

# TRUE Prosperity

## What is your definition of abundance?

Well abundance to me is fullness, fulfillment on all levels not just the material level but the material, the emotional, the physical the spiritual level of life. So, it's really about feeling in every moment that there's always enough that there is fullness in whatever you are experiencing and in every area of your life.

## That's obviously easier said than done for some people who might not be looking at a life filled with abundance on the physical world. So what would suggest to one or more areas of their life?

Wow. The whole idea of abundance to me is not just one thing it is really a lifestyle. It is an attitude, it's a belief system, it's how you live day-tot-day. There are so many different things that I would say about that. **The first thing I would say is really engage, really put your attention on it. What we put our attention on really grows stronger in our life. The idea of putting your attention in the right way on creating a life of abundance, I think, is a really important thing.**

Clearly, everyone who is listening to this and is part of the series is doing that. I think that people have been a little bit misguided in many ways because they have looked at – we've really only looked at abundance in terms of material wealth. I think when you expand the conversation to have an abundant life in all areas so that you feel rich in your relationships and you feel rich in your physical wellbeing and you feel rich emotionally and you feel rich materially – I think that's the real fulfillment in life and that's the real abundant life. I would say to people to get started is to just really put your attention on areas and I think they feed each other as well.

## Absolutely. One of the things I have observed with Modern Day Mystics the people who this series is aimed at, is the materialistic piece that often gets left behind because of the belief that money and spirit don't mix. What is your experience with that and what might you say to someone might have an abundant relationship with spirit but is lacking in the more material realm?

We human beings are put here on this planet to live in this material realm. I really – **I am all for what an early teacher of mine called "200% of life – 100% spiritual and 100% material"** and I think that really rounds out our life. **If we are living life with some spiritual abundance but our outer world isn't reflecting it then we are not reflecting the magnificence of what life is.** Life is abundant. I believe the universe is a benevolent universe. Einstein once said that the most important question a person can ask themselves is "is this a friendly universe?" **I believe this is a friendly and abundant universe.** When we are truly living internally with that feeling and state of abundance and we can manifest that externally then we are really reflecting the purpose of being here in life.

I think this whole idea of abundance and spirituality not mixing has come from some old traditions where the spiritual people, where the monks or the renunciates, and I certainly think that there are people whose destiny or dharma, whose life purpose it is to be just solely a religious person like a monk or a nun and perhaps there are some renunciate vows with those kind of paths. But for most of us we don't have that path as our destiny or our life purpose. So really **our path is to live in this very rich abundant universe in a way that reflects this glorious inner and outer abundance.**

I love this, you know Lynne Twist is one of my great – I consider her a mentor, she is a heroine in my world. Lynne Twist, many people consider her the modern day Mother Theresa. She has written a book called *The Soul of Money* and she has raised hundreds of millions of dollars for *The Hunger Project* and now for an organization call *The Pachamama Alliance*. She talks about abundance in a way that I really appreciate because it is different than the way other people talk about it. **When we are really going for this super super abundant life, it is often coming from a scarcity belief system or a scarcity mentality.** “I better create enough abundance so I never feel scarce or without.”

Where she says there is a new paradigm and that paradigm is the paradigm of sufficiency which means **“I always have enough, I am always full, there is always enough for me.”** The desire for too much is just really rooted from the same thing as the fear of lack. So rather than living in a fear of lack and a need to amass so much on the outside because I'm afraid I might lose something to be living in a state of *true* sufficiency-where **you know that in every moment the universe is supporting you in exactly what it is you need**, that you feel such a great sense of trust in this benevolent energy of the universe. And you know how to hook into that and gain the support of the laws of the universe, the support of the laws of nature so that in every moment your needs are being fulfilled. That's actually what the really great masters in India used to practice for example, the spontaneous fulfillment of desires. They know that any moment they would desire something that that desire would be fulfilled very quickly by the universe. That's real abundance!

**MMM. I love that. It ties into a question I wanted to ask you about your book. As I've been reading your book and thinking about how it ties into abundance. It almost seems to me that you could replace happy with abundance.**

Yeah, I think that is true. My definition of *Happy for No Reason* – which is the book that you are referring to. **Happy for No Reason really means having an inner state of peace and well-being that doesn't depend on your circumstances.** You are really living from a higher level of consciousness that has this feeling of connection to the universe – that all is all. I have an inner state of peace and well-being no matter what is going on on the outside. Interestingly enough, **I believe that is also the basis for creating and manifesting the life of your dreams.**

I'm in the film and book *The Secret* which is about the Law of Attraction; I've spoken a lot about the Law of Attraction. **What I think is that people have it backwards. We think that success is going to bring us happiness but it's the other way around its happiness that brings us success.** Because when we're happier we're vibrating at a higher level of consciousness and it's that higher level of consciousness that's actually allowing us to attract to ourselves what it is we want me of in life. I just want to read to you a quote from Rhonda Byrne, who is the creator of *The*

Secret and she writes this in *The Secret* about the Law of Attraction and the correlation to happiness.

