

THE WAY OF THE FAIRY GODMOTHER

Tired of being trapped in overwhelming stress or the panic of the impoverished times we live in? Are you exhausted by the efforts to meet the requirements of each day? Ask yourself, “Am I ready to learn the skills of creating enduring happiness?”

In *The Way of the Fairy Godmother* the template for the pursuit of happiness happens to be—of all people—Cinderella’s Fairy Godmother. The Fairy Godmother, in her own way, is a transcendent, quintessential radical. Her teachings are revolutionary. Once you’ve been touched by the Fairy Godmother prepare yourself for the happiness this metamorphosis is about to bring to your life.

When the Fairy Godmother showed up in Cinderella’s life she didn’t spend time sorting out Cinderella’s conflicts with her stepmother. The Fairy Godmother did not comment on Cinderella’s victim-hood or commiserate with Cinderella about her present destitute circumstances. If the Fairy Godmother avoided Cinderella’s conflicts, ignored her pain, if she did not console and sympathize with her, what did the Fairy Godmother do?

The Fairy Godmother focused Cinderella on what was possible. She asked Cinderella to name her Deepest Desires. This is harder than it sounds. Together they developed a personalized strategy that transformed the ordinary, everyday activities in Cinderella’s life. They created a plan that allowed Cinderella to interact in life with dignity and purpose while pursuing her dreams.

In a similar manner *The Way of the Fairy Godmother* gives us the strategies to shift our attentions toward harmony and away from stress. We’ll explore the skills of savoring the positive and beautiful in life. We’ll learn to identify the personal strengths that live within our Deepest Desires. We’ll create a Proclamation that transforms each day. We’ll learn about focal points of beauty that catalyze our progress. Golden Ladders, each rung a specific behavior congruent with your Deepest Desires, will be delineated.

The Way of the Fairy Godmother will provide tools to create a plan that will gain momentum to carry us toward success and happiness. By following the simple steps taught by the Fairy Godmother we can transform our life!

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Written By Jennifer Morse, MS PhD

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INTRODUCTION

The Way of the Fairy Godmother

I am a seeker of serenity. I search the pathways to enduring happiness. Decades of exploring and synthesizing avenues to wisdom have led me to my favorite fairytale, the tale of Cinderella. This time I didn't interpret the fairytale from Cinderella's viewpoint. Instead I apprenticed to the Fairy Godmother.

Observing her I found the Fairy Godmother incontrovertibly positive. She lives within an uncompromising, radiant happiness. As a result her lifestyle is dangerously optimistic. She expedites miraculous outcomes. It's not that she doesn't notice the problems of life. Cinderella didn't have a dress for the ball. She needed a coach and driver. When you are grounded in reality you deal with the problems.

I don't want to tell you how old I was before I began creating my life from the perspective of the Fairy Godmother. Let's just leave it at; for much of my life I was in the habit of creating from Cinderella's point of view. More often than not I was disappointed. Like Cinderella I worked and worked to create harmony in environments that would not support harmony. Such an unstinting effort is exhausting, especially after several decades. To say it was stressful and no fun only scratches the surface of the issue. It was a harsh and bleak way to live.

Imagine Cinderella in her thirties and forties scrubbing away at the kitchen floor, struggling to make beauty in an environment for people who cannot appreciate beauty. This is not a pretty picture. Living life from Cinderella's perspective is to stay entrapped in the young maiden who longs for fulfillment. Hardship is her constant companion. Unfulfilled relationships are her unremitting burden.

Our quest? We want to mature beyond the Cinderella archetype. We want to find enduring happiness. Imitating Cinderella generated disasters in my life. No, I won't describe them. It's tough to admit. I'm educated and trained in the skills of good communication. I've searched for the secrets of happy relationships. Until now I haven't been able to create enduring happiness. It's past time I set about studying The Way of the Fairy Godmother.

Through the filter of positive psychology I found the Fairy Godmother nurtures the skills of savoring. Ask yourself this question: "What is working in my life?" Years ago I read an interview with a creative visualization expert. His assertion was if we can breathe we can improve our circumstances. He meant "breathe" in the literal, not metaphoric, sense. That's intense! Do you know the power of a cleansing breath?

When the Fairy Godmother arrived in Cinderella's vegetable garden, hidden in the stalks of corn, she didn't talk with Cinderella about her problems. The Fairy Godmother's first conversation with Cinderella explored her Deepest Desires. Cinderella's dream was a first date with the Prince. Why must we find and define our Deepest Desires? Why was this question the Fairy Godmother's first topic of conversation with Cinderella? Hold on. Let's take this a little slower. According to the Fairy Godmother our Deepest Desires hold the seeds of our happiness. Entwining our Deepest Desires with personal strengths ushers us into a state of absorption and flow. Like the athlete who finds 'the zone...' engaging our strengths we are lost in the pleasure of growing mastery. One of Cinderella's strengths is her need to create beauty. She doesn't just clean. Her house shines with the love she puts into her tasks. Loving is another strength Cinderella needs to express. But there are more elements needed to create happiness.

Over time, in their work together, the Fairy Godmother models a positive language specific to Cinderella's goals and ambitions. I'm getting a little ahead of our story, but let's just say, our brains translate our words and thoughts into images. Which leaves us with the question, how does our biochemistry interact with images and symbols? Here is the short answer. Images ignite our mirror neurons. These mirror neurons are located next to our motor neurons. The excitement in mirror neurons resonates in the motor neurons and vice versa. This is why athletes can improve their athletic performance with visualization. Symbols are images already layered with meaning both individually and culturally. Working with the Fairy Godmother Cinderella will become aware of the interface between her biochemistry and symbols. The neurological and hormonal impact of images will prepare her for success and happiness.

The Fairy Godmother and Cinderella will design a Proclamation to revolutionize her life. Why is a Proclamation important? Clear goals, and mastering them, initiates self-esteem. The addition of focal points of beauty support Cinderella on the journey to enduring happiness. Golden Ladders; each rung associated with behaviors congruent with Cinderella's Deepest Desires, will delineate the actions that carve out the territory of her happiness. Exploring their apprenticeship; understanding the step by step procedures the Fairy Godmother utilized with Cinderella, we'll enter the realm of the Fairy Godmother. Our goal? Enduring happiness. If we are stuck in the Cinderella rut, there is a better way. Let's explore The Way of the Fairy Godmother.

CHAPTER ONE

A Fairy Godmother's Happiness

Are you happy? I'm not talking about superficial happiness. Wait. Superficial happiness is important. Seek it out. If you find happiness in the clothes you wear, the home you live in, a powerful car; if it's affordable? Enjoy! My only cautionary note; superficial happiness alone is a cardboard, one-dimensional, imitation of life. Superficial happiness cannot substitute the satisfaction of engaging our talents and personal strengths. It cannot take the place of the contributions we make to others. Superficial happiness, hand in hand, with a life of meaning and purpose? Perfect.

The Way of the Fairy Godmother is a path to happiness, grounded in our strengths as well as superficial enjoyments. A happiness rooted in purpose and meaning, improving our life and the lives of others. Why is this important? Authentic happiness is good for us and also good for the people who are important to us. Research in the field of positive psychology tells us happiness actually creates success. We resource our environment more effectively when happy. We feel permission to be a version of our best-possible-self. More than the pleasure of engaging our strengths and growing well-being, genuine happiness is a buffer to stress and illnesses. Genuine happiness can be larger and more powerful than our problems.

Everyone has their favorite fairy tale. Few of us notice our lives follow fairy tale motifs. Fairy tales are implanted with seeds of wisdom each reader can utilize in real life. We have forgotten fairy tales are written for the purpose of imparting wisdom. They're a map for living a life of meaning and wonder. One paradigm of happiness; tailored in the ethereal costume of fairy tales, is personified by the Fairy Godmother. I imagine her wearing a dress made from the silk of fairy dust spun together into living, oscillating threads of light. Her face is filled with an ineffable beauty. She is unshakable in her optimism. The light and color of a million rainbows fragment, permeate, and surround her. When I am with her I am exquisitely alive yet relaxed and alert.

In the story of Cinderella a pivotal moment occurs when the Fairy Godmother appears out of nowhere and startles Cinderella out of her misery. We don't know how many years Cinderella suffered before the Fairy Godmother turned up. But when the Fairy Godmother does show up Cinderella recognizes this will not be an ordinary conversation. First the Fairy Godmother asks Cinderella to describe her dreams. Positive Possibilities for our future live in our dreams. The Fairy Godmother knows how to focus Cinderella's attention. Together they design a Proclamation. They personalize a strategy. They transform elements already present in Cinderella's environment in service to their goal. Their efforts entwine, funnel together, to help Cinderella get to her first date with the Prince.

The plan encourages Cinderella to interact in life with dignity and purpose, a version of her best possible self. Re-purposing, resourcing what is already available in the environment, this revitalization is the foundation of Cinderella's success. Like all successful plans, their plan includes the superficial aspects of happiness. My Fairy Godmother and I believe, despite what philosophers might argue, utility and materialism are essential aspects of a happy life. Cinderella doesn't go to the ball wearing rags.

Cinderella is shy. Her nature is sweet. But don't confuse sweet with simple. In her kindness she is not weak. The further she steps from the myths of the wicked stepmother, the more the grief of her losses are resolved, the stronger Cinderella becomes. She is fierce. The challenges and losses in her life did not harden her as you might guess. They clarified her. She is quiet yet

astute. Her dreams to live within love have become her priority. The party dress she and the Fairy Godmother created reflect Cinderella's qualities. Do you begin to see how inner and outer work together? Who has not seen someone dressed at odds? The story of Cinderella in modern times was recreated in the movie *Pretty Woman* with Julia Roberts. Dressed as a prostitute she was garish and inappropriate. We see her inner transformation reflected in her new elegant clothes.

