

MILLIONAIRE FROM THE HEART

How I did it, and how you can do it too

By Anne-Claire Meret

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About the Book

To wild hearts, anything is possible! It's not either or—it's both. This book is about shifting and aligning our ways of being, our thinking, acting from our hearts and generating a lot of money doing it.

This book is for you if:

You are willing to do the inner work and start thriving.

You have a big heart and want to inspire people around you to thrive too.

You are contemplating changing your career to pursue your true vocation, or you are already in transition.

You know you can have it all but don't know how, and you feel overwhelmed.

You are looking for a dose of inspiration to allow yourself to live the rich life from the heart you know you deserve.

Whenever you're ready, it's your turn. And if you are choosing to start this life-changing book, you **ARE ALREADY ON YOUR WAY.**

Anne-Claire Meret is a heart-led entrepreneur, naturopath, author, coach, and teacher. Her life took a turning point when she found solutions to her health issues,

leading her to become a natural medicine practitioner to help others. She went from struggling to thriving, and she wants to share her journey with you. She wants you, too, to live an abundant life on every level. She'll help you push past the blockages most encounter on this path and she offers a variety of practical solutions that everyone can use to create the most beautiful success on their own terms.

Live from the heart. Money will follow.

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Preface from Regan Hillyer

Hey Beautiful Soul,

Are you ready to unlock the floodgates of abundance and step into a reality where your heart's desires and wealth flow harmoniously together? It is no coincidence that you have picked up this inspirational book.

Welcome to the fascinating realm of *Millionaire From The Heart: How I Did It. And How You Can Too* by the wonderful Anne-Claire Meret.

Get ready for a journey that will utterly transform your life and leave you in awe of the incredible power you possess.

My loves, let me make one thing crystal clear: there is no need to choose between love and money. You can have both, and this book is a powerful guide to help you align your heart, your thoughts, and your actions to pave the way for a life of boundless abundance.

In the words of Anne-Claire Meret, a heart-led entrepreneur, naturopath, author, coach, and teacher,

"Whenever you're ready, it's your turn."

And let me tell you, by picking up this transformative masterpiece, you've already taken that turn towards your most abundant life. The moment has come and this insightful book is your compass, your companion and your guiding light.

Prepare to be swept away by Anne-Claire's incredible journey—an evolution from struggle to magnificent success on all levels. As she unveils the common obstacles on the path to prosperity, she equips you with a treasure trove of practical solutions that anyone can embrace to create their own unique and beautiful success story.

So, divine soul, take a deep breath and dive into these pages with an open heart, an eager spirit, and a readiness to receive the immense gifts that await you. Your journey to prosperity and heart-centred abundance starts now, and I am honoured to thoroughly recommend that you walk this path within the wisdom, care and guidance of Anne-Claire Meret.

This masterpiece is your golden ticket to transformation if:

You're standing at the crossroads of your journey, ready to leap into your true purpose or gracefully navigate through life's transitions.

You're willing to dig deep and do the inner work that leads to magnificent outer results.

You know you're destined for greatness, but you're feeling overwhelmed and seeking clarity on how to make it all happen.

You're craving a dose of inspiration to embolden you to claim the rich and fulfilling life that is your birthright.

I warmly commend to you the unwavering belief in the brilliance that is contained in this exceptional gem, *Millionaire From The Heart: How I Did It And How You Can Too* and the guiding inspiration of the exceptional light that is its author, Anne-Claire Meret.....

And remember,

You absolutely can have it all...

Blessings on your journey!

Regan Hillyer

Introduction

In this book, you'll find my truth: living from the heart led me to create a prosperous life. I didn't know it beforehand. I was only looking for more authenticity, more joy, more peace and more health in my daily life. I started to find all of that, and I started to share about it. When I shared it, it multiplied. I started to receive more abundance than I was planning to. And I can feel it is only the beginning of my journey.

My wish for you is to live your own truth, straight from your heart. I want to help you live a prosperous life, on your own terms. Take what you need from this book and leave what doesn't resonate with you... but be willing to experience the questions and exercises I'm offering you. I suggest you remain open to exploring! Be curious about what you might find. Be open to discovering new parts of you that have answers you didn't know were inside of you.