*I want to let you in on a secret to The Secret the shortcut to anything you want in life is to be and feel happy now. It's the fastest way to bring money and anything else you want in your life. Focus on radiating out into the universe those feelings of joy and happiness. Everything that you want is an inside job. The outside world is the world of effects it's just the result of our thoughts so set your thoughts and your frequency on happiness.*

I think that's very key. **If you want abundance set your thoughts on happiness.** From that platform of consciousness then you can really more quickly attract to you what it is you want. Certainly we all know people in life who have perhaps an abundant outer life. They have a lot of success and financial wealth, but they are suffering. A lot of money does not guarantee happiness. As a matter of fact **40% of the wealthiest people in the world on *Forbe's Wealthiest List* are more depressed than the average person!** The money isn't what you're looking for; we're looking for that inner state of well-being and freedom and from that platform to be able to manifest the outer abundance that reflects it.

**Well it's really interesting that you read the quote from Rhonda because I am on the exact same page in your book getting ready to read a quote from you.**

Well cool!

**Because one of the things that I've heard from Modern Day Mystics is when they watched *The Secret* they kind of dismiss it because it seems so commercial and material. You write here**

*"...that though Law of Attraction has worked like a charm for me in the material realm I received far greater rewards whenever I've applied it on the spiritual level to heal myself from heartbreaks by focusing on gratitude and to create transformation in my life by appreciating any step of progress-no matter how small."*

It's very true, I mean a lot of people apply the Law of Attraction which simply states: that everything in the universe is made up of energy and whatever we put our thoughts, our words, our feelings and our actions behind is what we will draw or manifest into our lives. So you can spend a lot of energy putting your attention on manifesting material wealth. **You can also that same energy and put it on manifesting a life of abundance, a life of joy and happiness that also includes the material wealth.** You don't have to just limit it to applying the Law of Attraction for creating material wealth.

To be honest I agree that the depiction in *The Secret* tended to really focus on the material side but it opened a lot of people's eyes to the Law of Attraction and the principles there. There is a saying about meeting people where they are. People are interested in creating that material wealth. So *The Secret* really hit home for so many people because it started them with they were and it opened them to a new world. I think that it was a really brilliant starting point for so many people around the world and I am so happy that it created such a very big wave of awareness about the power that we all have in our lives to create.

**I would say that *Happy for No Reason* in many ways does the same thing. You focus on very practical steps that you can take to change the way you feel and you also go into some deeply spiritual ideas. That is probably why it has been such a run-away best seller because you are getting the people where they're at and a wide range of people where they're at.**

Thank you for that, I really appreciate that. Here's the thing, I had a lot of success in my life. I wasn't born happy – I came out of the womb with existential angst. I was a pretty unhappy kid – for no reason. I had a great life, a great family everything was great except I was not happy. I wasn't happy because I was a spiritual seeker and could not find answers. I remember when I was 7-years old bugging my parents about God and the purpose of life. They did their best to answer but I was not satisfied. I actually had my first spiritual “Aha” moment when I was in the 6<sup>th</sup> grade when I was laying out in the backyard getting a suntan (this was the late 1960's I guess using baby oil – we didn't know about SPF back then) I went to my sister's room. She is 12 years older than I am and I grabbed the skinniest book on her bookshelf I could find (I was a very slow reader and I wanted to read a skinny book) I was laying out and getting this tan and the book that I got was a book called *Siddhartha* by Hermann Hesse.

**Nice light reading for getting sunbathing.**

Yeah. I was probably 30 pages into the book and I just burst into tears because I realized that there was something called a spiritual path and that there were other people seeking what I was seeking. That started me on this journey and I meditated from the time I was – I started formal mediation when I was 16. I became a teacher of mediation when I was 19. I've had a very very spiritual path but along with that I did a lot in the material world. I became a corporate consultant. I did create a lot of success on the outer realms but I realized that about 12 years ago when I had a couple *Chicken Soup for the Soul* books out.

One day I was giving a speech to about 8,000 people I was signing books non-stop for all those people, lines just really long lines. I was at the height of my career; I had everything I thought I wanted: a beautiful house, a great partner, wonderful friends I had all these things. But at the end of that 3 day fabulous height of my career kind of thing I went back to my hotel room and I flopped on my bed and I burst into tears. I said, “Ok, I've got everything that I thought I wanted, but I still feel this emptiness inside. Something isn't hitting me it's not totally fulfilling.”