In the years before meeting the Fairy Godmother it may appear Cinderella has constructed a solitary world. Yet all day long Cinderella is interacting with nature. The sun marks the passage of her day. A cool breeze is a gift after weeding the vegetables. She marks the weather's impact on her garden, hoping for a little more of this and a little less of that. She keeps her mother's vision alive tending to the rose garden and is rewarded by their fragrance and beauty. Throughout the day she talks with the farm animals. Blackie is always ready to share a walk in the forest. Even while she cleans Cinderella is interacting with the positive memories of her family life. While limited; nature, animals, memories are effective at keeping Cinderella open to the goodness in life.

Researchers say there is little happiness in solitude. Based on their statistics all happiness requires social engagement with people. I disagree. Solitary happiness can be a piece of the bigger pie known as complete happiness. ...You'll know what's true for you. Beyond this debate positive psychology tells us happiness is the synergistic combination of positive emotions, the engagement of personal strengths, and building self-mastery in service to a purpose greater than ourselves. Could we say happiness is a marriage of the superficial with our deeper purpose and solitude balanced interactions? In the domain of the Fairy Godmother authentic happiness is achieved when we utilize our personal strengths engaged in the pursuit of our Deepest Desires. Desires filled with purpose and meaning, for ourselves and those around us. WHEW! It's epic!

This is why Old Wise Ones encouraged us to live our dreams. The actions required to manifest our dreams into tangible reality can crush us. But engaged in the pursuit of authentic happiness we are buffered from the erosive effects of stress. That's right, in the realm of the Fairy Godmother we don't have to realize our final goal of happiness to be under the umbrella of its protection. Ultimately our pursuit of authentic happiness grounds us in the essential self and is larger than our problems. It still sounds like a fairy tale until we realize all the work involved. Fairy tales are filled with insurmountable tasks and enormous burdens. And so is real life.

Often we feel the time to realize our dream has passed us by. Is it true? Do you know beyond a shadow of doubt your dream is irrelevant? Is there a time when dreams are no longer applicable? Before we throw away our dreams let's apply the skills of good living to a dream. Ask yourself, does my dream need updating? Does my dream take a different form now than twenty years earlier? Do I have competing dreams? Are there different periods of life to accomplish these goals? As motherhood is tethered to the years of our fertility some dreams are tied to our developmental capacities or other resources. Unrealized dreams can take on new life. Let me give an example from my own past.

How can dreams from our past unexpectedly fulfill us? I longed to be a dancer in my twenties. I changed my major from Sociology to a double major, Dance and Sociology. Eventually I recognized I did not have the skills to realize my dreams. I had started dancing too late. My body could not keep up with the muscle memory of women who started dancing when they were six. I struggled, striving to realize my goal, and ultimately grieved the loss of my dream. I was never going to be the dancer I longed to become. I could become a teacher or a choreographer. Instead

I turned my attention to another dream, graduate school in counseling. Years later a woman, much like a Fairy Godmother to me, told me, “Our lost dreams come back to us. They return better than before.” It sounded good. But I didn’t believe it possible for me.

Yet in my forties I went to a yoga class with my girlfriend who was going through a divorce. She begged me to go with her for moral support. I was so grateful I wasn’t going through a divorce, I agreed. In a few weeks my friend was nowhere near a yoga mat. I was taking classes several times a week. It seemed my meditations, prayers, ceremonies from recent years, in conjunction with my failed dance dreams, came together in an unexpected way. I lost myself in the flow of stillness and movement. It was the beginning for me of daily yoga spanning the next twelve years. Dreams, seemingly failed, from our past can be reborn.

On the surface the interaction between Cinderella and the Fairy Godmother looked magical and mystical—and it was. Yet at the practical level they utilized tools available to us all. Tools designed to encourage positive outcomes. The Fairy Godmother knows climbing the Golden Ladder, where each rung represents a specific action tied to a Deepest Desire, will transport us toward success. How exactly does this work? Each of us is born into life with personal strengths. Our quest for a happier life begins with identifying our individual powers. And your next question might be, “What are personal strengths and powers?”

Let’s take a look at Cinderella. She is sweet and thoughtful. Although her family bosses her around, overwhelming her with tasks, the reason she is able to get it all done is because she likes work that makes her home beautiful. Another person’s distinguishing strengths might be courage and loyalty. For others friendship and acceptance, or curiosity and ingenuity could be revealed as strengths. Look at scholars. I would be surprised if you could find one scholar who was not the curious type. Curiosity is found in most teachers combined with an infectious enthusiasm for sharing knowledge. Each of us has a mix of strengths drawn from the universal pool of faith, truth, love, beauty, temperance, and creativity, love of learning, justice, wisdom, kindness, leadership, fairness, or transcendence.

These sound lofty or maybe they only look great on paper. But what I know for sure, (thank you Oprah) ignoring our strengths puts our happiness at risk. Engaging our talents is the foundation of satisfaction in life. When we lose ourselves in strengths time falls away. Think of the scholar lost in an array of books, looking at the clock, dazed to realize how much time disappeared. We can identify our strengths by paying attention. When do we lose self-consciousness? When are we so absorbed in tasks time slips away? And notice what gives you joy. Joy is a sure sign we’re engaging our strengths.

Cinderella is young and has not matured to the point of manifesting her dreams. However she is already engaging her strengths. The Fairy Godmother is drawn to Cinderella’s passion for extending love and creating beauty. Undeterred by criticism raining down upon her Cinderella brings a loving presence into every moment and each chore. While she works Cinderella interacts with her Deepest Desire to love well. She remembers her mother and father and their family flourishing in her childhood home. This focus shields her from the negativity in her environment. Is it possible Cinderella works, not for the interlopers living in her home, but to honor her parents? Could her step-monsters be irrelevant? By the time the Fairy Godmother appears their criticisms and anger roll off Cinderella. She stays focused on the task in front of her. Cinderella affirms life grounded in her ability to love and create beauty. Cinderella’s problem is finding a relationship to engage and return her love.

I’m embarrassed to say I was 50 years old before I realized I might be more productive if I embraced the Fairy Godmother as my personal symbol rather than Cinderella. So I started

reading. I searched for books about fairies or the Fairy Godmother specifically. I cobbled together ideas, a sentence here and there that carried the ring of authenticity. This is an important tool. For those of you ready to hear this: Learn to listen for the ring of truth. It is invaluable in life and fairy tales.

I studied each fairy tale assessing the symbols. I strained to see beyond cultural imprints. Then I had an epiphany. The interactions between Cinderella and her Fairy Godmother form an apprenticeship. Yes, Cinderella is apprenticing to the Fairy Godmother! She is a Fairy Godmother in training. Like all healers Cinderella's life is her first training ground. Is it true we can heal others once we've healed the wounds of our past? Is this how we develop skills?

As an apprentice to psychology and mysticism, I first practiced healing on the ruptures of my past distorting the present. I had a teacher who was like a Fairy Godmother. I spent decades training. I learned and then incorporated the practices of healing from many cultures. Knowledge is transformed into wisdom only when we practice and use the tools ourselves. I can study how to hang a painting but I only know how to use the hammer and nail when I try hanging a painting for myself. As my apprenticeship continued I sat in stillness for twenty minutes a day. I was taught how to smooth the energy lines and danced with power each day. I learned how to build tools of prayer. I followed a process to awaken the Four Directions. I practiced moving through the directions. Now I choreograph energy with positive intent. Most importantly I learned to create beauty.

Cinderella and I learned the transformation of knowledge to wisdom by practicing the tools of healing on the wounds of the past until they were resolved or simply no longer required our attention. Cinderella awakens to a version of her best possible self in order to find her Prince, become a Princess, and eventually transform into a Queen. Imagine a Queen with the skills of a Fairy Godmother. I'm not talking about fairy tales. I'm talking about real life!

Come on! Why don't we have classes in high school? Teach girls, entering the period of the Young Maiden, the skills of searching for and identifying a Prince. Teach our young women, not the cultural representations of spoiled princess and domineering queen, but the authentic choices of strengths-in-action. Imagine the ripple out effect of declining divorce rates, reducing the overcrowding in the family court system, well-tended children....Wait! I'm not done yet!

Instruct young men in the leadership of a Prince and later King. Teach children to hear the ring of truth by honoring the resonance at home and work, in church, or during an argument. Identify the tools of congruency, strengths synchronized across the dimensions of mind, body and spirit. Educate them when confronted with a discrepancy between words and behavior (IE: wolf in sheep's clothing, silver tongue and no follow through) be cautious! Teach children how to identify and avoid risky relationships and how to exit when necessary.

My own apprenticeship to the Fairy Godmother was a revelation and the foundation of this book. The Fairy Godmother provided the tools of wisdom for Cinderella to find her "happily ever-after." You probably realized all along the Fairy Godmother was training Cinderella in the skills of living well. I was so involved in the goal I missed the process. I had to slow down and observe the Fairy Godmother in my meditations. I discovered a delicate, magical creature. For her, prolonged exposure to the harsh toxicities of modern life is lethal. Negativity, pollution, dysfunctional relationships are deadly for her....and you too! Her home is in the ether realm of the Fairies. But out of her deep and abiding commitment to share the qualities of love, beauty and virtue, she occasionally penetrates our physical environment to teach us. She is beneficent and altruistic. She is committed to a path of radiant happiness.

At this point some of you may be thinking it's easy for the Fairy Godmother to be happy because she has no adversity in her life. Whether or not the Fairy Godmother has adversity or has grown beyond the bounds of adversity is not an issue for me. Instead I wonder: How does the Fairy Godmother operate? What tools does she use to transform Cinderella from a waif into a princess—from a servant into royalty? It's not the magic wand that caused the transformation. Even though the Fairy Godmother's wand is filled with a million years of starlight, a magic wand is only a device designed to focus the owner's personal potency. Can you imagine a million years of starlight backing up your personal power? Holy Cow.