If you have chosen to open *Millionaire From The Heart – How I Did It And How You Can Do It Too*, it means you are ready to discover some of the powers of your heart. I am excited for you. Let me tell you how excited I am for you to start this book. I'm more excited to start that book than

finding out a new clothing shop is opening where I live in Costa Rica (sooo remote). More excited than eating a beautiful crispy loaf of sourdough bread (I'm French, and I don't find it often where I live). Even more excited than opening a meme feed after having taken some distance from social media (big meme fan here—I can laugh for hours scrolling through good meme feeds).

I'm excited because I know how helpful it is to find such a book on a journey to fulfilling your dreams. I have read dozens of them over the years and they have been so helpful to me. I am forever grateful for the inspiration I have received from the people who created prosperity with integrity and love. With their words, they made me feel like I could do it too, and I did. I have so much respect for the people who have succeeded and opened the way. Especially the women, but all of them really. To all the people who have worked their asses off to understand the dynamics of success while choosing presence and integrity: THANK YOU FOR SHARING YOUR PATH. I know what it takes: the pain, the doubts, the fears, the critics, not always being understood. I also know the joy of it: the excitement, the support, the pride, the love.

Today I'm writing my story to help you feel that you can do it too, from the core of you, because YOU CAN, whatever your situation is today! You can do hard things if you choose to, and they might even become easier for you once your decisions and actions get aligned with your heart. I will be your companion on this journey, as I

know it can be a lonely path for those who don't benefit from a supportive environment yet. (We will talk about how you can create it later on in this book.)

As someone who has achieved the milestone of making a million euros from her heart, I will share my story and my tips. Using both my coach and teacher hats, I'll ask you the right questions to help you figure out what is right for you and how to operate from your heart.

We are embarking on a beautiful journey together, and it might trigger emotional reactions. I invite you to take responsibility for exploring your edges. I have not walked this path alone. I have had therapists and coaches, as well as friends to support me in my transformations. I suggest you seek support whenever you feel like it, without waiting to feel terrible to do so. If sometimes we cannot avoid feeling pain in order to change, suffering can be avoided by seeking help sooner rather than later.

I want your experience of the book to be fun, but I also want it to be deep and magical. I want you to be coming back home to your heart when you read the upcoming pages, because you start to remember who you are. You can do great things even if nobody has ever told you that you could. Today, after having created a fulfilling life and business, serving tens of thousands of beautiful humans every year, I make a lot of money. This prosperity allows me to start building the amazing projects which are part of my soul assignment. I don't have a crystal

clear vision of every next step of my journey, although sometimes I wish I did! But I know the big picture of where I am headed. When my last breath comes, I will be proud of not having shied away from my heart's desires, for having contributed to making amazing changes with courage (in health, relationships, career), and for having helped others to do the same.

Important disclaimer: I'm not here to sell you sparkles and make you dream that anything is possible just by thinking about it. I don't believe we are there yet in terms of our human development. Manifestation in the material world is not happening if we're not moving a finger. I'm a dreamer, YES, I AM, and I'm going for it because I believe I can do anything my heart desires. But, I also take inspired actions every single day. I'm not an overnight success either. Some things take time and commitment, and I will share in this book how I manage to remain dedicated on a daily basis.

I believe we can all make millions from the heart. Even billions from the heart. Because I base my life on that belief and it is my reality now, I know the world can change rapidly if kindhearted humans finally take ownership of their power. Everyone can make a million from the heart. Every person who is committed is able to do it. And I'm intending to share my stepping stones to inspire you to do it too. I WANT you to do it too. I can only go so far with my projects. When hundreds of thousands of soulpreneurs will be thriving from the heart, we will achieve anything we want. Like transform-

ing the healthcare system. Reforming education. Supporting smart alternatives to pollution issues. Yes, some of these things are doable with very little money on a small scale, but I'm talking about BIG changes. The kinds of shifts that can happen when you have the funding to take things to a whole other level. I know some of you dream of a world without money, but the truth is we still have to use money today. I have no idea when we'll be evolving to other solutions and I don't want to live in a hypothetical future made of unicorns and fairies in which we-don't-have-to-use-money-because-we-are-living-in-5D. I live in the now, and now we need to give birth to amazing changes. We are the change we have been waiting for. And I believe in us.