It was at that moment I decided “Ok, I can no longer fool myself into thinking that if I just get a little bit more in life then I'll be happy.” Which by the way I think is a really common thing. I call it the “I'll be happy when” syndrome. “If I just have *this* then I'll be happy.” “If I just get the right husband or make more money or whatever it is then I'll be happy.” I just realized at that moment it wasn't going to work – the gig was up here.

I faced the reality and at that moment I decided I'm going to find out the answer to how to be happy. That's when I full force put myself into this field of studying happiness. I realized “Wow there is actually a science of happiness out there.” They're finding out what we can do truly to be happier. We're cracking the code on happiness. Over these 12 years since I did that, since I started studying this I have tried everything. I have put it all into practice in my life and I absolutely can tell you without a doubt that this works. I know that from my own life.

**Back when I was a teenager I'd give myself a D+ in happiness and now I'd get an A to an A-. That doesn't mean that my life looks perfect, but what it means is that I feel happy inside. So, however my life looks I feel the perfection in it.**

I say that people who are Happy for No Reason don't look to extract their happiness from life but inside they bring their happiness to life. That is the difference in how I feel in life is night and day. I've had lots of challenges in these years. My mother was in the hospital last year for 6 weeks, I went through a divorce last year – it was an enlightened divorce we are really great friends and are really supportive of each other but nonetheless it was not fun to go through the experiences but I still felt and feel deeply happy inside. From this now I feel a true abundance in life.

**That brings me to a question about being happy for no reason. You sort of tongue-in-cheek at the beginning of the call you said you're happy for good reason because we're on the call together. One of the things that I've been catching myself since I read your book is if I'm supposed to be happy for no reason than is it ok to happy for good reason? Do you know what I mean?**

That is such a great question! I love that question and I don't think anybody's ever asked that of me and it's such a brilliant question. What I've found is there's four stages on the happy continuum. There's **unhappy** – which we all know. By the way do you know that 1 out of 5 women in North America is on anti-depressants. We have an epidemic of unhappiness in our society. We have more than we've ever had, we make more money we have more and yet we are unhappier than ever. It's clear that it's not the outer stuff that's going to solve the problem. Then one step up is what I call **happy for bad reason**. That's when you're unhappy and you're kind of trying to disguise it all and mask it all so you go for the outer things that don't support you're life for happiness. So you shop too much or you drink too much or you eat too much it leads to these addictions. All that's doing is covering up your unhappiness. Then there's the state you asked about, **happy for good reason**. That's when you have a lot of the things you want in life. The great relationships and the good career and all that. I am all for that. I believe in that 1000% it's wonderful. The problem is if we base our happiness on those things as soon as we lose those things there goes our happiness. We see a lot of that these days as the economy has been affected, people who were basing their happiness on their reasons are no finding themselves stressed out, miserable, less resilient. I'm not saying to not have those things and to enjoy them fully, but I am saying to go a step farther. That step of **finding the inner source of peace happiness and abundance. Then all the reasons are just icing on the cake!**

**MMM I love that. That's brilliant. I don't know if you remember this but right at the beginning you have *The Four Pillars*. And at the beginning of your chapter on the *Pillar of the Mind* you tell the story of the man dressed in the \$3,000 dollar suit. Do you remember that story?**

I do remember that story; it's a great little story. Gosh I haven't told it in a while. Let me just take a second and just try and recover that story. An Indian sage was speaking and he taking a question from a man who was dressed in a really expensive suit – a \$3,000 dollar suit wearing these classy shoes and the guy was dripping with gold jewelry everywhere. The man raised his hand and said "What do I need to give up to experience true happiness and inner peace?" The sage says "There's

good news and there's bad news. The good news is **you don't have to give up any of your stuff. Poverty certainly isn't the way to happiness.** But the bad news is that **you do have to do something that might even be harder for you. You have to give up the way you think."**

**That is so perfect.**

Isn't that great? So many of us, so many people have been trained so badly about money, about abundance, about their thought patterns and beliefs about abundance. And that's really where a lot of the re-training begins in your thoughts. **We have 60,000 thoughts a day. For the average person 80% of those are negative.** Scientists call it a negativity bias, what that means is that we actually we have a tendency to remember or hold onto the negative more strongly than we hold onto the positive. **I call it the Velcro-Teflon syndrome. Here's what I mean by that, we Velcro the negatives to us they just stick to our minds; whereas the positives that happen in our lives are more like Teflon where they slide off of us.**

A simple example of that is you get 10 compliments in a day and 1 criticism. What do you tend to remember at the end of the day? You remember the criticism, right? What we've found is people are happier and I believe people who are more abundant have reversed that ratio. They have trained themselves they have actually created new neural pathways in the brain. Science is now showing us that we have neural plasticity and we can create neural pathways into the brain all the way up until the day we die. Those new neural pathways are favoring more the positive rather than the negative. That's a whole process and I give a number of tools and techniques that people can use-I think-very effectively and easily shift their thought patterns and create new neural pathways. That's one of the aspects of both abundance and happiness.