What transformed Cinderella? How was Cinderella purified? Yep, to reach our goals we all go through purification mind-body-spirit. Do some of us turn our backs on our dreams because we are afraid of what we'll have to face, in ourselves and others? The Fairy Godmother gave the skills of happiness to Cinderella. *Cinderella* used these gifts to bring about *her own* transformation. How many people in your life are committed to expressing happiness in a way that betters themselves and others? I'm talking about the capacity and willingness to perform acts of caring, practical expressions of love. Troubles in today's world can be overwhelming. We see broken families, economic downturns, loss of jobs and recently epidemic losses of homes, my own included. War, terrorism, illness, lack of medical care, shortages of food and water; the list goes on and on. These adversities touch all our lives. We all struggle to one extent or another with unprecedented stress. Is it accurate to say genuine happiness and beauty in the midst of these overwhelming challenges has become as rare as the appearance of the Fairy Godmother? Many of us are preoccupied with the struggle to survive the painful and impoverished times we live in.

But wait! Even in this chaos there is a path to happiness. Creating beauty and positive outcomes in the midst of turmoil is at the heart of the Fairy Godmother's teachings. The Fairy Godmother is, in her own way, a transcendent, quintessential radical. Yes, her teachings are revolutionary. Awaken to the teachings of the Fairy Godmother and prepare yourself. You too may stumble into the realm of transcendent happiness.

CHAPTER TWO

Deepest Desires: The First Key to Happiness

Our Deepest Desires hold the seeds of our happiness. The beginnings of happiness are born from our identification and recognition of Deepest Desires.

In the Fairy Godmother's relationship with Cinderella we find the tools required for creating happiness embedded in their interactions. Cinderella's first encounter with the Fairy Godmother takes place in the lush rows of the vegetable garden. It is early evening. The air is beginning to cool. Lengthening shadows bend color. The garden reflects the deepening colors of plants and trees saturated in twilight. Cinderella's eyes pass over the Fairy Godmother than backtrack. How many times in the past have Cinderella's eyes passed over the Fairy Godmother unseeing? Startled by the perfection of the Fairy Godmother Cinderella is jarred out of her unhappiness. Have you ever been moved out of misery by the perfection of a setting sun, a full moon rising, or the compassion in the eyes of a friend?

The Fairy Godmother often appears at dawn or twilight. Within the balance of the light and dark, transitioning day to night, night to day, sunlight to moonlight, while the trees sigh and take their breath, the Fairy Godmother slides into the mortal world. The sight of the Fairy Godmother astonishes Cinderella. This is often a first step out of unhappiness. Something surprises us. In this case encountering a Fairy Godmother stuns Cinderella out of her feelings of hopelessness. By holding her vision steady on the Fairy Godmother Cinderella is standing within virgin territory. A unique circumstance she has never encountered before. In the Fairy Godmother's presence Cinderella is shocked into wholeness. She is alive to her totality. Fueled by the adrenalin flowing through her, something indefinable ignites. It is a force greater than her fears. Strength greater than the destructive power of toxic relationships inhabits her.

This is what happens when we stumble into the presence of the Fairy Godmother. Standing within her enlightenment we are jarred awake, jolted into self-awareness. Our personal resources flood forward engaging strengths, those talents uniquely our own. The skills of resiliency are at our fingertips. Positive Possibilities emerge. We identify our talents. We re-purpose assets previously unnoticed in our environment and skill set. The moment is a flash in the context of eternity. What I've described here in a couple of paragraphs, in mortal time could take years. In modern-life, circumstances can disguise the appearance of the Fairy Godmother. A health problem may cause us to re-prioritize the structure of our life. Chronic Fatigue Syndrome disabled the author of *The Story of Sea-biscuit*. Ordinary tasks of life beyond her ability Laura Hildebrand wrote from bed her now famous book about the race horse Seabiscuit. The Fairy Godmother doesn't always appear in stardust and moon glow.

Despite the fact that Cinderella engages her personal strengths each day and thus is protected in-part from the toxic relationships around her, she lives surrounded by misery. The potency of the Fairy Godmother's radiance knocks Cinderella out of her entrenched ways of thinking and perceiving. This moment, free of ingrained patterns of perception, is fertile ground for Cinderella's transformation. Letting the new, in this case the Fairy Godmother, into her circle of awareness Cinderella has courted insight and change. She is inundated with new ways of perceiving. When we are in the presence of someone, like the Fairy Godmother, who knows their strengths, knows their skills and engages these resources to manifest Positive Possibilities; hope

awakens within us. We no longer vibrate at the frequency of our problems. Instead we vibrate at the frequency of hope.

In Tibet if we go to a healer s/he might give us a Mandala. Here are the healing concepts underlying Mandala treatment: In our illness or disease we vibrate with the frequency of our illness. Taking the Mandala home, we are instructed to meditate and become At One with the picture, At One with its vibrational frequency. Once we have entrained the frequency of the Mandala we are cured. We may heal to be symptom free. We may heal yet continue, for reasons beyond our understanding, to carry the physical manifestation of symptoms. We could heal and transition into 'a good death.' There are so many ways to heal in addition the disappearance of symptoms. Both illness and healing live in the Great Mystery.

In western medicine utilizing symptom-based-causal-thinking; only the disappearance of our symptoms is considered a cure. In Mandala therapy becoming At One with the Mandala, regardless of our symptoms, we no longer vibrate at the frequency of illness. Instead we vibrate with the frequency of health represented within the picture of the Mandala. We may still have our symptoms but we are liberated, permeated by Grace. The same phenomenon occurs when we encounter and embrace hope. We vibrate at the frequency of hope. We don't know where hope will take us. We don't know the avenues it will open. In the presence of the Fairy Godmother Cinderella begins to vibrate with hope.

Shawn Achor, the author of *The Happiness Advantage*, shares the story of his arrival at Harvard. It was love at first sight. The buildings, steeped in the traditions of education, reverberate with the finest minds in our country's history. He felt the energetic frequency embrace him. Did all the brilliant minds walking the paths over the generations, well, did their intellectual resonance leave a trail? This is the image that comes to me. You know, and I say this with the greatest respect, like the shiny snail trail left behind in a snail's wake. If they did leave an invisible, sparkling, trail of knowledge and wisdom Shawn absorbed their perfume. He felt empowered.

When we feel empowered we are more likely to see opportunities and manifest a version of our best possible self. We are courting success. This is what happened to Cinderella in the Fairy Godmother's presence. She shed the lower frequency of her depression. She joined and embodied the frequency of the Fairy Godmother. She is empowered. Positive Possibilities reveal themselves in the wake of a higher frequency. In India it's a fortuitous event to eat fruit blessed by the guru. The blessed food is now impregnated with the essential oscillation of the guru. When you eat the fruit you become literally and metaphorically At One with the guru's vibration and the vibration of the blessing. Is that too far out for you? Another example from everyday life is the prayer we say at meal times. Why do we bother to say a prayer? The words are permeated within the sacred frequency of the blessing and we expect our food to be imbued with the blessing as well. WHEW!

Why is this hocus-pocus important? Free of her habitual hopelessness Cinderella is able see Positive Possibilities in her future. She digested the frequency of the Fairy Godmother. This is a first step to becoming sovereign unto herself. As an apprentice to the Fairy Godmother, as a fledgling Queen, she perceives Positive Possibilities surrounding her in the garden. The pumpkin hollowed out is large enough to become a carriage and transport her to the ball. Her friends the mice, transformed within her vision, could pull her carriage. I have no idea how Cinderella saw the mice as able to pull the carriage. I do know when we look at the resources already in our environment, within a fresh perspective, those resources can be re-purposed. Creativity mixed with resources reveals new, potentially ingenious, solutions.

Wait. I'm getting ahead of myself in the story. First, we see by sharing the aura of the Fairy Godmother, Cinderella is cleansed of her depression. In the words of Tibetan healing: After sharing the frequency of the Fairy Godmother, who already lives her Sovereignty and is At One with the healing powers of the Universe, Cinderella is cleansed. The world looks different to her. She is fueled by her strengths. She's prepared to engage her resources. Positive Possibilities spread out before her.

Next, the Fairy Godmother invites Cinderella to speak her Deepest Desires. Being listened to with attention is a new experience for Cinderella. And very few people talk about Deepest Desires. No one in recent years has taken the time to get to know Cinderella. Before her meeting with the Fairy Godmother, she has been abandoned, ignored. After the death of her Mother and Father she lost her role as a beloved daughter at the center of a nurturing family. Her identity was stripped from her. She has subsisted as an indentured servant. I'm sure you can see how powerful it might be to give voice to our Deepest Desires while being listened to with care, respect and attention under ordinary circumstances. Think how Cinderella must have felt.

If Cinderella told her stepmother she dreamed of becoming a Queen she would have been laughed out of the room. Yet, all women want to become Queen. Cinderella's stepsisters are in a competition to become Queen. To each sister becoming Queen means they will not have to do any work. They will live in the most beautiful home in the neighborhood. People will line up to do them favors and bring them gifts. They will have the most beautiful clothes of all their friends. Their jewelry will outshine every other woman in the land. Finally, they will be married to the second most powerful man in the nation, the Prince. They will be the second most powerful woman in the Kingdom. These girls don't know the pathways of authentic interaction; filled with heart, purpose and meaning. They can only see the superficial benefits of marrying the Prince.