It actually breaks my heart to see talented people not choosing to walk the path to prosperity from the heart, struggling with doubts and not daring to birth the awesome projects they hold in their hearts.

I also see those who followed their hearts and remain broke, convinced that making money is irreconcilable with making heart-led choices.

And I see those who choose to give up their true callings to make money and end up feeling like an empty shell.

Let's dive deeper. If it was so easy... more people would be making millions from their heart. So why isn't everyone doing it? Here are some parts of the answer. We'll have the opportunity to explore them throughout the pages of this book, with many exercises.

Fears: so many fears! Fear of failure is first in line, of not having “what it takes” to achieve our dreams. It leads us to setting small goals, or even no goals at all. I’ll be direct—fears will never disappear, but you can learn to live with them. And where there is fear, there is something important to us. If succeeding in ... (insert your dream) was not important for you, you would not be afraid, so it’s normal for it to be a bit of a stretch. I was afraid just a few months ago that I wouldn’t cross the million mark and that consequently I would have to let the idea of this book go, or change its title. That would have been a bummer, wouldn’t it? I am afraid that my next projects will not blossom. I still have many fears. The short answer is: do it afraid. We will come back to that later.

Consequences: whether you fail or you succeed, life will never be the same again. You will change. When you pursue big dreams and truly commit, you inevitably expose yourself to the consequences of identity shifts. Your priorities will change, your relationships will change, and your entire environment will change. Some of us don’t want to be the creator of the chaos that will lead to a rearrangement of our future reality. They would rather wait for god/the universe to make that happen.

Beliefs: you’ve told yourself stories about your capacities, about what you deserve, about life, about wealth. Now when you see someone succeeding you might think: “Good for her! But I’m not made of the same blood, I don’t have what it takes”, or you might be

envious: “She’s so lucky. She must have had a very supportive environment from the very beginning and tons of luck, her grass is obviously greener than mine”. I know this because I was that person, big time. I didn’t think I was lucky to find a great job, let alone a great apartment, and even less to generate great income. I was wrong, but it took me years of deconditioning to open a new chapter for myself.

Lack of commitment: there is an epidemic of people giving up their dreams after five minutes. I don’t know if social media created that, because we tend to compare ourselves with people who have been pursuing their dreams for sometimes 15, 20 years and we’ve tried for nine months and we want to give up when we don’t have the same results they are having? Or maybe it is because everything has become so easy, you can get anything delivered at your door within 24 hours (well, except if you live where I live!). There is no more patience, no more long-term commitments, no more time to observe the benefits of our compounded efforts and harvest the fruits of the seeds we have planted and watered. More on that later. Right now, I’ll just mention a sentence that annoys me: “if it is meant for me it should be easy”. That’s not true. Life is not giving us what we want, but it is leading us to what we desperately need in order to grow into more evolved beings. And sometimes it takes time.

Excuses, excuses, excuses: my two favourite ones are “I don’t have time” and “I don’t know how to...” We will

never find the time to do what is important if we don't make the time. I have been taking notes on notebooks to write this book for the past six months, thinking every single day that I had to transfer the notes and arrange them on my computer. You have no idea how proud I am to finish this introduction today!! (I only have nine chapters to write now!)

And we will never learn how to (...insert the skills you are lacking...), if we don't make it a priority. In my case, self publishing my first audio book. It has been a dream of mine since I became a writer. I am determined to do it this year and stop waiting for a publisher to finally invite me to do it. I'm choosing to learn the skills needed to make it happen.

If it was easy, more people would make millions from the heart every day.

Only the ones who want to face their fears, own the consequences, re-write their beliefs, truly commit, and stop finding excuses make it.