**Would you mind sharing one or two of those tools?**

Well, I use other people's tools because they are so effective. I don't create the tools I just find and share them with people.

**There is nothing new under the sun.**

There is nothing new under the sun. Some of my favorite ones that I love to use are ***The Sedona Method* by Hal Dwooskin** which is a wonderful method of letting go of old beliefs. Another one is called ***The Work of Byron Katie*** the simple process of asking yourself 4 questions and introducing them in a turn around statement. All of these are available in my programs and ***Happy for No Reason*** program or on these specific people's websites. Another tool I love is called ***Emotional Freedom Technique* or EFT** it is a simple tapping technique where you tap on various acupuncture meridians that help you release your old belief systems.

I also use a very simple process that I love (this may sound like what does that have to do with happiness and abundance, but it has a lot to do with it) a Kahuna Hawaiian technique called **Ho'oponopono**. It's a process of forgiveness where you say to yourself these four sentences over and over again. I don't know why it works – I got to be honest – I'm not sure why it works I just know that it works; I've used it a lot and know that it works great.

You can use these sentences towards other people if you are having a problem or a challenge, judgments on somebody or anger, resentment or you can do it on yourself. And the 4 sentences are :

1. I'm sorry.
2. Please forgive me.
3. Thank you
4. I love you

I'll tell you a really quick story. I recently-about 6 months ago-my sister (who I mentioned earlier is 12 years older than I am) got very mad at me for something. She stopped talking to me for a few months and that had never happened before, it was really uncomfortable. But I was feeling really resentful because I didn't think that what she got mad at me for had any justification or reason. "How could she be treating me this way?" Well, a couple months into this we had to move my mother into an assisted living place and I was really dreading this because I was going to be with just 5 family members in this small 1 bedroom new apartment of my mother's with my sister. I thought "Oh God, that's going to be really uncomfortable because she's not talking to me." Sure enough I arrived that day and she doesn't even look up at me and we spend the first couple of hours being in this small apartment and not talking.

After a little while I just couldn't stand it so I took a break and I went to my car. I sat in my car and I remembered a story about a Tibetan monk who had been imprisoned by the Chinese government and tortured horribly for 20 years. When he was released the Dalai Lama interviewed him and said "When did you feel that you were in the most danger?" The monk replied "**I felt I was in the most danger when I couldn't feel love and forgiveness for my guards, the people who were imprisoning and torturing me.**" I thought "Oh my God, here is a guy who is clearly being wronged - in my book at least - he is clearly being treated badly and yet he is feeling love and compassion and forgiveness for his guards." Here I am with my sister who you could argue that she wasn't treating me horribly and I couldn't forgive.

I sat in the car for 15 minutes and I did that Ho'oponopono technique. I'm sorry. Please forgive me. Thank you. I love you. About 10 minutes into I really started realizing that my sister wasn't mad at me for that little thing she probably was mad about a number of things that have happened over many years. I could see how she might feel those things and I started feeling so much more compassion. After about 15 minutes I just felt a whole lot of love in my heart. I went back into the apartment I didn't say a word. Within 2 minutes my sister grabbed me and said "Hey, let's go unpack Mom's closet together." And then we went to lunch and she said "Here have my baked potato." It was an entire 180 turn around.

I took my brother aside and said "Ok what did you say to her while I was gone." He said "Marci, no one said anything to her. What on earth did you do?" It was so powerful! I have to say when we clear all of our feelings of anger or resentment or anything and we open up to a state of compassion, forgiveness, and love then we open up to a state of abundance and more abundance flows into our lives.

