

Hi,

I'm so glad you decided to take advantage of my free introduction and chapter one of my book, *Excuse Me, Your Life Is Now*. It is my hope that my book will help you to become consistent with your use of the Law Of Attraction.

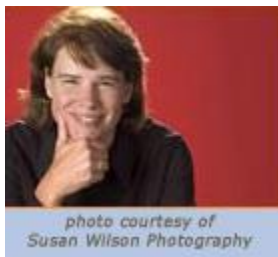
If you like what you read here, you can order the book at

<http://your-life-isnow.com/read.html>

Please email me with any questions you might have!

Have fun!

Doreen



Doreen Banaszak

dbcoaching@comcast.net

www.excusemeyourlifeisnow.com

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Introduction

“I can already start feeling deep changes in my life.”

“. . . my life has been changing so much and so wonderfully.”

“It was a book that changed my life.”

“I recommend it to everyone I know.”

“It opened up a whole new world for me.”

“I have read it over and over again!”

These were comments I heard as I started talking to people about their experiences with *Excuse Me, Your Life Is Waiting*. How did one simple book have the power to change people’s lives so dramatically? Why do so many people feel this book was responsible for changing their lives on such a profound level? And on a selfish note, how could I possibly write a sequel that would be worthy of such adoration?

I knew Lynn Grabhorn’s book was a *New York Times* bestseller, selling over half a million copies (eighteen thousand out of her garage!), but I didn’t know the extent to which her interpretation of the creation principles had impacted her readers.

The magic soon became clear. Lynn gave us hope that there was another way to live our lives that didn’t include “settling.” She opened up a door through which we could see the life we really wanted, and then she gave us four simple steps to create it. Those four simple steps and the way she presented them are what have inspired thousands of people to become aware of how they were choosing to be victims and to start being the creators they always were!

The more I talked with people about *Excuse Me, Your Life Is Waiting*, the more I found that they were applying these principles and getting amazing results, but they also had a lot of

questions. For instance, “How do I do this consistently?” What had started as an assignment to write an inspirational follow-up was clearly becoming an opportunity to take Lynn’s work and her readers to the next level.

Lynn opened the door; I am now taking the opportunity to push you over the threshold by showing that your life is NOW, not off in the future. In actuality, you are already living it—you just aren’t *experiencing* it **the way you really want!** Lynn woke you up; I’m going to teach you how to *stay* awake.

Have you felt the desire to be more conscious lately? Well, now’s your chance. In *Excuse Me, Your Life Is Waiting*, Lynn Grabhorn gave us the manual for waking up to our power to create our reality. In this book, you’ll find some real-life examples of people who applied Lynn’s principles, found their own power, and changed their lives. You’ll also find ways to take your understanding of your power to the next level. This is a how-to book with a twist—you create the how-to. That’s because only you are the expert in your own experience

So start by asking yourself, “Why am I reading this book?” Maybe you’re a fan of Lynn Grabhorn’s book, *Excuse Me, Your Life Is Waiting*, and wanted to learn more about The Law of Attraction. Or maybe you don’t know anything about Lynn’s work, but you saw this book on the shelf and it looked interesting. Perhaps you’re acquainted with me and/or my work. Maybe you were attracted to the title. It is pretty cool, isn’t it? Maybe the book fell off the shelf just as you were passing by. Is it important to know why you chose this book? You bet it is, because whether you are conscious of it or not, you attracted this book into your experience. There is a reason you are reading it—a reason only you know!

You've heard it before: there are no coincidences. That's because you are the sole creator of your experience. It is my intention to teach you how to get conscious and stay awake to the fact that you can live consciously.

So why are you reading this? If you don't know now, I bet you will by the end of this book!

Chapter One

What Are Creation Principles?

To every one of us who finally . . . maybe . . . possibly . . . believes they have the right to perpetual happiness, beginning now.

—Lynn Grabhorn’s dedication, *Excuse Me, Your Life Is Waiting*

Congratulations! Your willingness to read this book means that you do believe that you have the right to perpetual happiness. The steps over the next few pages will give you the tools to create your happiness, “beginning now.” I’ve started with Lynn’s dedication because I think it is one of the best ever written, and it sets the tone for what she and I want for you—to create your life the way you want to, not how you think you “should.”