Now I think the resistances we have to pursue our dreams from the heart are pure gold. They are here to teach us where to look so that we can do the work. I promise you that if you choose your higher nature instead of your lower nature, long term goals and deep work instead of short term choices, instant gratification and shallow work, you can achieve much more than you think.

I remember my dreams from just five years ago. I had a great coach at that time based in Thailand, who asked me how much money I would be happy to make per year. I was having a Zoom call with him from my tiny apartment in Paris, taking notes on the only mini table I had – that I used for everything – sitting on one of the two foldable stools I had.

I looked through the only window of the room and replied, “30 000 euros per year”. That would allow me to travel a bit, continue buying some affordable online training, maybe buy a small apartment with a 30-years mortgage at the bank.

I didn’t know I could do better than that then.

I didn’t know my journey would take me so much further than that.

I didn’t know I could make a million and dare greatly.

Why is that? I’ll explain more in Chapter 2, but I was already so happy to be doing what I loved for a living, that I didn’t think I could make a lot of money ON TOP OF THAT. And like most people, I didn’t grow up witnessing someone in my environment succeeding by following their dreams. I thought it was only for some people, the lucky ones. I didn’t have grandiose fantasies, and I think that is also part of why I succeeded. I’m a simple person with a pure heart, and authentic dreams. Massive success is a by-product of my work. I didn’t chase it, I allowed it.

How to read this book:

First, I invite you to be curious. Do not trust my words without questioning them.

Do the work, and dive deep into the questions I am asking you. Seek help if you need support to explore 1:1 with a coach. Join me in one of my programs, or do whatever feels right to you.

Take what is useful for you, leave what is not. Make your own recipe with the ingredients I am offering in this book. You won't do things my way. Trust that you will do them your way, to live the greatest life you were meant to live.

Read it all and read it again with your heart. The mind will try to make sense of everything but it doesn't need to. Allow yourself to download the fact that I authorised myself that level of success and acknowledge it is your turn to do so too. Not everything needs to make sense, you might just feel in your heart and body that it's right for you.

I see us as a big web, a network of light. I am giving you the fire torch and you will pass it on. Share the important words around you. Spread them out, and they will become the new normal: heart-centred beings are now making millions.

Come back to this content when you feel like the book might have a message for you. Open it to any page

whenever you have a question. Nothing is random. You'll get answers.

Ah, and I've written 11 published books in French. It is the first time that I am writing in English. I love this language. It is very straightforward, much more than French. I feel that it will allow me to go straight to the important points and deliver great magic. And I don't know yet if my French touch will translate into my English words, but it's a fun experience for me!

Most of my work resides in the holistic field. I was a naturopath, then became a coach and started to support my community with passion. This book is not restricted to this audience only. It is aimed at everyone with a purpose from the heart and pure intentions.

I have created a bonus page on my website, and you'll find lots of resources there:

www.anneclairemeret.com/million-bonus

CHAPTER 1

What Does “Living from the Heart” Mean to You?

There are many ways to embrace abundance and heart-centred vocational choices. The most important being YOUR way. Not mine, not your friends’ and definitely not the people you follow online. While you may be inspired by others, it is essential to discover what feels right to you internally. Living from the heart is a profound way of being that revolves around authenticity, passion, and purpose. It is about aligning our thoughts, actions, and choices with our deepest desires and inner truth. When we live from the heart, we tap into a well-spring of inspiration and fulfilment, creating a life that is truly meaningful and abundant.

Unfortunately, today most people don’t live from the heart. For many of us on the heart-centred path, it feels like the world is upside down. Society places great emphasis on external achievements, material possessions, and societal expectations, which ultimately lead us astray from our true selves. Living from the heart requires a paradigm shift, a change in perspective that allows us to prioritise our inner callings and the pursuit of genuine happiness over external validation. And it takes courage because none of this is about checking boxes to have a

perfect life on paper. And although it can be scary to be the writer of your own story, it's also exciting. In fact, this is why we incarnated on Earth: to exercise our will power, and recognize that we receive responses in accordance with the energy we put out into the world. A hard truth: your choices in the past created your current reality. You might not be responsible for everything that happened to you – just like I was not – I'll talk more about my story in the next chapter – but you are responsible for how you have reacted and still react to circumstances, as well as for the thoughts you choose to entertain and energy you project into the world.