Cinderella does not want to be Queen in the, "I'm more powerful than you," sense. Sovereignty, a personal authority aligned with a version of her best-possible-self, will define her immediate world. She fulfills her Deepest Desires to live within the glow of realizing her ambitions. She is fueled by her strengths. Her actions create beauty; a vastly under rated power in a world gone mad with technology and science. Beauty sparks health and wellness to animate the lives of those around her. Taught by the Fairy Godmother to surround herself with Focal Points of Beauty they remind her of her purpose. For example, after meeting with the Fairy Godmother she sketched a drawing of her parents. In the garden shed, where no one else goes, she hung the picture. Each time her eye falls on the image she is awash in the memories of her loving family. She is inspired to re-create another loving family in the future. The drawing reminds her of her purpose: To give and receive love in a mutually beneficial loop of reciprocity. She wants to share strengths with her partner. Their strengths will dovetail and together they are more powerful than when they are apart. Cinderella understands true power is not power over or domination of another. True power is our ability to create well-being. True power is our skill, our capacity to choreograph our life with well-being. This is what Cinderella means when she says she wants to be Queen.

The Fairy Godmother asks Cinderella to speak her Deepest Desires. Put yourself in Cinderella's shoes. Could you gather scattered wits, choose courage and claim your dreams? Surrounded by the heartbeat of the Fairy's love and acceptance, Cinderella chooses courage and gives voice to her secret and previously unspoken dreams. Thinking out loud she begins to refine her ideas. Within the radiance of the Fairy Godmother's love Cinderella's hope begins to burn brightly. After meeting the Fairy Godmother Cinderella is filled to overflowing with her Deepest

Desires. Morning, noon and night while she cleans and waits on her wicked family, Cinderella doesn't focus anymore on who she is serving. Instead she dreams of a life giving and receiving love. Every chore is infused with these qualities.

Yet for all her love Cinderella does not have the tools; the knowledge of the moving parts required to manifest her goals. Before she met the Fairy Godmother how long did Cinderella work, ceaselessly, love spilling through her and into her chores? How long did she go unnoticed and uncared for by the people around her? I call this period the Great Silence: An indeterminate amount of time where all our efforts go unrewarded. A period of time where it appears that life is unresponsive to our efforts, pain, prayers and needs. We feel lost, abandoned, and without resources. It is a period of painful deprivation within our mind and heart if not reality. In the misery of the Great Silence we feel trapped and ineffective. We are disconnected from our creativity. We feel disenfranchised from our strengths and talents. If the Great Silence lasts a moment, day or decades, we feel trapped by the crushing enormity of its endless nature. Love saved Cinderella. Love kept her from becoming bitter. Love shielded her from the callous treatment she received from her stepmother. Love drew the attention of the Fairy Godmother.

In subsequent garden meetings, the Fairy Godmother taught Cinderella the importance of designing Proclamations. She introduced Cinderella to Golden Ladders where each rung is associated with a tangible behavior. Actions aligned with Deepest Desires create a literal manifestation of our dreams in the physical world. Let me say that again. Actions aligned with Deepest Desires are necessary to create a literal manifestation of our dreams in the physical world. Deepest Desires, Proclamations, a Golden Ladder, through these Cinderella was confronted with the lessons of congruence.

Is it because Cinderella is ready for change? Is this why Cinderella's eye fell on the Fairy Godmother and held? She knows people will say a Fairy Godmother does not exist. Rational people do not see Fairy Godmothers hanging out in the vegetable patch. Cinderella's eye fell on the Fairy Godmother (we could say her vision encompassed the miraculous) and today she could see the Fairy Godmother without turning away. How is this possible?

Cinderella has kept her life rich with love and interaction. Yes, in the social isolation imposed by her step-family, Cinderella converses with Mother Nature. Walks in the ever-changing forest where each tree's rough bark houses a core of satisfying strength within, restores her equilibrium. In early spring, leaves create a green canopy under blue skies which thicken with summer's heat. Seasons change bringing bare branches, pristine and stark under winter's gray sky. Cinderella feels a kindred spirit in the trees loss of foliage. She too has lost the many comforts of her outer life.

Water spills over boulders, eddies, only to swirl into stillness across the face of quiet ponds. Along the water's edges north rock faces are covered in springy moss. Cinderella gathers moss to store as nature's bandage. Compacting the plant material she stores it in a leather medicine bag that had been her mother's. She rescued the bag from the trash after her mother's death. The painted flowers on the leather exterior are faded. *One day*, she promises herself, *I'll repaint the flowers. I'll follow the curves and lines my mother designed.* Imagining the paint colors, sometimes she feels her mother looking over her shoulder with a smile. It makes her heart beat fast and her lips soften into an answering grin. Bittersweet the moment passes in a flash, leaving her shaken and so alone. But Cinderella would never trade the split second communion to avoid the renewed loss.

One morning, sitting in the shadow of trees near the stream's edge, Cinderella settled in her favorite resting spot. The horses wander. They drink water sourced from the mountain's

underground springs. Glacier water traveling by way of the foothill streams is frigid and clear. Her back supported by a tree trunk Cinderella dozed. Life is arduous. Whenever she stops, moments of relaxation melt into sleep. In the dappled shade, fragrant with Bay Laurel trees, the summer sun filters through the interwoven branches. Heavy with abundant leaves, the tree arms create a lattice. Light shines through in luminous greens and hazy gold. Cinderella felt the vibrancy of life enter the base of her spine. Sap tracks the tree trunk as small sparkles of light travel the interior of her vertebral column. The warmth of the sun softened tired muscles. The fragrance of Bay leaves floated on the day's thickening heat. The earth is solid beneath her. A soft breeze carries down the mountain lifting the fine hair along the edges of her face. In the safety and congruency of life surrounding her, Cinderella fell into her dreams. Dream-walking with the Fairy Godmother she pruned her dreams shaping them with her Deepest Desires.

Later, walking among the friendly giants where the tree trunks are wider than her ability to span wrapping her arms around the circumference, Cinderella pressed her cheek against the tree until it is imprinted with the rough bark. She whispers a request, seeking permission to harvest Bay leaves she'll use in cooking or simmering in hot bath water. The herb will cleanse the air. She pulled strands of hair, leaving them cascading over branches, she murmurs her prayers of gratitude.

On hot summer afternoons accompanied by her dog, Blackie, who pants beside her between his trips to the stream, there is no dreaming. The water fractures reflecting light. The stream dances with gravity; splashing over rocks or settling into deep pools. Cinderella cannot resist the invitation. Laughing with her black companion Cinderella shivers with pleasure. She rode home in wet skirts savoring their infrequent fun. Her faithful dog has walked with her through every moment of grief and turmoil. Blackie waits patiently for their walks, never faltering with his comfort. She laughed observing his expectant face, remembering her father say, "Blackie is the name you get when a young girl names the family dog." Blackie slept at the foot of her bed. And her Mother's cat now sleeps with her as well. At first the cat sought Cinderella's comfort. Now she gives solace to Cinderella in the echoing hush of the Great Silence. The cat snuggles at Cinderella's feet keeping them warm in winter. Sometimes she awakens to find her cat stretched out over the top of her head. In the coldest nights of winter they all sleep at the hearth. Dying embers glinting final warmth before fading into gray ash while Cinderella, the cat and Blackie snuggle under a worn velvet blanket.

Pruning her mother's roses for winter she remembers the flowers color and fragrance. A lingering memory in the dried petals fills the carved wooden bowls in the front rooms. Then beginning with the stirring of power in early spring Cinderella converses with the garden until the vegetable patch is fulfilled in summer's growing bounty. The rows delineating produce are immaculately weeded. Cinderella carried the water from the well in buckets and carefully waters each plant. Surrounded by Cinderella's love the flowers and vegetables flourish. She waits to harvest each crop, listening with the invisible ear, for the moment in time when full, they shimmer with health. Harvest is followed by autumn's great yawn, accompanied with Cinderella's silent prayer for the garden's winter sleep. These are the conversations of Cinderella's daily interactions.

More conversations are found where Cinderella nurtures the animals. Feeding and grooming she whispers in their fur. She laughs at their gentle bumps. They press and snuffle against her pockets looking for the apples and carrots Cinderella brings from the gardens or smuggles dried from the pantry. She exercises the horses following mountain streams. A goat in the barn keeps the horses calm. Their milk provides the basics for the feta cheese Cinderella used in summer

salads. Her father won “Mr. Goat” in a Bridge tournament held in the castle ballroom. Sometimes the family spent the weekend when the tournament extended over a period of several days. This is how Cinderella first met the Prince. A secret she kept buried deep to obscure the family resources from her stepmother.

The cow is milked twice a day. Cinderella leans her forehead into the cow’s solid belly and for the briefest moment feels a softening in her raw heart. How the cow provided this maternal comfort was a mystery. After her stepmother fired the servants, leaving Cinderella to cope with their chores, mourning her parent’s passing, Cinderella cried at every milking. But the cow never faltered producing milk for the household. Cinderella understood the milk production for what it is; an act of love.

Chickens gossip and chatter pecking around her feet for the generous handfuls of corn grown in her Mother’s vegetable garden. They never bite her as she collects the eggs. Once her stepsister tried relieving a chicken of her eggs and felt the sharp peck of a beak. Wailing she ran inside for comfort. A preternatural silence descended. Cinderella counted five heartbeats. The stepmother raced into the yard, a river of murky red streaming behind her. She flew at the chicken who managed one faint squawk. Face contorted, eyes bloodshot, she twisted the neck with hands swollen with fury. Throwing the dead bird at Cinderella’s feet she shouted, “Chicken pot pie. Five PM.” Cinderella sobbed her way through the preparations.

In contrast, it is with murmuring friendly words she feeds the chickens. They give bountiful eggs, large and wondrous, under her care. The family cow is generous. She feels the comfort of Cinderella’s voice and the respectful urgings of her hands pulling the milk through her udders. The kitchens and wash rooms are scrubbed. The furniture is polished. Rugs are beaten free of dust. Food is prepared with prayer. The world under the care of Cinderella shines with these interactions grounded in love. Even the interior of her parent’s house has a special glow. Filled with treasures Cinderella’s mother created before her untimely death. As Cinderella dusts and sweeps until the house sparkles, she remembers the joy of living with her parents. Family dinners were filled with laughter and debate. Working together on projects Cinderella learned the ways of keeping a home. She remembers evenings spent by the fire reading or making music. All had been well in the small household.