Lynn’s central ideas are summarized below, along with a few little exercises to get you in the deliberate creation groove. For those of you who have read *Excuse Me, Your Life Is Waiting*, this review will be a great chance to brush up a bit on the principles in preparation for you to learn how to apply them consistently in your daily life. If you haven’t read *Excuse Me, Your Life Is Waiting*, I encourage you to, as Lynn’s explanations will help you to get a better handle on the concepts throughout this book. But even if you don’t read Lynn’s book first, I’m confident that the words in this book are going to change your life in ways you could never have imagined!

The Four Steps of the Law of Deliberate Creation

So let's get started...There are only four steps to deliberately creating anything you want.

They are:

1. Know what you DON'T want.
2. Know what you DO want.
3. Get into the feeling place of what you DO want.
4. Allow what you DO want to come into your experience.

Part of this process is a willingness on your part to believe that you are not alone, that you have a partner who helps to take care of all the details of delivering your desire. Some may call this partner the universe, or God, or Higher Self. For the remainder of the book, I will refer to this partner as your creation partner. I will explain more on how to work closely with this partner a little later. Lynn wanted us to be sure we understood that creation is not just a process of *thought*; it is a process propelled and maintained by *feeling*. There's a difference between thoughts and feelings. We can think all we want, but if we don't actually *feel* what it is that we want, we don't vibrate our energy in alignment with our desires, and therefore we aren't using all of our power to attract what we want.

It's kind of like choosing to start a fire with two sticks when you have a lit blowtorch sitting next to you. It seems nonsensical, but we all do it; we make our experience harder than it has to be by choosing not to use all of the tools at our disposal.

What is the beauty of this? Since everything in our experience is attracted through our feelings, then our power to create is an inside job—we are the only ones who can create our own experience!

If this is true, we are not the *victim* of our circumstances; we are the *creator* of them!

I know, I know, some of you may be thinking that there is no way that you *wanted* to create your current circumstances—and I'm not here to convince you that you are responsible for losing your job, breaking up with your partner or dropping your favorite ring down the drain. What's done is done, and there's no sense in dwelling on it. Instead, I am inviting you to focus on the here and now, to accept and change your thoughts and feelings about your current circumstances, so that you can accept the freedom that already exists for you—**THE ABILITY TO CREATE A NEW EXPERIENCE!**

For some people, accepting the belief that we can create our lives, from the little to the big, will not happen overnight. However, if you are open to the possibility of deliberate creation, and you start taking the four steps toward what you really want, you will soon see results that prove you have the innate freedom to create the experience you really want.

Lynn sums it up nicely in her wonderfully direct manner:

“We came here with a guaranteed freedom of choice mandated by the very nature of our existence. The time has come for us to exercise that birthright. We are caught in no one’s web. We are bound by no circumstance. We are victims to no conditions. Rather, we are beings who possess the sacred ability to implement any outlandish desire our limitless minds can concoct, for we possess unregulated, unrestricted, uncontested, freedom of choice, no matter what those choices may be.”

Now, doesn't that feel better than, “I have no choice”?

So for the rest of this book, be willing to consider the idea that you create your own experience. Spend time thinking about your current circumstances, and start to recognize which thoughts and feelings serve you and which ones don't. Start putting your attention on new thoughts and new feelings that will create your next series of desired circumstances.

Putting the Laws in Action

The Law of Attraction and the Law of Deliberate Creation work hand-in-hand. The Law of Attraction states that like attracts like. If you put out positive feelings, you'll get back a positive outcome. If you emit negative feelings, you'll get a negative result. How can you make sure you're putting out positive thoughts to attract good things into your life? You do this by practicing the four steps of the Law of Deliberate Creation, which states that you create that upon which you put your attention.

Therefore, if you want to have more money, you have to put your attention on creating positive feelings around the idea of money in order to attract more money into your life. The great thing about these laws is that they are universal. You probably never realized that you are already applying them unconsciously! But when you apply them unconsciously, you have no control over the results. When applied consciously, you get the results you truly desire. There are no exceptions; this concept works equally for everyone. So, let's look at this process in more depth.

Step 1. Know What You DON'T Want

You might think it's odd to start here, especially after what I just said about not focusing on negativity, but here's the thing—a lot of us have a hard time figuring out what we really want. It's much easier to articulate what we *don't* want because we tend to do this naturally anyway. Recently, for example, I've noticed that my three-year-old daughter Samantha will say, "I don't want her playing with my toy!" or, "I don't want to do that." I'm not sure where this comes from, as I pay close attention to how we phrase the things we say, but in response, I have been asking her to "tell me what you DO want." In this way, she is turning a "don't want" into a "do want." It's a simple process that you can practice, too. The technique of starting with what we don't want can sometimes jumpstart our thinking toward what we do want.