Let's dive deep together:

How do you know when you are not in your heart?

Please take a moment to grab a notebook. Close your eyes and allow yourself to enter a state of deeper connection with your physical sensations. Focus on your breath and gradually centre your awareness in your heart.

What does it mean to you to be connected and disconnected from your heart?

Do you find it challenging to be connected to your heart?

When do you find it particularly difficult? In which situations? In the presence of whom?

And, what physical sensations do you experience?

Here are a few observations I have personally made that might be helpful.

I realise that I lose touch with my heart:

- When I am engaged in judgement towards others or situations.
- When I find myself in a state of emotional drought where hope seems to have vanished. My mind is desperate for solutions and I find myself cut out from my body and heart.
- When I am no longer able to experience awe and wonder, when everything feels monotonous, uninspiring, dull.
- When I feel deep sadness or pain, it can lead me to create emotional walls around myself to avoid feeling more hurt.
- When I am afraid, whether it is the fear itself of being vulnerable or the fear of losing my sense of stability.... I tend to sever my connection to my heart. Unfortunately, it is through vulnerability that we discover our true strength, even though we may often remain unaware of this power hidden deep inside of us (more on that later).
- Also when I get caught up in repetitive thoughts, when I try to control situations, when I engage in conversations with certain family members, when I handle administrative tasks.... The opportunities to disconnect from my heart are numerous.

Physically, it is palpable:

- I don't breathe properly.
- I have tension in my shoulders and neck.
- My jaw is clenched.

- I can have headaches.
- I feel fatigued. Sometimes it leads to mouth ulcers after a few bad nights, a warning for me that my stress level is high and that I must rest.
- I eat faster and do not digest as well.
- I want to retreat and stay away from people, not from a grounded choice to be alone because I enjoy it but because I find it hard to connect.
- Overall I just feel “contracted”.

How is it for you?

Please note that these are my own personal observations, and they may differ from your own experiences. Take time to reflect on these questions and explore the ways in which you disconnect from your heart.

Then when you are ready, explore the opposite side and how it is for you to be in your heart. Sometimes it can be helpful to first acknowledge and examine the unpleasant aspects in order to gain a clearer understanding of the positive aspects.

How do you know when you are in your heart?

Once again, allow yourself to enter a state of deeper connection with your physical sensations. Focus on your breath and gradually centre your awareness in your heart.

What does being connected to your heart mean to you?

Do you find it easy to be connected to your heart?

When do you find it particularly easy, graceful, smooth?
In which situations? In the presence of whom?

And, what physical sensations do you experience?

I LOVE feeling connected to my heart; it is blissful, peaceful, natural. I know it when I'm there, because there is some kind of flow inside of me and everything aligns around me. I am present.

I realise I am in my heart when:

- I feel trust towards the present and the future, when I am not reactive to my past.
- I am with people with whom we are in a win-win situation.
- I am inspired, when I spontaneously receive great ideas for a personal trip or when I write a post for social media that flows effortlessly for example.
- I dance. (ecstatic dance and brazilian zouk being my favourites!)
- I am relaxed inside, feeling inner peace and contentment, when I feel like I could see a gentle smile within my organs.
- I have the ability to perceive my environment more fully through all my senses, with great mental clarity.

Physically it is palpable:

- My respiration flows smoothly.
- I experience fluidity, a sense of ease and a feeling of expansion in my body.

- I have a good appetite, and I digest well.
- I feel energised, full of vitality.
- I feel a certain openness towards others, my chest is open as my heart is not guarded.

Please note that these are examples of my observations and they may not directly reflect your own experiences. It's important to explore and identify the specific sensations and situations that resonate with your personal connection to your heart.

Be patient with yourself if the answers don't come right away. Keep witnessing how you feel within you at different times of the day.