One day a woman appeared at their door with a story of need and two small children. Caught up in the tale of the woman’s dire circumstance Cinderella’s mother and father befriended her. Who has not at one time or another been trapped by others impossible needs? We want to offer sanctuary, yet find ourselves unwilling to sacrifice the personal costs of health, time or money. Cinderella’s parents made a different choice. With a life overflowing with wellness they extend their hospitality. They commit their help, offering the woman and her daughters a new beginning. They supply her with employment in their household. Soon they are helplessly entangled, when unexpectedly, traumatically, Cinderella’s mother sickened and died. Remembering, Cinderella pulls the wool shawl closer to ward off the memory. But she cannot shake the agony of watching her mother suffer.

Had there been a connection with the arrival of the woman, who became her stepmother, and the death of her mother? Cinderella wonders, *Could anyone be so wicked? And why was father so quick to marry?* He could never really explain why he remarried. It seemed to confuse him as much as Cinderella. In the last weeks of his life he’d become lucid and stronger. He spoke of righting a terrible wrong. Traveling without telling anyone his destinations he shared with Cinderella he needed a little more time before he explained. After his death Cinderella

questioned, *What information had he found? What was the wrong he wanted to right?* But this is another story for another time. A tale worked out in the mists of eternity far from Cinderella.

Before the arrival of the Fairy Godmother no one had inquired about Cinderella's dreams for years. Who in your life asks you about your hopes and dreams? Who supports you in your aspirations without judgment or criticism? Does it take beneficent-supernatural-aide to listen with the mind and heart with unconditional love? Just as important what does it require to receive love? When Cinderella asked the Fairy Godmother these questions she was unprepared for the answer. "Cinderella it takes the presence of the Inner Sanctum both to give and receive love." Cinderella did just what you and I would do. She stared blankly at the Fairy Godmother. "Inner Sanctum? What is this place?"

Now the Fairy looked fierce. Yes, Fairies are not just loving and kind. A Fairy lives within the heartbeat of truth. They live in the gap between who we are now and any version of our best-possible-self. They are impeccable warriors for infinite translations of our best-possible-life. Did you think they were just delicate creatures? In some ways they are delicate. They cannot survive in deceit, pollution or toxic relationships. The Fairy Godmother looked at Cinderella to assess her readiness to receive the answer to her question. "The Inner Sanctum is a holy place you build. It must endure across the dimensions of Self. From this place you offer and receive love. This is the birthplace of genuine self-acceptance. Self-respect, self-esteem these are expressions of the Inner Sanctum."

How does Cinderella build her personal sanctuary? How do any of us build the muscle to sit in stillness and await the offerings of beneficence? Staring into middle space an idea popped into her head. "Maybe the Inner Sanctum is my drive to create beauty? The beginning of a sacred home within – what – my soul? Spirit? Emotions? Physical body? Where exactly does it reside? Is my desire to please Blackie and all of the animals; to nurture and love them is that the beginning? Does personal authority exist in this transcendent, holy, place?"

Meeting the Fairy Godmother for the first time Cinderella was shocked out of her habitual ways of thinking. She was working in the garden after her stepmother banished her from the house for the day. Cinderella didn't mind. The earth was alive under her fingers. The sun warm against her skin. A quiet stirring of air keeps her cool. Cinderella was amazed by people who don't understand the earth is alive. *How could a dead planet grow crops?* She listens to the earth speaking with her intuition while planting her kitchen garden. She rotates plantings each year to replenish the soil. On her hands and knees, fingers grip and release the dirt to work in compost. Searching for areas in the neatly planted rows that might need attention, Cinderella peers into the newly unfurling leaves of spring corn. The Fairy Godmother, partially hidden within the drooping yellow silk tassels, intently watched Cinderella.

At this first meeting the Fairy Godmother is inches tall, but her radiance spreads beyond the garden. Her brilliance steals the breath from Cinderella's lungs. The Fairy Godmother sparkles. The air shimmers with her power. Each plant, flower and leaf, is etched vividly against the distant backdrop of forest. Cinderella smells a connection with all life. From the worms wiggling their way deeper into the earth, to the far off Bay and oak trees swaying in the soft breeze. The breath of life fills Cinderella's belly and she is reborn.

Have you ever noticed when you are shocked or terrified suddenly the world and your priorities shift? This happens to Cinderella when she sees the Fairy Godmother. Happily she finds enough composure to speak. She says, "Good evening Wise One. Can I help you?" The Fairy Godmother smiles, "I'm here to help you. Together we'll explore your Deepest Desires." And then she listens to Cinderella's Deepest Desires from the perspective of the Universal Law

of Ever Expanding Beneficence. She listens without judging, without criticism or discouragement. On the contrary the only aspiration manifested by the Fairy Godmother is to support, assist and encourage Cinderella in achieving her dreams. The Fairy Godmother is the original “game-changer.”

Have you heard of the Universal Law of Ever Expanding Beneficence? Have you ever put your trust in the power of beneficence? Sometimes I hear people say, “Everything happens for a reason.” It makes me cringe. I don’t want to offend you. Maybe everything does happen for a reason. Sometimes it seems like a cheap excuse, a short-cut to avoid something... Responsibility? We personalize beneficence. As if it comes to us for our private, special reasons. Beneficence is a Universal Law. It engages us in response to our congruency. Mind, body, spirit and behavioral congruency will ignite the Universal Law of Ever Expanding Beneficence. Working hand in hand with Deepest Desires; we begin the journey climbing Golden Ladders of behaviors. Behaviors congruent with intentions draw Deepest Desires into the physical plane. Over time, through our clarity and congruency, we engage the supernatural aid of the Universal Law of Ever Expanding Beneficence.

Congruency is essential to manifesting positivity and magnetizing the law of Beneficence. Congruent-positivity is a precursor to Universal Law of Ever Expanding Beneficence. This is the key to creating success. Congruency is composed of the alignment of our thoughts, feelings, actions and spirit. Synergistic they infuse and fuel our Deepest Desires. Beneficence is not a random occurrence, nor is it a personal one. The Universal Law of Ever Expanding Beneficence is available to each and every one of us tied to thoughts, feelings and behaviors congruent with our Deepest Desires. The challenge? Can you trust yourself? Will you honor Deepest Desires? I know reading this most will say, “Oh yes, I’ll honor my Deepest Desires.”

The dilemma of committing to our Deepest Desires leads into another tired and over-used saying, “If this was easy everyone would do it.” But there is another factor. Can you fathom inherent in your Deepest Desires is well-being that will bless lives; radiating out ripples of happiness? Can you lightly, yet seriously, hold the responsibility of your Deepest Desires? The Fairy Godmother created the first change in Cinderella’s life by encouraging her to name, explore and expand upon her Deepest Desires. Remember the seeds of our happiness are hidden away in our Deepest Desires. Therefore the path to joy requires first of all an identification of our dreams.

This is the first time since her parent’s deaths that Cinderella has been listened to with care and optimism for the future. Cinderella is able to convert the excitement of her new found support into the reality of congruent behaviors. It is a rare and wonderful experience to be heard and understood. It is even more exciting and fulfilling to achieve our dreams. From the view point of Ever Expanding Beneficence the universe wants each person to achieve all they desire. Yes, that’s right. The Ever Expanding Beneficent Universe *wants* us to succeed.

The Fairy Godmother paid no attention to Cinderella’s difficulties or the ugliness in her life. She didn’t comment on Cinderella’s dress hanging on her like rags. She didn’t point out Cinderella’s skin is smudged from the charcoal cinders. She doesn’t lecture her on hygiene. The Fairy Godmother didn’t call attention to Cinderella’s tangled hair. Nor did she comment on the dysfunctional relationship Cinderella has with her stepmother and stepsisters.

The Fairy Godmother shifts Cinderella’s attention from what is wrong with her life, for example, living with a wicked stepmother and two wicked stepsisters with their never ending demands sucking Cinderella dry of every ounce of life each day. Instead the Fairy Godmother focuses Cinderella’s attention toward her dreams, hopes, aspirations and Deepest Desires. The

Fairy Godmother through being whole and complete herself makes contact with Cinderella's destiny. We each have several destinies. All require our totality. Because the Fairy Godmother has access to her entirety she is able to inspire and perceive Cinderella's potential. She asks Cinderella to define, her secret and maybe repressed, Deepest Desires. This is important for two reasons: First, our Deepest Desires are a reflection of our authentic self. In making contact with her Deepest Desires Cinderella is encountering her unique and essential self.

Secondly, Deepest Desires penetrate all aspects of self-hood. They live in our mind, body and spirit simultaneously. This interpenetration throughout the totality of our nature may be conscious or unconscious but it is ever-present. We cannot destroy our Deepest Desires. We can reject, ignore or even attempt to destroy our hopes and dreams but they continue to live within the disenfranchised parts of ourselves and sometimes wreak havoc within our daily life. Our Deepest Desires will always seek an avenue to express themselves.

The Fairy Godmother is a role model for Cinderella illustrating the good in life. She inspires in Cinderella the courage to break from the mold of expectations. She doesn't have to live the life of unappreciated effort and work. With the Fairy Godmother as her mentor Cinderella explores her desires without fear or reservations. Too many of us go throughout our entire lives disconnected from our authentic self. Instead we live out roles and expectations we place on ourselves or that are imposed upon us from others or our culture. Through the relationship with a Fairy Godmother Cinderella makes contact with her authentic self. She makes choices based on her commitment to her desires. She claims her power. Accessing her Deepest Desires Cinderella discovers personal liberation. Our freedom awaits our choice and commitment to bring joy into tangible forms.