**That's so perfect. This whole program is about how Abundant Mystics really do work in both worlds. How they recognize the power of the mystery-the unseen world to create change, to create abundance. Also they don't neglect or try to reject the physical world-the practical stuff that needs to get done. I love that throughout your whole book you really bring in all of that - you bring in all 4 of those pillars that need to be balance in order to live a life of happy for no reason or abundant for no reason.**

We need it all - we need the mind, the body, the heart and the soul. We need our relationships to support our happiness and abundance. We need to be connected with our purpose in life. All of those things are critical to having a happy and abundant life. I just want to share 3,000-5,000 years ago there's an Indian sage named Patanjali and he wrote the *Patanjali Yoga Sutras* they were techniques for how to take your consciousness and manifest into the physical world through your consciousness. These were techniques that seemed like magic to all of us, how you can manifest out of thin air certain objects or know certain things - where something is located things like that. The technique is a very interesting technique that I think we can apply in our lives today to manifesting in the outer world from an inner level of consciousness. I'm just going to give you the 3 steps of *Patanjali's Yoga Sutras* in Sanskrit they are called Dharana, Dhyana and Samadhi. In Western language they are 3 steps that were taught to me by a consultant that I've used for years - he's a coach of mine named Bill Levisay.

The 3 steps (I love them because they rhyme) Intention, Attention and No tension. Let me just go over what these mean. Intention means you got to be clear about what it is that you want to manifest in your life. Attention means that you need to put your thoughts, your words, your feelings and your actions behind it. Your attention on that. Where attention goes energy flows. But the third step and this is the one that I think most of us in our culture tend to overlook and that is that step of No tension. That step of letting go of begin relaxed of surrendering of being open to receiving without strain. So many people come to me and say "Oh my God, I've tried to use *The Secret* and I've tried The Law of Attraction and it's just not working." The place where it's not working for them is that place of No tension. They're hanging on and hanging on and persisting. Persistence is good but there's one level at which you need to let go and allow the abundance. Allow the brilliant ideas, allow the "aha's" to come into you.

Einstein said that all of his greatest discoveries came when he was talking a walk or doing the dishes, when he wasn't thinking about it. He'd think about the problems he'd put his Intention on them, he'd have his Attention on them but then he'd let go and then the brilliance would rush in. I think everyone has had the experience of having their great "Aha" moments in the shower. I think that's true of us with abundance as well. That's why when you live in a state of happy for no reason; when you are living in a state of all is well in the universe then there is not that grabby needy desperate kind of feeling that holds away our wealth from us.

**I love the rhyming. I say attraction without attachment.**

I like that - attraction without attachment. Another phrase I also like to use is high intention low attachment. It's that idea of being able to let go. If you're a salesman you know that you've got to be clear on what you want, you've got to put your attention on it but you know that you've also got to be willing to walk away from the sale. It's the person that has enough confidence, enough ease that

all is well in the universe that they could walk away from the sale. That creates the space to make the sale happen. It's true everywhere: high intention low attachment.

**Modern Day Mystics, in my experience, a lot of them seem to have trouble with the intention piece. Often because intention they associate going back again to the poverty consciousness thing that either they don't know what they want or it seems like they focus so much on the material stuff because they feel like they're supposed to but then there's that inner tweak that doesn't allow them to align with that intention very clearly. So, it just doesn't feel right on some levels. s like they focus so much on the material stuff because they feel like they're supposed to but then there's that inner tweak that doesn't allow them to align with that intention very clearly. So, it just doesn't feel right on some levels.**

Yeah, I've seen that as well. I think that's true when there's not that connection between your spiritual life and your material life when there's a disconnect and you think that they're separate. But when you feel as though the material world is an expression of your spiritual world – where the outer is just merely the expression there's not a disconnect, there's not a guilt. I think that some people really still have that guilt of “Oh I shouldn't be wanting these things in the outer world.” When it's coming colored with that kind of a flavor or vibration – it doesn't work. I think when you really deeply connect that that “my outer world is a fabulous reflection of my inner world and let me share that.” Joy is a fabulous thing it's not something to be guilty about. Having comfort having beauty having all those things is not something to feel guilty about it's something to be proud of. And yet I think a lot of spiritual people think “Oh no no, it's not ok.”

**Do you set specific intentions or goals financially? Or do you mostly focus your intentions on the things you're going to create the things you're going to put out in the world?**

I've gone through variation of that through my life. Can I share with you - and I will answer that question – can I just share with you some of the things that I've done to create the outer abundance in my life?

**Yes, absolutely.**

I was early on a student of Religious Science and Unity Church and new thought spiritual systems. I early on begin tithing. I have been tithing for 30+ years now. I tithed when I had nothing and I tithed when I lots and I really believe that tithing is an important principle because. Two reasons. Tithing: giving 10% of your income to the source of your spiritual wealth. I think that it first of all creates that feeling of – it's proof that you have a trust in the universe. That you know that no matter what you have there is always enough to give away 10% And it allows you to give back to the source of your spiritual wealth and it creates a balance on that level that you're feeding back to the source of your spiritual abundance. I really believe that that is a very important tool for abundance and I still do it to this day.