Having your attention on what you don't want keeps you squarely locked on what you don't want to have happen, and, according to the Law of Attraction, this is what you're most likely to draw into your life! Being fearful about something is the fastest way to bring it into your experience. But by first identifying what you don't want, you can face your fears, and then choose to put your attention and energy on that which you do want.

So let's get started. Get out a piece of paper or get on the computer, and write a list of all your "don't wants." For example:

- I don't want to fail.
- I don't want to get sick.
- I don't want my kids to get hurt.
- I don't want to go out of business.
- I don't want to work here anymore.

Now let's move onto Step 2, in which we can use these "don't wants" to help us identify what we really do want. Once we are clearer on what we want, we can focus our attention on those things, rather than the "don't wants" we've been concentrating on up to now.

Step 2. Know What You DO Want

Now that you wrote your list of "don't wants," writing your "do wants" is a piece of cake! Simply re-write your "don't wants" as "do wants":

- "I don't want to fail" becomes "I want to be successful."
- "I don't want to get sick" becomes "I want perfect health."
- "I don't want my kids to get hurt" becomes "I want my kids to be safe and healthy."
- "I don't want to go out of business" becomes "I want my business to be successful."
- "I don't want to work here anymore" becomes "I want to find work that I love."

That's easy, right? Those are the positive wants, and they should feel pretty good when you say them aloud. Remember, you aren't pining or longing for them, but conjuring and savoring the feelings associated with *having* them.

But beware of getting caught up in the trap of expressing "negative wants." If your "do wants" make you feel badly about yourself, then they're not positive. Like the proverbial wolf in sheep's clothing, they're simply more bad news, but in a nice, fuzzy costume. For example:

- "I want to be thin."

— “I want to be rich.”

— “I want to be pain-free.”

For the most part, these tend to be focused on what you are not: you are not thin, rich or pain-free. And focusing on *that* doesn't feel so good. In fact, saying them probably feels like eating a prickly pear.

To counteract negative wants, restate them in a way that feels good. Maybe the following will resonate more for you . . .

— “I want to learn how to eat well.”

— “I want to learn how to earn money doing work I love.”

— “I want to learn about alternative ways to be healthy.”

Note that choosing to learn about something is a great way to be focused on the positive while creating a next step.

Finally, if you're the kind of person who feels guilty about wanting things—that perhaps you're not good enough or deserving of good things in your life—then you need to know about the concept of “rightful wants.” Lynn tells us: “With rightful wants, we accept the very real fact that it is not only appropriate and proper, but critical for us to want: anything . . . anywhere . . . of any kind . . . in any amount . . . in any shape . . . to any degree . . . at any time we so desire. Anything!” So, get rid of the guilt! You deserve good things in your life just as much as the other guy. Accepting this idea is going to be very important for the next step. Start to really think about and believe in what Lynn is telling you here, as it will make the difference between frustration and success with these principles.

Step 3. Get into the Feeling Place of What You DO Want

Some people who read *Excuse Me, Your Life Is Waiting* thought that Lynn repeated herself a lot throughout the book, especially when it came to the word FEELINGS. Well, there was good reason for the repetition, because feelings are what this whole process of creation is based on. Unfortunately, we typically rely on our thinking, not our feelings. If you don't *feel* good—no matter what you happen to be thinking—you are creating what you don't want. If you feel good, you are creating what you do want.

It really is that simple!

Of course, thoughts and feelings are connected. Try this: think of something that makes you feel sad . . . Now, while thinking about it, be happy. It simply is not possible to think sad thoughts and feel happy at the same time.

So if you are thinking about a circumstance in your life that you feel badly about, banish those thoughts from your mind because those negative thoughts will never generate the positive feelings you need to change an unwanted circumstance.

Lynn was adamant in her repetition of the importance of feelings because, for most of us, it seems much easier to be stuck in our bad feelings than to shift those feelings in a way that will ultimately change our circumstances. She even suggested that spending at least sixteen seconds flowing powerful positive feelings was a great start to bring what we want into our reality. (Many people have asked where the idea of sixteen seconds came from, and I honestly don't know, but I'm confident that Lynn knew what she was talking about!) Whether it's sixteen seconds or sixteen hours, what I do know is that any amount of time you can feel powerful and positive is time well spent!