In essence the Fairy Godmother is telling Cinderella: "Live your potential." Committing to Deepest Desires Cinderella claims dominion over her personal potential. Choosing Deepest Desires she designs congruent behaviors. Harmonious actions will encourage her desires to take root in the physical world. Cinderella gains the confidence to set aside the expectations of others. She began to trust Deepest Desires to guide the course of her life. Here is what we've found out so far about Deepest Desires: They are the seeds of our happiness. They may evolve but will never leave us. They are a permanent part of our existence. We can bury them, we can ignore them, we can reject them, we can surround them with confusion but they will never go away. They are intertwined with our personal strengths. This interpenetration dovetailing with congruent behaviors fuels our achievements.

Take a moment. Remember a time when your heart and mind were *not* congruent. For instance, I remember moments of sexual attraction but in my heart I knew the relationship was not for me. Remember the job offer your mind thinks is great but your spirit has no interest in pursuing? When our desires are fragmented, pulling us in different directions, it's difficult, if not impossible, to create success. Cinderella discovers the world of the Fairy Godmother is not at cross purposes. It is not polluted by hidden agendas. It is not convoluted with layers of manipulation and deceit. There is no theft, personal violations or back stabbing in the Fairy Godmother's circle of friends. Negativity, judgmental attitudes or worst of all, a lack of faith in our abilities to envision and create goodness do not exist in the domain of the Fairy Godmother. She lives the example of The Universal Law of Ever Expanding Beneficence. She radiates love creating a spark of comprehension propelling Cinderella toward self-realization. The Fairy Godmother reflects our connection to the authentic self and its inherently illuminated state. Deepest Desires, rooted in our essential self, permeate our consciousness with congruency. When we align with our Deepest Desires the possibility of genuine happiness is at hand.

First Key to Happiness: Deepest Desires are the seeds to happiness. The beginnings of happiness are born from the identification and recognition of Deepest Desires.

CHAPTER THREE

Focusing: The Second Key to Happiness

The Second Key to Happiness: Focusing on harmony, health and success will bring us more harmony, health and success.

When the Fairy Godmother materialized in Cinderella's impoverished life she didn't spend time sorting out Cinderella's ongoing conflicts. She didn't ask psychiatric questions designed to measure if Cinderella was oriented to time and place. She didn't drill her with the impossible task of counting back from one hundred by sevens. She didn't diagnosis her with DSM VI. She didn't evaluate Cinderella for suicidal tendencies or assess her for anti-depressants. The two of them did not review Cinderella's childhood traumas.

Why? Focusing on traumas ingrains them in our biology. I am not suggesting we ignore traumatic events. It is important to bring compassion to our injured parts. The story of Cinderella takes place when she is ready to change her life. It's not the time for an emotional autopsy. It is a time of setting aside the pains of the past and moving forward unencumbered by traumas. As a result the Fairy Godmother did not explore Cinderella's relationship with her father. They didn't analyze why he chose to marry a wicked woman. She did not mention Cinderella's grief over her mother's death. Nor did she commiserate with Cinderella about her impoverished, even destitute circumstances. Why? Because putting our attention on what we don't want gives us more of what we don't want. This is not higher math. What we feed with our attention grows.

So, if the Fairy Godmother avoids Cinderella's conflicts, ignores her pain, if she does not console and sympathize with her what did the Fairy Godmother do? How is she successful transforming Cinderella's life?

Creating happiness requires a simple truth. Notice what's good. Take the time to savor what is already good. After I wrote the first version of *The Way of the Fairy Godmother* but, before I wrote the present version, I went through a dark time. In the midst of financial losses including the loss of my home I had three, progressively serious back surgeries. I was living in a townhouse by the airport directly under the landing pattern in a neighborhood routinely enveloped in swamp gas. I never knew passenger jets could get so low. I could almost reach out and touch the monsters spewing their trail of grit. In these surroundings my physical symptoms worsened. Walking across the living room became a challenge. Losing motor control and endurance I was unable to participate in life's basic chores. Scheduled for my second surgery I was adrift, in pain and neurologically deteriorating. I took spectacular falls.

Recuperating after surgery I lost myself in TV and reading. Friends had disappeared with the loss of my assets. Suddenly my dog's health took a turn for the worst. The vet recommended putting him down. Defeated I agreed. Weeks later, in a moment of clarity I regretted acting precipitously. I wondered could I have saved his life with a course of steroids and antibiotics? Heart broken, slow to recover from surgery, I was out of money. It was a dark time. I was spiraling into places we should avoid.

I needed to savor something that was good and already inherent in the details of my life. But I was tired. My positive focus would need to be doable on low resources. I decided on a simple intervention. I sat outside on sunny winter days on a sheltered bench in front of my apartment. I could savor the light and the warmth of the Arizona sun. A small change, it was enough to build optimism and had the added benefit of hiding the stark white of my cheeks. I had an intention to

build goodness in my life. I matched the intention with a tangible behavior. I savored the light and warmth. I committed to repeating the behavior. With the help of warmth and sunlight over the course of a few weeks I was able to build a positive disposition which led to positive behaviors and eventually changes in my life.

During the second visit from the Fairy Godmother Cinderella perceives her surrounded with effervescent beauty. Her beauty is a force of nature, startling Cinderella before she falls into admiration. Reflecting on a moment of beauty is like making a deposit in the bank of our personal reserves. Beauty can calm us. Beauty can soothe the pains of our past. You might notice I'm equivocating. I don't want to misrepresent beauty, because beauty can have countless faces, and some of them are terrifying. Right now, for the purposes of our discussion, beauty as in a vase of flowers, lifts our spirits. Cinderella gazes at the Fairy Godmother's beauty and it elevates her out of the toxicity of her negative environment. In relishing the Fairy Godmother's radiance Cinderella is momentarily liberated from her life of endless drudgery. Just as I was momentarily liberated sitting on the bench in the light and warmth of the sun.

Instead of talking about problems the Fairy Godmother points out what is wonderful in Cinderella's environment. Walking through the garden together the Fairy Godmother invites Cinderella to notice the warmth of the sun on her skin, and to feel the earth beneath her feet. She comments on the color and fragrance of roses blooming. Bees buzz around the honeysuckle. She points out the splendor of the extra-large pumpkin growing in the kitchen garden. These are some of the resources Cinderella will re-purpose to build her sovereignty and find her way to the ball, her first date with the Prince. Already she knows the roses and honeysuckle distilled will become her new perfume.

Before beginning their work, during their walk through the garden, the Fairy Godmother points out what is positive, favorable and functioning well in Cinderella's world. From this point of strength Cinderella and the Fairy Godmother begin. But, what makes the Fairy Godmother so special? The Fairy Godmother lives in the realm of Fairy dedicated to the magnificence of the authentic, essential self. Many of us have lost our connection with our essential selves. There are a few people who knew from childhood their purpose and meaning in life. Like the boy down the street who knew he would become a doctor. For most of us finding our purpose and joy in life will take time. We'll go through periods of shedding identities to claim new ones. For example, when my son was two years old every time we saw the garbage truck we had to stop and watch the truck do its work. Scott sighed with happiness and said, "When I grow up I'm going to be a garbage truck driver."

Before his senior year in college, he spent the break at an internship at Point Mago Naval Air Station. They were studying how to use the resonance of magnets to defuse bombs. Think of the countless saved lives and body parts. Scott is still interested in technology but it has a new form and purpose. In part, Scott developed his dreams, by mastering childhood computer and video games. The fantastic ideas of fantasy-fiction-like-games, they morph into the world of technology. After he completed homework assignments, I gave Scott free rein with his video games. It was our secret. We live in an era where mothers limit their child's exposure to all things video and computer out of fear of their influence. For me, I find the line between destiny and free choice complex. I could not claim to know the skills Scott would need in his adult life. I honor the connection between fate and free choice by following passionate interests. Potentially Scott was developing expertise for his future by following his interests. I committed to letting him explore his passion.

How do we find our essential self? The same way Scott did, follow what brings us joy and find ways to bring what we love into our daily life. Put attention on what we love and use it for good. Imagine the peace we might feel to breathe while one with our hopes and desires. Imagine the joy of spending time and attention engaged in what we love. Yes, we have commitments. I'm not suggesting we ignore daily chores. Let's take care of life and where possible weave in what brings us joy. Do you love fashion? Maybe a first job would be in a clothing store. Or visit the internet. Is there a program teaching how to design clothes? The teachings of the Fairy Godmother require actualizing our Deepest Desires as the foundation of our personal happiness. This is the hero's journey. It will take every resource we have and ask for more.

How do we avoid falling into the trappings of success that leave us hungry? How do we remember beauty and success is not in the color of our skin? It's not in the size of our private parts. Beauty and success is not in the car we drive, the prestigious job, or the home we live in. All these outer features can be reflections of our well-being when they are connected to the expression of our Deepest Desires for the good and well-being of self and others. The trappings of success become meaningful when connected to our purpose in life. Countless people have been disappointed by collecting the outward trappings of beauty disconnected from the authentic self. Ask Cinderella's stepmother and stepsisters.

