

# How Does It Get Better Than This?

## Creating the Life of Your Dreams

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### Chapters

1. Success – what it means for you.
2. Magical Manifesting
3. Follow Your Bliss
4. Rampage of Appreciation
5. How Does It Get Better Than This?
6. The Universal Manager
7. Life's a Beach – attracting what you really want in your life.

### Success

1.

#### - and what it means for you!

When I got divorced I decided I wanted to be an inspiration firstly to myself and then to my children. My definition of success is being able to spend whenever I choose walking on the beach. I signed the contract for my first romantic comedy film after walking along the beach at Santa Monica. By the time we reached Venice Beach we had agreed our terms. Eight years later things have changed dramatically, for the better, and I am sure it is because the director and I – who are now working even more closely together on our film projects – both have a 'Life's a Beach' attitude. This ease and flow means that we are doing business and living life in the way we want to live *right now!*

My friend Maria was invited by Sir Richard Branson and his team to Virgin to talk to entrepreneurs shortlisted for his Pitch to Rich. Yet she turned down his offer of thousands of pounds of investment when she was a finalist. Why? Because she realised that the business idea that she had pitched to him would take her away from her young family. For her, success is having more time with her children. She has achieved this by being self-employed and working with an established company. By creating a team of like-minded

entrepreneurs she is able to define and choose her own hours. This has enabled her to have another baby and spend two years without needing any outside childcare. We meet on the beach, play with her delightful daughter and discuss our business while walking.

Most mornings I enjoy doing a morning meditation and write or make an entry in my journal, as I am inspired. I have found that using motivation results in 'headwriting' for me.

*Motivation* for me is working more from the *fear* of the results of not taking action.

*Inspiration* comes from the Latin *inspirare*, meaning to breathe into. The Oxford dictionary says this: 'The word was originally used of a divine or supernatural being, in the sense "impart a truth or idea to someone".'

When you move into inspired, action it is effortless, you move into what athletes call 'the zone'. When I write from inspired action it means time becomes irrelevant, an illusion. It can also mean when you come back and look at what you have created sometimes I don't recognise the words on the page - I've been inspired, the breath of creation, or the Holy Spirit has moved me.

Abraham-Hicks calls this '*getting into alignment*' then...move into action with the inspiration that arises. It may not seem logical to us when we are so used to working from a cause-and-effect way of working. Doing something so completely different like going for a walk on the beach when your tax return needs filling in or your script needs rewriting may be judged by us, in a results-orientated way of thinking, as lazy or avoiding or procrastinating. However, there is power and magic in this - when you step away from a task that you are feeling you *should, must, have to* do, this moves you out of the fear zone. When you do, as Joseph Campbell says, 'Follow Your Bliss' you open the door to inspiration and moving your emotions into happiness and joyfulness. In this joyful, happy state then you open the door to inspired action.

This is something that needs practice. So this exercise is key. It is helping you define what success means to you. When we move beyond the stuff – the nice house, car, relationship – and look for the *emotion* that you feel when you are in that state of feeling successful.

For me this means:

1. Having the *freedom* to work when I choose and on what I love to do. This includes having the *freedom* to go to the beach as I choose.
2. The *security* and confidence in my relationships with the key people in my

life, my friends and family.

3. As my daughter is currently in the USA, and has been for 6 years, if I focused on *lack* - on not having the money to fly to Seattle for every Thanksgiving - that could make me feel down. Instead, I have great pleasure in the connections we do have. We have great Skype calls, I make sure I always have a great internet connection so we can talk whenever we want to - and *see* each other.
4. Some parents, I'm thinking of one single mother in particular I know, worry that they aren't connecting with their child every day once they leave home. When you have an honest, secure relationship you may not need to connect every day or week. My son and I don't talk in the way my daughter and I do, we connect differently. My friend was surprised when I told her that my son, like hers, can be monosyllabic on the phone. And that is okay! Sometimes they don't have or want to say anything. We have a really great *vibrational* connection that means that we don't feel a need to talk every day or every week.
5. I have visited my daughter in Seattle and we have also been able to meet up in Rome, when she was studying there, and in London and more often here at my home in the North East of England. So maintaining our connection has been flexible. I love when she sends me postcards of all the places she is visiting with her boyfriend. This feeling of security I focus on enables me to enjoy my wonderful relationship with my children wherever they are and to take pleasure in what they is doing. It's a wonderful, wonderful feeling.
6. Someone asked me if I miss them - and I realise I don't. To me, missing implies a lack, knowing that they are doing what they are passionate about and hearing from them about that is enough! I recognise and acknowledge that I and their father have done a good job preparing them for the world and now they are enjoying their lives exploring the world. This gives me great pleasure.
7. *Abundance* – I love focusing on abundance. This for me is becoming more and more of a pleasure, as I recognise when I am focusing on *lack* I

now know enough to reach for a better feeling thought to pivot and refocus on abundance.