Living from the heart is a journey, and embracing this transformation comes with its own set of challenges. I've only been really tuning into what it means to me to live from the heart for eleven years. It is getting better every single year, as I get to know myself deeper and further discover what is truly important for me. It has helped me understand my true desires and needs, as well as my strengths. I still encounter some resistance to doing the work, I am not always inclined to look at my blind spots and challenge myself with deep inquiries. Along the way I have learnt to be patient with myself and keep doing the work while taking breaks to integrate. It's a marathon, it's not a sprint.

“You are here to live from the heart.”

—Baptist de Pape, *The Power of the Heart:
Finding Your True Purpose in Life*

In addition to your own internal resistance, you may also encounter resistance from those around you. People who are accustomed to your old ways of being may react unpredictably when you undergo a transformation towards making more heart-centred choices in your life. They may become moody or accuse you of “changing” once you start living from the heart. This may not align with the image they have constructed of you based on their own filters or the plans they had in mind. Some individuals might even become ill as a way to gain your attention or try to sabotage your efforts and the relationship. However, it is important to recognize that their actions stem from their own fears and insecurities, and have nothing to do with you. They are reflections of their own internal struggles within your presence. If this resonates, I encourage you to establish a healthy distance with unsupportive friends or family members. This doesn't mean you have to stop seeing them entirely; you might consider engaging in activities unrelated to discussing your business ventures, such as going to the theatre together!

As individuals who have embarked on the path of living from the heart, we serve as beacons of inspiration to those around us. However, it is essential to understand that we cannot change others; we can only change ourselves. If our actions inspire others, that's wonderful. If they don't, that is also okay. Each person's journey is unique, and their readiness for change is their own responsibility.

Choosing to live from the heart takes courage and daily commitment. Look around at how successful people live. I don't know a single achiever who didn't prioritise themselves before anyone or anything else every day for months, years, or even decades. Every choice they make compounds to lead them to have extraordinary lives.

Here are a few essential keys I have identified to live from the heart and create massive abundance as a consequence, not as a goal. Each key will be further explored in the chapters of this book.

KEY #1

Your thoughts shape your reality.

Successful people cultivate a positive mindset that encourages and supports their journey towards success. On the other hand, unsuccessful individuals often hold limiting beliefs and negative thought patterns that hinder their progress. As Josh Billings said, "It's not what we don't know that prevents us from succeeding; it's what we know that just ain't so that is our greatest obstacle." It is probably what occupies most of my time these days, catching myself thinking what I'm thinking, making sure my thoughts are serving me rather than sabotaging me. By recognizing and challenging these self-imposed limitations, we can open ourselves up to new possibilities and create a path towards abundance.

KEY #2

Creativity plays a vital role in living from the heart.

It is about allowing things to unfold without judgement, embracing the spontaneity of ideas, and understanding why we feel called to certain pursuits. We are all artists, and our lives are expressions of the divine source. A friend of mine told me years ago that I'm an artist of life. I knew I was an artist as a kid, then I lost my way, then I found it back... I carry his words in my heart everyday to not forget who I am. I want you to remember it too. By celebrating beauty and embracing life every day, we tap into the infinite creative potential within us. When faced with resistance, we can change our perspective and see it as an opportunity for growth and transformation, and magical solutions can emerge.

KEY #3

Everyone has different timing and inner transformation is more important than external results.

It is crucial to shift our focus from the external circumstances and instead cultivate our inner selves. Like a tree, we need to grow our roots deep within to nourish our aspirations from the heart. When the season is right, our fruits will grow abundantly. If we desire beautiful and lasting results, we must tend to our inner soil and nurture it with dedication and intention. I have had beautiful clients who were frustrated to not be able to birth projects or obtain results that they really wanted within the timeframe of our work together. I always

answered them with a big smile, knowing that once their roots would be deep enough thanks to the work we were doing together, the fruits would exceed their expectations, and that during many seasons.

KEY #4

Use your desires as a drive, not for the end goal.