In the Fairy world individual behavior is born out of the natural requirement to create beauty. That's all they do in the Realm of Fairy, they make beauty. They have infinite words used to describe beauty. There are the subtle beauties of night blooming jasmine as it floats through the open window and across our skin during the sleep of summer nights. There are beauties that steal the breath right out of our lungs, like the explosion of joy with first love. The eerie beauty of howling coyotes across the silent moonscape of Saguaro cactus and desert ravines, or the shimmer of power rippling through a Fairy circle, and the scent of the Pine trees against the endless blue sky: beauty is everywhere. There is the beauty we find delving deeply into the body through a sport or as I did in yoga. Losing ourselves in the flow of movement held together by a whispered prayer. Walking the razor's edge of our abilities, reaching to encompass more, our efforts could be kinetic, mental or emotional. The razor's edge, of what we know and don't know, is the mother of innovation. Last night I felt the beauty of my sweet golden doodle standing next to me as I moved to the edge of sleep. The gentle whiff of air through his nose blew across my face. Is he standing guard? After my third back surgery and my loss of coordination, I found aggravated beauty in the love of my husband every time he ran to pick me up after I fell. And the narration goes on endlessly. Contrasting beauties, extravagant beauties, terrible beauties, beauties that nourish the body, beauties that nourish the soul; they all have a symphony of words to describe them in the border between human and Fairy language. The Fairy Godmother carries the geography of beauty within her totality. She makes her personal choices born out of her Deepest Desire to create beauty. Her surrounding environment reflects and supports her desires. It is from this internal and external topography the Fairy Godmother converses with Cinderella.

Stress can choke the life out of the moment. Just to shift her attention away from her unremitting, erosive and suffocating stress Cinderella was able to breathe easier. Yes, relief is as close to us as shifting our attention. The Fairy Godmother knows resources, previously unrecognized, will be revealed when Cinderella is no longer strangled in her stress. As the Fairy Godmother focused Cinderella toward Positive Possibilities she knows Cinderella will transform her tattered dress by encasing herself within her personal beauty. Once Cinderella claims her strength, when she picks up her personal authority and apprentices to beauty, everything she wears is stunning. Even her rags become chic and stylish. Yes, this really happens. Has there

been a time that you've seen, in person or in pictures, people standing tall, emanating beauty while impoverished amidst a catastrophe? Look to the photos of National Geographic Magazine.

In the presence of the Fairy Godmother Cinderella finds herself amidst her dreams, dazzled. She pictures herself dancing with her Prince surrounded by the light of a thousand candles and the soft glow of moon beams. She envisions herself sharing love and receiving love. She imagines the Prince affirming his need to love her and be loved in return. Cinderella is swept away with the Positive Possibilities of her imagination. That's what Deepest Desires do. They delight and dazzle us. They relocate us in the landscape of Positive Possibilities. Can you conceive Cinderella's relief?

Adopting the Fairy Godmother lifestyle as a symbol of happiness buffers us. We avoid becoming enmeshed in negative, stressful or unwanted situations. Focusing on negative, stressful and unwanted circumstances concretizes the negative, stressful and unwanted circumstances. Eventually they'll morph into fossilized, semi-permanent structures, all the way through our bodies and spirit. We'll literally live in a self-made prison of unhappiness and depression. Every time we are lost in the pains of the past, or present, we are creating the biology of stress and pain reinforced (drum roll please) by more stress and pain.

Lost in the pains of the past is vastly different, an alternate universe, from problem solving or the skills of calming and soothing that are helpful during stressful events. What? You've never heard of the skills of calming and soothing? Yes! That's my point! Our attitudes, the influences of our environments, our behaviors, they are reflected in our bodies and souls. Yet how many of us know the skills of calming and soothing or the skills of good decision-making? The past, present and future are an experiment and we are the biological laboratory. What we concoct is up to us individually and with partners in the creation of life. It's dazzling to realize how much power we have over our reactions and even circumstance. The simplest changes, i.e. sitting in the sun for ten minutes a day, can shift our futures toward something brighter.

Occasionally the burdens of the moment are too great to bear. We might need to collapse, (oops!) rest, where we are; even if it's crushed under the weight of a disability, a failed relationship or the loss of a loved one. But when we're ready to pick up the threads of our lives it's important to develop the skill of shifting our attention toward savoring the good in life. We each have the power to relieve despair and regain the abilities to concoct peace. We learn the various, day to day recipes and attune to the ingredients of peace. One day it's a pinch of acceptance. The next day resolve is the main ingredient. Too often we let our challenging circumstances define us. We ignore even the cool soothing air next to our skin or the path of a cleansing, restorative breath. The more we can collect moments of harmony and beauty—however fleeting—the more harmony and beauty there will be to collect. Appreciating harmony and beauty (I use these words interchangeably with joy, happiness or fill in the blank with your own special word...) wherever we can find it, is an essential feature of happiness. The secret is finding the good and enhancing it with our attention.

Cinderella lives surrounded by people who do not have her best interests at heart. Her efforts to create beauty, born from the kindness of her essential self, are ignored and trampled on. She protected herself from hopelessness by daydreaming about love. In this case Cinderella reaches outside the constraints of daily life seeking a better way. After mourning her parent's death and struggling through the Great Silence she refused to be drawn into the abyss of negativity. She earnestly focuses on beauty. This attitude became habitual and natural to Cinderella. Ultimately it is her saving grace. Day after day, week after week, month after month, and year after year

Cinderella stayed present to the harmonics in the creation of beauties. She pursued love and beauty simply for the inherent value of love and beauty.

This requirement to persevere through the period of relentless effort, the Great Silence is balanced by pursuing our Deepest Desires for their inherent value. We are consumed with manifesting our Deepest Desires but our efforts disappear with little or no effect in the outer world. In the Great Silence we do not see the fruits of our labors. There is not yet the momentum of Positive Possibilities built up over time into a foundation. Deepest Desires need roots allowing them to flower from a strong stem. The network of roots is invisible in the outer world. A Great Silence can last for an indefinite period of time ranging from days to years. However long the Great Silence lasts in the time-space continuum of our personal life it feels like eternity. To endure beyond the Great Silence each of us pursues Deepest Desires for the value of the pursuit, the engagement of our strengths and the positive feelings and emerging mastery that come with engagement and pursuit.

Cinderella's positive attitudes wired love through the fabric of her personal strengths. She carries the vibration of love in her behavior, in her nature, in her personal strengths, her feelings and in her outlook on life. Connected to her strengths Cinderella constructs a foundation on which to build her happiness. As a result, when the Fairy Godmother arrives she is ready and open to receive the teachings. The first step is to identify our Deepest Desires. The second step is to utilize our personal strengths in service to our positive goals! Occasionally we only need permission to refocus our attitudes. The Fairy Godmother's appearance provides Cinderella with the external authorization to pursue her dreams. Whether we find our go-ahead internally or externally the next step toward a life of well-being is to design behaviors congruent with our attitudes and goals that are wired into personal strengths. Why? Because people like exercising personal strengths. To say it in plain English, we like doing what we are good at. We like getting better and feeling mastery emerge.

Personal strengths in conjunction with Deepest Desires along with congruent thoughts, feelings and behaviors is a potent recipe to manifest the Positive Possibilities that create happiness. Think of it like this: Pour into the mixing bowl your Deepest Desires, and personal strengths. Add in congruent thoughts, feelings and actions. Stir and bake. In other words apply time and effort, the heat that solidifies and evolves Deepest Desires into physical manifestation. It all started when the Fairy Godmother gave Cinderella permission to claim her Deepest Desires and she did!

These are the questions we might ask ourselves: Do I have someone who acts as a Fairy Godmother? What form does the Fairy Godmother take in my life? (Hint: Sometimes our challenges are the Fairy Godmother in disguise.) Can I build a Fairy Godmother? Can I become my own Fairy Godmother? What would a Fairy Godmother look like in my world?

This is the Second Key to Happiness: Focusing on harmony, health, joy and success will bring us more harmony, health, joy and success.

CHAPTER FOUR

Claiming Personal Strengths: The Third Key to Happiness

The Third Key to Happiness: We are filled with native talents and resources, personal strengths. These resources support our Deepest Desires. Apply them in daily life to manifest dreams.

Cinderella is joyful with the news the Prince will marry a woman with whom he finds shared love. It will be a reciprocal relationship giving and receiving authentic love. Finally, here is someone who shares Cinderella's goals. She intuitively knows she will be the perfect wife for the Prince. Her predicament? How does she translate this inside knowing to her outside self and circumstance? What steps will she need to take in order to match her outsides with her dreams? From outward appearances Cinderella is not a suitable bride to marry the Prince. She is poor and invisible to most people. She is occupied with cleaning and errands. There is no time in her day for a quiet cup of coffee. She is harried under the constant strain of more work than one person could reasonably accomplish.

Cinderella has no time to think about what outfit would look pretty if she attends the Prince's party. Her clothes are patched and thread barren beyond recognition or style. She has no outfits except the rags she pieced together—cast offs, tattered and stained, through careless treatment. Cinderella's nails are unpolished, broken and chipped. Her hands—raw from hot water and scrubbing. In cold weather they crack and bleed.

She is a quiet person. Silence is her strategy to avoid the contemptuous criticisms and the grating laughter of her stepmother. Her day begins before dawn and ends well past sunset. Her eyes burn. Her body droops with fatigue. Where will she find the resources to attend the ball and meet the Prince? When can she make a dress? How will she travel to the castle? Who will escort her past the formidable palace gates? What kind of polite conversation should she make? Her circumstances felt hopeless.

This is what Deepest Desires look like to each of us! They seem unattainable. The obstacles in our path are insurmountable. The home of Deepest Desires stretches far beyond the stars—a journey light years beyond our reach. For many people their hopes and desires seem so far away they give up on the journey before they begin. Ironically, our seemingly unattainable desires concurrently continue to live deep inside us. Yes, happiness resides inside our secret longings, albeit sequestered, seeking to be released. Remember the First Key to Happiness: Deepest Desires are the seeds of our happiness. The beginnings of happiness are born from our identification and recognition of Deepest Desires.

How can our desires seemingly inhabit an unreachable universe and simultaneously reside inside us? The conundrum of Deepest Desires is they give two messages: yes, we can achieve them. No it's not possible. Yes, we are strong enough, imaginative enough, resourceful and resilient enough to realize our dreams. No, we are not qualified. We do not have the expertise required to pull our dreams into our future. Our desires embody paradox. And paradoxes are frustrating and annoying. They pull us in opposing directions. Yes, it's possible, and no it's impossible. I want it but I can't have it. Both statements appear to be true. Reality requires one truth; it is either possible or not possible. What appears to be hopeless circumstances discourage many people from attempting to manifest their dreams.