Okay, so how do you change how you feel? Just do what you've been doing so far:

— You've identified what you don't want.

— You've identified what you do want, and you are feeling good about having it.

Now you want to feel even better about it! Remember that the Law of Attraction means that like attracts like. You want to create such a good feeling about what you desire that you start to attract that desire into your experience. In fact, the better you feel and the more positive attention you put on your want, the faster it will come!

Lynn refers to this as “buzzing,” or raising our frequency. Emotional frequencies are just vibrations. In essence, what you are learning to do is to manage your energy vibration by managing your feelings. So get a “buzz on” about your want!

Take one of your wants and ask yourself the following questions:

— What feelings will I have more of when I get this want that I don't have today?

— How will I change when I get this want?

— How will my life change when I get this want?

— What do I see my life looking like when I get this want?

Now, write out a script or vision of this want, a wonderful mini-story. You'll know you have been successful at ramping up your feelings when you read your mini-story aloud to yourself and you FEEL the way you've described feeling in your answers to the questions above.

Also, as this is happening, pay attention to the place in your body where you are feeling your positive energy. Is it in your stomach, your solar plexus, your head? Positive feelings in your body are physical proof that you are creating, not “miss-creating”!

Step 4. Allow What You DO Want to Come into Your Experience

Okay, a quick review . . .

- You've identified what you don't want.
- You've identified what you do want.
- You've gotten your "buzz on" about your want.

Now, the fourth step . . .

What typically happens when we decide what we want? Usually, we start taking a ton of actions to get it. Maybe we write frantic to-do lists, or race around in search of this or that. Lynn called this "Hi-Ho Silvering," and it isn't very effective, because it doesn't feel good! It just makes us feel stressed.

Do keep in mind that I am not recommending that you just sit around and wait for your want. What I mean is that your want will come much faster if you put your attention on allowing it and taking what Lynn called "inspired action." What is inspired action? It's action that is driven by your attention to how you are feeling about the circumstances that present themselves. Here's an example from my own life on how this works.

A few months ago, I had little time and a choice to make. I could do a business task to generate some badly needed new business, or I could do some website maintenance. Now, most of you entrepreneurs out there would say this was an easy choice: go after some new business, right? In days gone by, I would have done exactly that, but that day that option just didn't feel good. It felt better, and

more inspired, to do the maintenance, so I did. Believe me, I was pretty amazed that I made that choice, too!

First, I put my attention on the maintenance going smoothly, I updated my website with some new class dates, and I made the site look better, too. A few hours later, I got an email from someone saying that they had just recommended my website to their large list of clients. If I hadn't done the site maintenance, I realized, all of the new people coming to my site would have found outdated information, and I would have lost multiple opportunities for new business.

Did I know that my web address was going to be sent out? Nope. Did I know that there was another opportunity looming for new business? Nope. All I knew was that I wanted new business and that I felt inspired to update my website, so I did, and look at the pay-off!

When you are forcing your actions it doesn't feel good. Not feeling good means that you are not creating in the direction of what you want. In fact, it means that you are creating in the opposite direction! Remember, you engage not only your own power, but also the power of your creation partner when you allow and feel good about the actions you are taking.

What I want is for you to know that it is not okay to wait any longer for your life. You were given the power to create any experience you want, and it is as simple as following these four steps:

- Know what you don't want.
- Know what you do want.
- Get your “buzz on” about your want.
- Allow your want to come naturally into your experience.

But to have success with these steps you have to be willing to accept all of your fears, jealousies, thoughts of separateness, anxieties, anger, frustrations, and limiting beliefs. Why? Because when you accept what doesn't feel good, you release that energy and can use it to keep your thoughts and feelings on the positive results that you really want.

The Four Steps in Action: How I Used Them in My Own Life

The best way to demonstrate how to effectively use the four steps to change your life for the better is to give you an example, one that a lot of folks have asked me about—how did I get this gig? How did I apply the process to creating an opportunity to write the follow-up to a *New York Times* bestseller? Well, I started where Lynn told us to start . . .

My Don't Wants

Let's start with what I didn't want. I didn't want my life coaching business to fail. I didn't want to go back to corporate America. I didn't want to market my business in ways that I didn't feel comfortable with. I didn't want to lose my house. I didn't want to live moment to moment financially. I didn't want to live in financial fear. I didn't want to disappoint my partner. Did I mention that I didn't want to fail?