A longing or desire can sometimes feel like scarcity or lack, but if we connect deeply with it, we tap into the aliveness within us. Recognize that as a creator by design, you have the power to manifest your desires and bring them into reality. It's important to understand that life doesn't always give us exactly what we want. Instead, it sends us what we need for our growth and evolution. Embracing the dance between setting goals and taking action while allowing life to guide you towards the best path can be thrilling. Trust that life knows better than you do and it has your best interests at heart. You don't need to have the whole road map beforehand and be 1000 % sure that you are choosing the right way. I didn't know the way. I still don't know the way. It unfolds as I am walking on the path and making decisions every single day.

KEY #5

You get what you think you can get in life.

Know that you can only receive what you truly believe you can have. Dare to have a vision for your life, and update it regularly. Open yourself to the vast field of possibilities and believe in the abundance that is availa-

ble to you. Cultivate a mindset of expansiveness and receptivity to attract the abundance you desire. Building self-trust is key. Ask yourself how you would act if you fully trusted yourself and then embody that trust. Even when things don't go according to plan, trust that you have the power to make things right and create a better outcome. Look for evidence that all is well when you follow your heart. Seek out individuals who boldly honour their truth and have experienced success and fulfilment as a result. Their stories and journeys can provide inspiration and serve as reminders that living from the heart leads to a life of abundance and joy.

KEY #6

Love is the ultimate experience.

Love yourself unconditionally and trust your own truth. Embrace all aspects of who you are, even those that may be unpopular or go against societal norms. Accepting yourself fully allows you to align with your authentic desires and make choices that are in harmony with your true self. What does love as an experience look like? Why is it the reason we came on Earth? How can we cultivate more love in our lives? It can be very simple things, or you might want to dare more, the important thing is what is allowed to awaken in you. You will tap into your immense resources by connecting with this power for love.

KEY #7

Seek more aliveness.

“Don’t ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.”

—Howard Thurman

You have no idea how far your passion will take you until you follow your heart. So many people I have met don’t dare to pursue their callings, whether it is choosing to travel, creating their relationships the way they want to, or diving deeper into something they are passionate about... So here is an assignment for you. I’ll call the homework of this book “Homeplay” as I do in my training. Be seriously playful with them.

Every three months ~~trimester~~, make space for what makes you come alive. I’m sharing below a few ideas for your “ALIVENESS BUCKET LIST”:

1. Engage in a hobby or creative activity that brings you joy, such as painting, writing, or playing a musical instrument. As I am writing this chapter, I started to dance Brazilian zouk and it is awakening in me new amazing possibilities.
2. Engage in outdoor adventures that challenge and exhilarate you, such as hiking, rock climbing, or surfing if it calls you.
3. Surround yourself with inspiring books, podcasts, or documentaries that expand your knowledge and perspective.

4. Attend a live concert, theatre performance, or art exhibition that resonates with your artistic sensibilities. Art leads to more art, and being in touch with artists ignites our own creativity.
5. Take a solo retreat or getaway to reconnect with yourself and recharge. Cut yourself off from your environment and meet yourself differently. Leave your phone at home and also distance yourself from social media interactions for a bit!
6. Travel to a destination you've always dreamed of exploring. For example, be a digital nomad for a while or take some time off.
7. Spend quality time with loved ones, creating beautiful memories together. Take your parents to Australia or your nephews on a Safari.
8. Volunteer or donate for a cause that aligns with your values and allows you to make a positive impact in the world. Everytime I do so, I feel so expansive, I have a few favourites, my top one being OUR Rescue (Operation Underground Railroad)–fighting child trafficking.
9. Learn a new skill or pursue further education in a field that sparks your curiosity and passion. You might realise that you are great at something that you were finding difficult when spending time at it.
10. Practice mindfulness and meditation to cultivate inner peace and self-awareness.
11. Connect with nature by spending time in serene environments like forests, beaches, or mountains.

And often, remove your shoes, free your toes, and feel the ground!

12. Foster deep and meaningful connections with like-minded individuals who support and uplift you on your journey.

This list is just a starting point, and you can add or modify it according to your personal desires and aspirations. Reflect on what truly makes your heart sing and tailor your experiences to align with that inner calling. Make space for it. You might wonder how it is connected to your ability to make more money and be afraid to spend time away from your computer or the tasks you think you must do. You will soon realise that the more inspired you are and the more open your heart is, the more success you will create from the right space. A sustainable success that will fill you with energy instead of draining you as most jobs do today. You have no idea who you will meet and how the dots will connect by doing so.