I also have from very early on have done a lot of visioning. I really know that you do not create the next level of your life without seeing it first. You've got to have a clear vision in your mind of what it is that you intend to manifest. So, I have always had clarity about what I want and done visioning with it. In terms of specificity there are times when I will get very specific and there are times when I am less specific, but I tend towards the specific. For example, when I wrote *Happy for No Reason*

the very first thing I did and this was in 2004 when I came up with the title for the book and I started working the book proposal. The very first thing I did I created an index card that said “*Happy for No Reason* is published by my favorite New York publisher, it comes out in January of 2008, I receive an advance of X number of dollars, it becomes an instant number 1 New York Times Bestseller and inspires and transforms the lives of millions of people around the world.” I wrote that card and I put it on my vision board right across from my desk. I looked at that card every day, I didn’t study it, I’d be on the phone and my eyes would land on the card. Two years later I went to New York and met with 15 different publishers and I ended up getting a contract with my favorite New York publisher – just as the card said. The book came out in January of 2008 – just as the card said that had been written 4 years earlier. I got an advance to the penny that I had written on that card (now I should have written a bigger number, right?). And it didn’t become a number 1 New York Times Bestseller instantly – it became a number 2 New York Times Bestseller. But I wasn’t complaining, I’m not complaining. Now it is out in 31 languages and it is – I think – inspiring and transforming the lives of millions of people around the world.

Did that happen because I wrote that card on my vision board? Of course not, I did a lot of actions to support it. Do I think that was one of the pieces? Yes, I really do. I really think that there are things that we can do in terms of being clear and specific about what we want. About putting them on a vision board and seeing that vision board on a regular basis. About doing visualizations with ourselves. I also used to walk and I would see my book in the front window of these airport bookstores. Minneapolis Airport was the first time where I visioned my book sitting in the front window of that airport bookstore. It was such a thrill, 4 years later to actually see my book sitting in the front window of the Minneapolis airport.

The power of our minds is just phenomenal and the power of our ability to envision. I really I honestly believe that creating abundance in our life is not just one technique it’s not just “let me do this.” It’s how we live our life. Do you wake up in the morning grateful? There’s that whole saying that what we appreciate appreciates. When we put our attention on what’s working in our life that’s what we get more of. So, do you wake up in the morning feeling appreciative and grateful for your life? Setting the tone for the day on appreciation. Do you meditate? Do you take care of your body? Do you feel that life juice flowing through your body? I talk in *Happy for No Reason* about you create the biochemistry of happiness so that there’s the happy juices flowing through you all day. Do you have a support network that surround and supports you in creating happiness and abundance in your life? Do you have Mastermind Groups? I’ve had those for years. Do you tithe? Do you work on forgiveness in your heart? Do you do visioning? It’s a moment by moment about how you live your life and while that may sound overwhelming. Like, “Oh my God, how am I going to get started on doing this?”

What I tell people is to start with one thing. Only change one thing at a time. Do that for 21 days. As you know 21 days is the amount of time that generally it takes to change a new habit and once you that one new thing habituated then take another new that until that is really habituated. That’s the way that you can transform your life most quickly and easily.

**There's one very simple phrase from your book. I can't remember where in the book it is right now. But it's just the simple phrase "I'm thankful for everything and I have no complaints."**

Oh I love that.

**It's so simple and yet it changes the way I feel instantly when I say that.**

It's really beautiful. There's a quote by Meister Eckhart, who was a 13<sup>th</sup> century theologian he said "If the only prayer that you said in your whole life was thank you that would suffice." I just love that because that prayer of gratitude is so beautiful. And the quote that you were thinking of has to do with a story in *Happy for No Reason* about a friend of mine who uses thankfulness all the time in his life. I love stories, because my background is *Chicken Soup for the Soul*, so we know how powerful stories are. It's what sticks with people. So in *Happy for No Reason* I made sure to include very *Chicken Soup* like stories about people who have really found how to live in a state of *Happy for No Reason*. Along with the scientific research that people like to have, I think the most important part are the tools that people can use immediately to create greater happiness or raise their happiness at that point in our lives.

The mantra you were talking about from that story was "Thank you for everything. I have no complaints." It is a great way to live life. Thank you for everything. I have no complaints. Here is a little tip a suggestion for people. If you do feel a complaint in your life, if you do feel victimized in a certain area or that something isn't going your way chose to believe – do an experiment in your life and chose to believe for a few minutes that everything is perfect in the universe. That there are no mistakes that there is a benevolent friendly universe that is looking out for you it is on your side.