8. As my son lives in Derbyshire, here in the UK, he is more accessible - though as a busy teacher he feels he hasn't as much time as he would like. With him I have manifested visits in less conventional ways - of which more later. A feeling of '*not enough*' - *whether it is time, money or love* once you recognise it - I had an 'Aha' moment about time, and so I started to savour the moments I love. Learning to stretch time - a technique my Shiatsu teachers taught me - is a wonderful skill. You can make time by choosing to focus on what you love to do.
9. This reminds me of the old story of putting the rocks into the bucket. If you have a pile of sand and a pile of rocks and you put the sand into the bucket first then you will never have room for the rocks. If you put the rocks in first, then the smaller stones, the pebbles will fall into the spaces in between the rocks. Then you can pour the sand over the rocks and pebbles and the sand will flow into the tiny crevices.
10. The rocks represent what you are passionate about in your life - this is often our creativity, for me it is writing and drawing. At *Damsels in Success* we set aside December as the month to '*Fill Ourselves Up*'. Our own cup needs to be full before we give of ourselves to others.
11. When we make time for these key desires in ourselves then the pebbles, those things we want to do: having a date night with our partner, playing with our children, walking in the park or on the beach, spending time with our furry friends - these will fit in once we have satisfied our own passion, our main desires. Your 'rocks' may be, as with Maria, spending time with our loved ones - but always remember that the first one we need to love and appreciate in our lives is *ourselves*.
12. The sand in our life, those things that need to be done – the tax returns, the laundry, the cleaning will all get done almost effortlessly. If we put these sandy small things first then they can take over our lives.

### 13. *Exercise*

Define how success feels to you and focus on that feeling. When you bring that feeling into the present moment you are living life to the full. Richard Branson describes how he felt happy *and then* money came to him. It's not the other way round, it's not money that makes you happy, it's happiness that creates and attracts money.

I feel loving and close to my daughter *and then* I get a Skype call or we have everything line up so we can enjoy a weekend in Rome together.

Once we choose and focus consciously and deliberately to feel happy then there is a sense of release and relief in that surrendering and we *allow* ourselves to *receive*.

When I was goal-setting or aiming for me it always felt like I was trying and life was effortful. It has taken practice – which may seem a contradiction! But in practicing what we may think of as being lazy, in choosing to savour the moment, taking time to stand and appreciate - this sense of appreciation and satisfaction is key to feeling and being successful.

When there is resistance to doing or acting then meditate or appreciate the things that are working in your life. Give yourself the time and opportunity to just be still. Then the planets align - or whatever analogy you like to use - and something powerful happens. The more I practice this and the more I believe this the more it happens.

As I type this I suddenly remembered that when I was at school I won three prizes. When I was fourteen and also at sixteen I won the prize for the student who had made the most *effort*. I remember thinking that wasn't such a great thing, I wanted to win prizes for *achievement*! Then when I was 18 I won the school magazine prize. I was amazed and thought there was a mistake - I hadn't even submitted anything to the magazine. I discovered my English teacher had submitted a piece I had written in a test that she had sprung on us - a piece of creative writing that had come effortlessly to me! This was the prize and piece of writing I was most satisfied with!

Drop the words *try* and *effort* from your vocabulary and focus on ease and flow, ask for things to happen effortlessly then you will notice that you begin to attract what you really want in your life:

For me that is happiness, love, freedom, security. What is it for you?

Practice:

*Time to do this is when you are feeling okay! This helps attract more of what*

*you want and raise your happiness levels.*

If there is something you want to attract into your life ask yourself what is the emotion that having it will give you. If you would like more money then begin appreciating the abundance that you already have. This goes beyond listing all the things you have, breathe into the feeling that each breath is part of an endless stream of air, that breathing is as natural to you as, well, *breathing!*

If you can walk by the sea or visualise the sea, notice how each wave is endless, connecting to the ocean. How the tide ebbs and flows. There is nothing wrong in the flow of the ocean, just as there is nothing good or bad in the flow of wealth. The trick is learning that times of little money are just as good as times of lots of money. Notice how you feel when you don't have so much money - I found it makes me more imaginative and creative. Often I learn new skills! I joined a bike group where I learned to ride with confidence and manifested a bike into my life, which gives me great pleasure both as a means of travel and of fitness. So this summer I'm planning a bike ride along the Coast and Castles trail, and now my son, daughter and her boyfriend, my niece and my brother and his wife want to join in! How does it get better than this?

Be aware of how you feel with this. If your vibration is rising – you are moving up the scale of emotions, you're feeling more peaceful, or more energised and excited - great! If you are feeling aware of a sense of lack then go more general, tell yourself 'Everything Always Works Out for Me.' 'All is Well' - whatever phrase soothes and comforts you. Write your favourite phrases right here in this book. It's good to have them as a reminder for times when you might drop out of alignment with your peaceful, happy self. Remember there is nothing *wrong* with these states of negative energy, they are providing a contrast for you to realise what you *do really and truly* desire in your life, they give us more clarity.

My favourite phrase this year is, you may have guessed, 'How Does It Get Better Than This?'