Living from the heart is a transformative journey that requires courage, self-trust, and a willingness to embrace the unknown. By aligning with your true desires, you can manifest a life that is filled with purpose, joy, and fulfilment. Embrace the power within you and embark on this extraordinary journey of living from the heart.

Don't be surprised to discover that fear often accompanies the pursuit of living from the heart. We may fear losing what we have created, whether it is relationships,

material possessions, or the security of the familiar. It is important to remind ourselves that we have the power to create again. Our innate abilities and the source of creativity reside within us, and we can manifest new and beautiful experiences when we trust in our own capabilities.

To embark on the path of living from the heart, we need to develop awareness of our current situations and understand their origins within ourselves. We are not our past, although past experiences can be a gift to create our future. We can make choices that align with our present and future selves. Starting today, we have the power to recondition ourselves and choose beliefs that generate wealth and abundance in all areas of our lives. By allowing change, confirming our intuition, stepping into aligned action from the heart and repeating this process with each new challenge, we create a positive cycle of growth and transformation. One crucial step in living from the heart is admitting that we want to share our true selves with the world. We want to feel the expansiveness that comes with it and release the tensions we have carried sometimes for so long. It requires acknowledging our desires, passions, and purpose without judging them. By affirming our commitment to authenticity, we open ourselves up to the infinite possibilities that await us. What an exciting journey!

AFFIRMATIONS

I invite you to place a hand on your heart and use the affirmations that resonate with you among the ones I suggest below. Affirmations can be powerful tools to reinforce your intention to live from the heart.

Based on my personal experience with affirmations, during the early stages of my self-improvement journey when I was exploring my inner challenges and strengths, I experimented with various affirmations that yielded no results. I came to the conclusion that affirmations were ineffective for me. However, as I engaged in coaching exercises, visualisations, meditations, and explorations using different approaches, I began to witness the positive effects of affirmations. The mind holds great power and often resists the creation of a new reality in order to safeguard us. Yet, as we persist in working on a specific theme over a significant period of time, our mind gains confidence and becomes more receptive to incorporating new thoughts that foster supportive beliefs. I encourage you to give it a try and experience the transformation for yourself!

The more I listen to my heart, the better my life gets.

I feel safe when I am in my heart. I radiate a new light. I attract the right people and opportunities that are aligned with my soul.

I am divinely guided and supported in every step I take towards living from the heart.

The more I am in my heart, the more authentic I am.

I release everything that is not love. I welcome more love in my heart and in my life.

I trust the wisdom of my heart to guide me towards the highest path for me.

I am a powerful creator, and I manifest my heart's desires with ease.

You can also write your own affirmations as you read along this book, based on the exercises you have enjoyed.

I like to repeat my favourites out loud everyday. I sometimes write them on Post-Its and stick them on my bathroom mirror, on my desk, on my fridge, I also put some on vision boards and/or the screensavers of my phone and laptop.

The power of I am

Using "I AM" in affirmations is important because it is a powerful declaration that helps you align with your true self and tap into the essence of who you are. "I AM" statements carry significant weight and influence over your subconscious mind, shaping your beliefs and self-perception. When you use "I AM" affirmations, you are affirming your identity and stating the qualities or attributes you want to embody or manifest. The phrase "I AM" is derived from the name of God in many spiritual and religious traditions, such as "I AM that I AM" in the Bible (Exodus 3:14). Whatever spirituality you connect with, it implies a sense of divine presence, and when you

use “I AM” in your affirmations, you are invoking your own divine essence and inner power.

Use “I AM” affirmations in the present tense, as if you already possess the qualities or achievements you desire. For example, instead of saying, “I will be confident,” say, “I AM confident.” This helps you internalise the affirmation and believe in its truth.

Tailor your “I AM” statements to reflect your goals, values, and aspirations, and repeat them consistently with intention and belief to harness their full transformative power. Play with them as you are reading this book! Have some fun!