So if something is happening that doesn't look the way you want it to happen ask yourself this question "if this were happening for a higher purpose, what would that purpose be? If this were happening right now to me for a higher purpose, what would that purpose be?" And you will always find an answer to that question. If you assume that the universe is delivering to you on purpose on a gold platter to help you live the most extraordinary miraculous spectacular life there is then the only way to approach everything that happens to you is with that feeling of thank you. And if this is happening to me for a higher purpose, what can I learn, what's the gift?

**I love that. It's so true. I think most people have the ability to look back on events that weren't so happy in the moment and see the purpose but it's that ability to have that perspective in the moment that's so hard.**

Exactly. That's exactly it. If you ask anybody – I do this, I ask my audiences "how many of you have had a crisis in your life or a challenge?" Everybody raises their hand. Then I say "For how many of you was that the most important and significant and beneficial thing that's *Ever* happened to you?" 99% of the room raises their hands. So we know the crisis in the moment often turns onto the greatest gift. So the real master is the person who can in the moment the crisis is happening say "I now this is happening for my greatest good in mind and I'm gong to find what that gift is."

**Do you have a practice that you do on a daily basis specifically related to abundance?** Well, I do a meditation practice every day and that mediation practice has changed over the years. I think that happens that as we grow our practices need to change. I don't specifically do an abundance

practice but I do open myself up-I think-to receiving. I'm very very aware that I've been good at giving and I've maybe had some blocks to receiving. I think a lot of people can relate to that. So, right now one of my practices is to look at how I can open to receive throughout today. So when somebody offers me something, instead of pushing it away I open to it and say "Wow, this is coming to me and I'm just going to receive this with great gratitude and appreciation." I'm more now opening to receiving pleasure in my life.

I told you about this coach that I have and I'm going to tell you something that I don't think I have told on a teleseminar before. I call this my "Secret Weapon to Success and Abundance" I believe in life that there is a timing for everything - there's Divine timing - and that when you work with the Divine timing with the right timing in your life you can actually make the most of the opportunities present in life.

I do this through Vedic Astrology. Vedic Astrology is East Indian astrology, it's based on the Vedas which are scripture from 5,000 years ago and they were very very specific astrologers. The Vedic Astrologer I work with is the man I mentioned before, Bill Levisay is a scientist, he's real guy he's got a PhD (I believe) in Educational Consulting; a very very smart guy. This isn't some woo-woo thing this is a very scientific practice. What I've found is there are certain times in my life where there is more opportunity-where the planets are aligned in a particular way-where there's more opportunity for a material success. And then there are other times where it's a better time to go inward and do a little inward practice.

So, I will tell you in 1990 I was told that in September of 1996 I'd have a best selling book. I laughed at the idea, I scoffed at it because I said "I'm not a writer and I don't have anything to write about." He said, "I don't care, it's right here in your chart." Sure enough, 1996 my very first book came out *Chicken Soup for the Women's Soul* and went to number one on the New York Times Bestseller list that week. I could not have made that happen if it had not been (I don't believe). It was a miracle that it all happened. I actually came up with *Chicken Soup for the Women's Soul* when I was on a 7-day silent meditation retreat. I was really frustrated with my career and I was hitting me head up against the wall and I decided to go on a 7-day silent meditation retreat - which by the way was something I had never done before - I had never been silent for more than 2 hours before that in my life. On the 4<sup>th</sup> day a light bulb when off in my head and I saw the words *Chicken Soup for the Women's Soul*. Now my mentor was Jack Canfield, so I was already connected at the time. I really done a lot of my work - I was a speaker speaking to women's audience which is why I believe that message for *Chicken Soup for the Women's Soul* came through me because I was already immersed in that field. As soon as I had that thought, I knew it was gift from the universe and there was only one problem and that was that I still had 3 more days of silence. I couldn't tell anybody about my great epiphany. But as soon as the silence was over, I ran to the closest payphone and I called up Jack and "Jack, I've got *Chicken Soup for the Women's Soul*." Now none of the other *Chicken Soup* books had been out. It was only the first book that was out and nobody had thought of these specialty ideas. He said "Oh my God. That's a great idea." And he called the publisher and the publisher was "Oh my God. That's a great idea." And that's how I got the contract.