So guess what my reality became? My business was failing. I contemplated going back to corporate America. I was forcing all these marketing techniques that I hated. I was behind on my mortgage payments. Every moment was filled with financial fear. I stopped believing in myself

so my partner had no choice but to stop believing in me. I got exactly what I feared. I was failing big time!

So you can see what an amazing job I was doing at creating the life I didn't want! That's what I love about these laws: they don't judge, they just deliver.

Believe me, this is not something I want a bazillion people to know about my life, but it is important to recognize how I was unconsciously attracting the things I didn't want, so that I can demonstrate for you how good we can all become at creating the things we really do want.

So I was feeling pretty badly about myself and about my life, and I continued to get more of the same: bad feelings with bad results. Bottom line, it wasn't getting any better! You know the saying that says when you hit rock bottom, there's no other way but up? Well, rock bottom was where I was when I finally decided to pick myself up and start re-thinking and re-feeling what I was doing.

I had read *Excuse Me, Your Life Is Waiting* a couple of years back, enjoyed it, and had really wanted to apply the creation principles in my life. But, like most people, I read it and then I put it down so I could be sure to keep my attention squarely on what I didn't want. After all, that's what I'd been doing all along, and I was pretty good at it!

This time, though, I picked up the book again, and started thinking about what I really wanted for my business, my life and myself.

My Do Wants

In my desperation, I had chosen to listen to all the experts out there who said I couldn't possibly get folks to pay my coaching fees without doing all this other work that I just simply

didn't want to do. So my attention wasn't on getting clients; it was on doing lots of marketing that I resented doing. It became clear to me that this was a big part of my problem. I was listening to everyone else because I had lost trust in myself to create the life and the business that I truly wanted.

So I focused on getting clear about my intentions. What did I really want? And it came to me . . .

I wanted to get a book deal to write the follow-up to Lynn Grabhorn's, *Excuse Me, Your Life Is Waiting*.

No, I'm kidding . . .

What I really wanted was to find my ideal clients and put myself right in front of them so that they would work with me. That was it. Not too specific, but it felt good! I also decided that I wanted to put myself in front of these folks by implementing marketing strategies that were not only effective, but that I enjoyed doing. Now this REALLY felt good!

I figured that if I put my attention on getting my business off the ground, then all the other areas of my life would start to improve. Let's just say this was false hope on my part, but at least it was a start.

My Feeling Place . . .

I have to admit, even after I started focusing on my "do wants," I still wasn't "buzzing" with joy. Like most people in a similar situation, I wasn't seeing a lot of my much-needed results fast enough. But this time I was determined to put the Law of Deliberate Creation to the Test. After all, I didn't have much left to lose! Therefore, I just kept putting one foot in front of the

other and tried to envision the ideas, thoughts, people, circumstances and the money pouring in. More importantly, I paid attention to the feelings I was having about these things. The more I kept myself focus on good feelings, the more good things started to trickle into my life.

My Allowing Place . . .

Now that I knew what I wanted, and I was feeling a bit better, thoughts and ideas started coming to me. One thought was to do a book group on *Excuse Me*. It wasn't a huge stretch as I'd done book groups on other books like *Excuse Me* in the past. And since I'd re-read it recently, it seemed like a good pick.

Typically, I get permission from the author before I do a book group. However, when I went to Lynn's website, I found out that she had died. At that point, I could have just gone ahead with the book group, as I only contact authors to give them a heads-up, not because it's necessary, but for some unexplained reason, I felt inspired to take it one step further and get permission from her publisher.

I shot off an email to Hampton Roads Publishing Company, and then I didn't think about it again. A month or two later, I got an email saying that they had just come across my message. The book group idea was fine, they said, but they were also looking for someone to continue doing seminars on *Excuse Me*. Would I be interested in doing that? It sounded like an interesting proposition to me. We decided to meet up.

At this stage, my life still seemed to be headed in the "don't want direction." Three days before I jumped into my car—the price of airfare was certainly out of the question—to drive twelve hours to Virginia to meet with the publisher, I was on the phone to all the creditors who had been calling my house for the past several months looking for money that I didn't have.

When I got to Virginia, I found out that my mortgage was going into foreclosure. On top of all of this, I knew that my relationship of seven years was in crisis, and I didn't have the strength to do anything about it.

