibilities, so watch out and remain open minded.

This higher source is here to help and guide you and it doesn't expect anything in return. There is no need to make a deal like: "You give me... and I do...". Anyway, what sense would it make to strike a deal with yourself? Because as you know, this higher source isn't something separate and different from you, it's a part of you, you are one with it.

When you do this, it's important that you really believe that you will be guided and helped. So it might be a good idea to get started with rather small and unimportant things in order to gain the belief and inner conviction that this really works. For example, you could ask for help to find a parking lot when you go somewhere where it's usually difficult to find free parking spaces.

If you never did this before, it might seem a bit bizarre at the beginning, but it's just a matter of getting used to it. Actually, making use of all the powers you have available is the most normal and intelligent thing you can do. And anyway, there is no need to talk about this with anyone who wouldn't understand what you are doing and who would only laugh about you.

Sure, communicating with your higher self is something you have to re-learn again.

As a baby and a small child you were much closer to it than you are now. But then your entire focus shifted to your body and your mind and you lost touch with your higher self. So it could take a while until you become aware of it again.

Simply ask, have faith that you will be guided and let go, everything else will be taken care of. And that's really all. You will realize immediately when you receive the answer. There will be a feeling like: "Yes, that's it, that's what I've been looking for".

Whenever this happens, realize that it's not just happening by chance. You took action, you asked, deep within you knew that you will be guided and this allowed you to become conscious of the right answer.

Be grateful and realize how blessed you are. That way you'll become more and more aware of this power within you and you will be able to use it more and more effectively.

Summary

- There is a force within you that allows you to surmount all difficulties and challenges, to get an answer to all your questions and to find a solution where there seemingly is none.
- You can call this power your higher self, god, universal energy... or whatever you prefer.
- This higher self is not separate from you, it is a part of you and you should learn how to use it. You can talk to it as you would talk to your very best friend.
- Ask for help, for guidance, for answers... then let go and be assured that you will be guided to the best possible solution.
- The solution or answer might come to you at any time and in any situation - often when you least expect it.
- Watch out and remain open so that you don't miss the answer when it enters your life.
- Be grateful whenever you receive guidance and help from this higher source. This allows you become more conscious of it and to receive answers and solutions even more quickly.

22. The Incredible Transformation Of Your Entire Life... Even If Sometimes It Seems Like Nothing Is Happening

The seeds are planted and soon it's time for harvest. Maybe nothing is visible yet on the outside, in your physical world, but all the crucial preparations have been done and it's only a question of time until you will harvest the fruits of your work.

You have come quite a long way and the most difficult part is already behind you. Now you are no longer at the starting point and maybe some parts of your dream life vision are already becoming your physical reality.

Look what you have already accomplished: You have a clear vision of your dream life. All your thoughts, feelings and actions are focused on it. You do your daily visualizations, you have a great plan and every day you spend a few minutes on your idea- and your self reflection diary. You keep on moving forward, one step after the other. Your belief and trust in your ultimate success is continually growing...

Yes, you truly planted the seeds of your "dream life success" and sooner or later it will be your reality. You create what you continually focus on - these are universal laws and they work with 100% precision.

However, harvesting time might not just be yet, so don't worry if your life still seems to be the same (on the outside). The seeds you sowed are already growing but they are not ready yet to pop through the surface. Be patient, have faith in the process and just keep on moving forward.

You know, on the surface it often looks like nothing is happening. But that's not true, not at all. The most crucial (inner) changes are taking place in this phase and this is actually the most important stage of your dream life creational process.

Tremendous transformations are happening right now. At the moment, only your inner world will be affected, but that's what's most important, because your physical, outer reality is nothing but a reflection of your inner world. Your outer reality always follows your inner reality. So, if you create abundance, happiness... within, it will also become your physical reality.

Again, this is a very critical phase; you laid out the fundament for your dream life, but your current circumstances are not reflecting it just yet. Most people are tempted to give up at this stage, because nothing seems to be happening, nothing seems to be changing.

Don't give up, you are already very close. Keep on moving forward, remain focused on your dreams and don't be fooled by your current outer circumstances, they no longer represent your newly created inner reality. They are only the remaining shadows of your past and they are already disappearing.

Just as an analogy, imagine you decide to plant some flowers in your garden. You get the seeds for the sort of flowers you want and plant them into the soil. And that's it, your work is done and the flowers will soon become reality in your garden. Now there is nothing else you have to do, the universe will take care of the rest.

The flowers are growing, they are already reality, but they are not visible yet on the surface. So, after a few days you start to worry and you say to yourself: "The gardener told me I will get these beautiful flowers, but absolutely nothing is happening, something is surely wrong here..."

You decide to dig into the soil and to put the seeds somewhere else. And again, a few days pass and still nothing is happening. All the work and there are still no flowers in your garden. Now you might think: "Well, I should have known it - how should this little seeds ever become beautiful flowers? - That's just ridiculous..."

Now you might even get so angry that you dig out the seeds and bring them back to the gardener: "They are not working, I put them into the soil as you said, but nothing happened..." you will tell him.

You might be laughing at this little story, but that's more or less how most people try to realize their dreams. There is some excitement at the beginning and even some action, but then doubts and worries quickly arise and the whole project is abandoned. Yes, all the "digging around" with negative thoughts and feelings brings the miraculous transformation that already started to a halt.

You know, this little plant called "your dream life" is very fragile at the beginning and its worst enemies are doubts, worries, fears... So, you have to protect it from all these negative thoughts and feelings and water with many thoughts, emotions and actions that correspond with what you want to create.

And that's really all you have to do, the universe takes care of the rest. Just be patient, keep on "watering" your plant and have faith in the process.

Your physical reality, your outer circumstances are always lagging behind your inner reality. For a short moment they can even be the complete opposite. So don't be deceived by these illusory appearances.

The only thing that really counts is your inner reality. You are the master of it and within you can create whatever you want using your thoughts and emotions and expressing them with corresponding actions.

So, don't put too much importance on temporary outer happenings, because they are not your ultimate reality and sooner or later they will always reflect your true-, your inner reality.

Again, your mind is very quick to tell you: "This doesn't work, nothing is happening..." Just don't listen, you might only be one inch from realizing your

dreams. But if you suddenly start walking in the opposite direction (doubts, worries, fears, frustration...), everything you created so far will disappear.

Stay focused on your dreams and put all your love and passion into it. Do this day-in and day-out and it soon becomes a natural habit. And with all this energy and momentum, your inner state of being will also materialize on the outside - there simply is no other possibility.

Summary:

- Major transformations already occurred in your life. Nothing might be visible yet on the outside, in your daily life, but the seeds are planted, the most important steps have been taken and it's only a question of time until you will reap the fruits of your work.
- Don't be fooled by your current outer circumstances. It takes some time and patience until your newly created inner reality also becomes visible on the outside.
- On the surface it often looks like nothing is happening. But that's not true, the most crucial (inner) changes are taking place during this phase - that's where you are laying out the foundation for your future dream life.
- Keep on moving forward, remain focused on your dreams and don't be fooled by your current outer circumstances, they no longer represent your newly created inner reality. They are only the remaining shadows of your past and they are already disappearing.
- Don't put too much importance on temporary outer happenings, because they are not your ultimate reality and sooner or later they will always reflect your true reality, your inner reality.

I wish you all the best on your way and a life that's filled with love, abundance, happiness, freedom and fulfillment.

Robert Spadinger

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