I think it was a combination of - I think it was Napoleon Hill who said "Luck is when preparedness meets opportunity." I had done my homework; I was prepared. I had actually taught business

writing at AT&T and other Fortune 500 companies for 10 years and I really knew writing, I was a speaker I was working in the field. Jack Canfield was as I said my mentor. So luck was when preparedness – I was prepared met opportunity – the opportunity arose and the epiphany came (I think) from the universe and I got very lucky and it was all in tune with that timing that was right for me. I use Vedic Astrology on a regular basis – quarterly actually – to find out when it the right time to make use of the various opportunities that are present in my life.

**It is so interesting that you told that story. Because just the other night I was talking to a friend and I was planning on launching this Tuesday. He said “are you sure you want to do on Tuesday because Friday is the first new moon of the year, the first new moon of the decade, a solar eclipse, Mercury goes direct.” This massive convergence of celestial events that are supporting new endeavors and I just thought “Well this seems right.”**

I’m so sorry but I have to throw a little monkey wrench into this. According to the astrology I use it’s very rare that you want to start anything on an eclipse. So you may want to have that looked at by an astrologer. At any rate, the idea and the concept is really right one. When we make best use of nature’s timing we can get the best results. I will tell you, I will say that is my *Secret Weapon to Success and Abundance*. It is the extra piece that a lot of people don’t know or make use of. I’m a very practical person and I don’t believe things until I see proof in my life and I’ve seen proof in my life over and over again – at this point for the last 20 years, that it is absolutely undeniable in my experience. But I tell people, don’t take anybody’s word for anything. Use your life as an experiment and if something resonates with you if it sounds right then try it out in your own life and see if it works.

**What I love and it sounds like you go here. Is that you look for proof but you don’t have to explain it.**

I can’t always understand why things like that Ho’oponopono story of Please forgive, Thank you, I love you, I’m sorry works. I understand conceptually that when we place in a certain energetic vibration that we get certain results. So I do understand the basic energy of it but I’m not a scientist I don’t need to know all the exact details. I think some people are scientifically minded and they do need to know all the exact details and if that’s the case then there’s a lot of books out there about those detail. But I think there is a level of faith that propels life forward and if you try if you experiment openly with a certain level of faith then that builds your faith for the next time.

**I love that. Well Marci we’re just out of time here. Do you want to take a moment and tell people how they can benefit from your *Happy for No Reason* course and of course the book – I highly highly recommend the book but I know you have a course.**

I do. People have really asked me for a long time, “I want to do a program. I want to get on a *Happiness* program.” So I created what I consider to be the best *Happiness* program out there. It’s because it really works and it works quickly and it’s the best of anything I’ve found. It’s called the *Happy for No Reason Personal Learning Course*. It’s 8 CDs, a workbook, accelerated learning tools – I teamed up with a company called *Learning Strategies* they’re the experts the premier experts in accelerated learning – and so I have all these cool accelerated learning tools in there. People can find out all about that on my website which is [HappyForNoReason.com](http://HappyForNoReason.com). I have a lot of free tools on

there. I have the *Happy for No Reason questionnaire* so you can see where you stand on the *Happy for No Reason scale* – how well you’re doing. I have a free downloadable recording that we’re going to offer on *Happy for No Reason Action Plan* your *Happiness Action Plan*. There are – I really invite people to join what I call the *Happiness Revolution*. I am finding that there are more and more people around the world that are saying “I know that I have to live life differently and I want to be part of this next wave of the planet to create the next higher energetic vibration on the planet. And I want to join in the *Happiness Revolution*.” So, please join me at [HappyForNoReason.com](http://HappyForNoReason.com). If I can, I’d love to end with this one Chinese proverb that’s a wish.

People are always asking me “Marci is wanting to be happy or wanting to be abundant selfish?” I honestly believe it’s the least selfish thing that we can do on the planet because when we change, when we live a happy and abundant life we change everybody around us and we change the vibration on the planet. So, I’d like to end with this Chinese proverb. It goes like this:

When there is light in the soul there will be beauty in the person. When there is beauty in the person there will be harmony in the house. When there is harmony in the house there will be order in the nation. When there is order in the nation there will be peace in this world.

So my prayer and my wish for all of us is that we feel that light in our souls – that abundant happiness in our souls and through that we create a planet of peace of love of abundance. Everyone who is listening today is part of that abundant happiness revolution.

**MMM. What a beautiful way to end. Thank you so much.**

Well, I’ve had a great time being with you just getting to talk about this wonderful subject makes me feel happier and more abundant.

**Me too. You’re energy is so uplifting and enlivening that I know that people listening will have that experience as well.**

Wonderful I wish everyone an amazing miraculous 2010 – it is the year of true abundance, true miracles, true happy for no reason, true faith, trust and love. I wish that for everyone.

**Wonderful. Well thank you again Marci.**

Thank you.