Here I was, in my hotel room, by myself, wondering if I should call an ambulance because I was having what could only be called a panic attack. The irony, which is pretty clear, was that I was here to get permission to use Lynn's material to teach people how to consciously create their experience. Believe me, I felt the irony, too—but one little part of me also felt inspired to just keep going, and that was enough to set me on the right track.

I kept asking myself, "What do you want? What do you want?"

Of course, I wanted permission to use Lynn's materials—that was the reason I was meeting with these folks. Having permission to use her material would put me right in front of my ideal clients, which was also what I wanted. But then, all of a sudden, I thought and then actually blurted out loud, "I want a book deal." Why? I have no idea. Maybe it was because I was in desperate need of money and thought I would walk out of there with a big fat advance. I really don't know why a book deal came to mind—it just did, so I went with it.

I spent the morning before the meeting thinking about what I wanted and trying to get myself to the feeling place of having permission to use the materials, working with my ideal clients and being offered a book deal. Let's just say, it's not the easiest thing to have happy vibrations when you are in the middle of a panic attack, but I did the best I could.

On top of all this, I was feeling a bit like a fraud. Let's not forget, I was about to go into a meeting with practically the entire staff of Hampton Roads to prove to them that I was the best candidate to continue to pass on and teach Lynn's principles of creation when here I was still struggling with them in my own life.

Still, I felt inspired to keep going. I had a feeling of clear guidance. You know how sometimes when things seem chaotic, you feel a strange sense of calm, as if something is taking care of you and guiding you even though you feel completely incapable? It was as if something took over for me, and I was just sitting back and watching me. Now that I knew that I was allowing what I wanted to happen, I decided I'd better get my negative thoughts and feelings out of the way and just allow myself to be guided.

So here I was in this meeting, and it was as if I was a totally different person from the one in my hotel room. There was no panic, just that wonderful sense of calm. During the meeting, I realized that everything I had chosen for myself in my business was coming together. There had been plenty of "stuff" over the years that I had enjoyed, but I had been focusing only on the stuff I didn't enjoy. And in that moment I understood that it was all part of my creation.

As I was answering the group's questions, Jack, the CEO of Hampton Roads, turned to me and said, "We've been thinking about writing a follow-up book to *Excuse Me, Your Life Is Waiting*. It would be mostly inspirational stories about how the principles have transformed people's lives. Would you be interested in writing it?"

In my mind's eye, I saw myself falling off my chair. Even though I'd said I wanted a book deal, I certainly didn't expect to get one!

Now this was a very important moment. I had a choice.

I could choose to think that I was not qualified for this. I had never written a book, and I'd heard it's a terribly difficult thing to do. My life was a mess, and I was completely unclear about my future. Would I be a fraud if I took this on? How could I possibly be the one to take these principles and teach them to others, let alone write a book about them?

Or, I could say yes and figure it all out later.

A voice in my head said, “Just say YES.” And so I did. Was it my voice? Maybe it was Lynn’s. It didn’t matter. I simply chose to put all the negative thoughts about myself aside and listen.

It would have been very easy for me to duck out with the excuse that my life was such a mess that I didn’t deserve the opportunity and walk away. I could have said something to the tune of, “Excuse me, my *mess* is waiting.” Believe me, I had done this in the past on many occasions! I realized only later that I was actually the best person to continue teaching these principles because when I said yes, I was applying them full-on, focusing on what I wanted and allowing it to come into my experience. I was a life-size demonstration that this stuff REALLY WORKS.

So here I sit writing what is, in essence, a long-winded letter to you, inviting you to do as I did . . . to see beyond your circumstances and think, speak and act as you truly are, to feel yourself becoming what you want to be.

This book is full of inspirational stories and, just as important, some true lessons learned from the application of the principles in *Excuse Me, Your Life Is Waiting*. It is my intention that you walk away from this experience with the tools to take Lynn’s materials to the next level, and also with a deeper understanding of who you really are and what you are really capable of.

About the Author

Doreen Banaszak is a teacher, author and coach who left a 15-year corporate career to create the life and business she really wanted. Through her teaching, writing and coaching, she has been instrumental in helping people create the lives they really want, not the lives they think they

should have. Doreen offers one-on-one coaching as well as group presentations on Mastering the Law of Attraction. Find out more at www.excusemeyourlifeisnow.com. She can be reached at dbcoaching@comcast.net.