People remain in bad marriages, they continue in a lifeless job with no future prospects for advancement and fail to pursue their hobbies and interests for a seeming lack of time and resources. Do you know anyone who rationalizes their abandonment of Deepest Desires by labeling the rejection “reasonable and practical?” Ignoring our dreams can leave us in despair. A life of avoiding Deepest Desires can become a nightmare. For some people the pursuit of secret wishes in public, where everyone can see them, is terrifying. What if we look foolish? What if our Deepest Desires really are unattainable? What if we try and fail? We doubt our abilities to create our Deepest Desires in real time. We’re afraid we’ll be mocked, rejected, or belittled if we look into and claim the interior geography that houses our dreams. And don’t even let me get started talking about how vulnerable and exposed we feel pursuing dreams.

If we grew up in a family or culture believing happiness comes from hard work, the prospect of taking time away from drudgery to build our dreams is foreboding, dangerous, sinister... Adding to our fear is the expectation living our dreams will take every ounce of strength we have and then require more strength. Where will we find the extra strength? Where will we find the creativity, the time, the drive to create tangible dreams? If life as we know it has us feeling tired, the mountain we’ll need to climb to transform our dreams into reality appears as daunting as setting out to climb Mt. Everest as a novice climber.

I feel this every time I start to write a book. While the initial writing feels enormous and impossible, the truth is writing turns out to be the easy part. What?! Yes, the impossible task of writing a book is the easy part of manifesting a book product. Editing a book is a process of purification for the contents of the book and me. Laying down the bones, filling in the structure, expanding and deleting, listening for the voice of the book to tell me its secrets, evolving one iteration after another until both the book and I are different versions of ourselves than when we began. The whole process from start to finish is impossible. I have no idea how on earth anyone successfully completes the task. Then I was surprised to find the work after I’ve written the book, to search out and find readers, can be just as arduous and vulnerable as writing.

This is what Deepest Desires look like to each of us! They’re unattainable. The obstacles are insurmountable. Deepest Desires are light years beyond our reach. We begin with the realization Deepest Desires embody the impossible and the possible. No we are not qualified. We do not have the expertise required to pull our dreams into our future. Over the arc of time, i.e. the Great Silence, the byproduct of our focused efforts while engaging personal strengths builds our qualifications and expertise. We are purified of the parts of ourselves that sabotage dreams. It is engaging our personal strengths in service of Deepest Desires that separates the possible from the impossible. Through persistence we find we are strong enough, imaginative enough, resourceful and resilient enough to realize our dreams.

Climbing a mountain to pursue our Deepest Desires includes the risk we may get lost. It’s true. Striving to achieve our goals we will get lost, and more than once. The quest for converting Deepest Desires into daily reality is lonely or crowded with distractions or both lonely and crowded with distractions. The sheer magnitude of the task can be alarming. The process transforms us. Transformation looks great on paper but the reality is often terrifying. Who will we become? Will we be a stranger to ourselves? The evolution of our Deepest Desires will simultaneously evolve us. It’s rarely a smooth process. More often than not our procedure will be filled with anxiety and questions; side by side with the joy of engaging our strengths. For example: The infinite rewrites of a book forge the elements into a cohesive whole. The medium of purification is the flame of creativity. The achievement of this conversion in the temporal world could take years, or could happen so quickly we feel unprepared.

The task of manifesting Deepest Desires is forbidding. How do we convert our dreams with so many daily requirements taxing our resources? We delude ourselves we're happier staying away from dreams. We retreat to other commitments as a defense. Living our Deepest Desires may appear to be frivolous so we cast them aside. In the name of survival (which is important!) we take a job that has little meaning for us. We absorb ourselves in restless chatter, food, TV, drugs, gossip or other people's dramas. We pay attention to anything that will distract us from the emptiness of our lives without our dreams. So what is the solution? It's through embracing the frictions of dueling priorities we are thrown into the fires of creative transmutation. This is the alchemy of Deepest Desires embodied within daily life.

Why do we bother? Because one way or another our Deepest Desires continue to pull on our longings to live our destiny. We're hungry for the opportunity to engage our personal strengths. We feel unfulfilled, lonely, lost and confused when we abandon our dreams. It's the pursuit of Deepest Desires that gives us enthusiasm to leap out of bed and greet the day with eagerness. Living our strengths interwoven within our Deepest Desires we become vibrant. Life explodes from black and white into *Technicolor* as we inhabit our strengths in the real world.

The Fairy Godmother's first inquiry to Cinderella is whether she has enough courage and the faith to believe in her ability to manifest her Deepest Desires—even in the face of seemingly impossible odds. This challenge is the first gift the Fairy Godmother gives Cinderella. The Fairy Godmother is irrevocably committed to Positive Possibilities. "Impossible odds" have little meaning. When Cinderella answers with an emphatic "yes" their conversation deepened. Together they defined the parameters of Cinderella's dreams and made a Proclamation. Cinderella's Deepest Desire is to find true love. She needs a life receptive to her desires. She wants to create beauty, to express and receive love, with every conversation or chore. Stepping further into the realm of Cinderella's Deepest Desires, the Fairy Godmother wants to know whether Cinderella has anybody in mind she might want to marry?

Cinderella's face lights up. Her skin is highlighted in shades of rosy pink. Her eyes shine. She stands straight, belly in, shoulders down, as if an invisible string lifts her heart. She is poised while describing a story from her childhood. Very few people know, when Cinderella was a young girl her Mother and Father played Bridge, a strategic card game, with the King and Queen. Beginning in early afternoon the card games went deep into the night, spread over the course of several days. As far back as Cinderella can remember her parents brought her to the castle on these occasions. The castle became a second home, a playground for Cinderella and the Prince.

Reminiscing with the Fairy Godmother Cinderella describes hair flying behind her during wild chases. She is talking with the Fairy Godmother and simultaneously she is in the faraway, reliving running down the basement stairs and out into the gardens. The Prince thunders behind her as she speeds through the game rooms set up for ping pong and badminton. She hides in the laundry room behind the wooden chutes that carries the laundry down into a gigantic holding tank made out of garden trellis material. Sneaking past the Prince, Cinderella opens the exterior door. Rough aggregate steps lead up to the garden. Racing up these stairs, into the sunny garden, are infinite hiding places. Later they sat amidst the flowers, or on stone steps soft with overgrown moss, enjoying a view of the distant hills draped in mist.

If the weather kept them indoors sometimes they hid behind the panel used to store blankets. Sitting on slippery quilts stacked high they unobtrusively listened to the adult's table talk. Occasionally the King pounded the table in laughter. Cinderella and the Prince share a smile. Bridge tables set up in the castle ballroom are surrounded by buffets of food; pancakes, bacon

and eggs fill one sideboard. Sandwich interiors and fresh breads cover another table. There are tables of pastas, hot and cold. Desserts, fresh fruit...The foods fill empty stomachs and the brains requiring energy to outsmart opponent's strategies.

Roses of every color spill out of centerpieces marking sideboards of food. Fragrant lilies or orange tree blossoms are the centerpieces marking the counters holding beverages. Walking inconspicuously around the edges of the room Cinderella and the Prince held hands giving each other the strength to pilfer the food. Frequently they are waylaid by a family friend swooping in for a hug. When the Prince politely inquires about the evening's games they most often heard, "Oh I'm playing the dummy right now." This is mystifying. In daily life adults rarely label themselves 'dummies.' Walking toward the tables groaning with food and deserts Cinderella shook her head. "Why do they refer to themselves as the dummy?" They shrug at the strangeness of adults.

Occasionally they tiptoed on quiet feet up to the attic. On stormy windblown nights they opened trunks perusing hidden treasures until the contents are well known to them. As they got older they dressed in clothing found in the chests pushed to the back corner where the eaves meet the walls. Cinderella's favorite gown is cream colored lace just slightly rusty with time. The undergarment is a rich silk. Spaghetti straps were invisible under a matching bolero lace jacket. The fabric pooled at her feet creating a puddle of lace and silk. If the attic was chilly they found old furs still soft under their fingertips. Sometimes Cinderella wore a black taffeta silk dress, previously a Queen's inaugural gown, the skirt is wide, supported by a light framework of petticoats.

The Prince routinely dressed in military uniforms he found in another trunk haphazardly pushed against the wall. A sash of medals seemed to make him stand taller to Cinderella's observing eyes. An officer's cap slid down past his ears until he took it off in disgust. Pushing trunks together they ate their stolen food, while rain and wind lashed against the lead glass windows. After eating they practiced dancing. She tripped. Laughing the Prince caught her. In their early years he often trod on her toes. She giggled or finally exasperated elbowed him in the ribs. Over the years they learned to flow as one, united by athletic skill and grace. Later they might pad in sore bare feet down the stone hallway and into the kitchen to steal handfuls of still warm sugar cookies dusted in baker's sugar. If the cook caught them she heated warm milk or creamy chocolate with a hint of vanilla. Taking their cookies upstairs they found an unoccupied guest room and made themselves comfortable. Lounging on sofa or bed eating cookies they embellished stories. Cinderella's source is the town square gossip. The Prince overheard his stories hanging around the guard's break room. One conversation led to another until they fell asleep warmed by the fire, invisible in a pile of silk comforters.

Cinderella returned from her reverie to find the Fairy Godmother intently watching her and nodding. Recounting happy childhood times her eyes sparkled. Her voice was light and lilting. For Cinderella these days and nights were pure magic. Her time with the Prince is the basis for Cinderella's dreams of marriage. Bridge games at the castle stopped with her mother's death. Frowning, biting her lip, she said, "I'm not sure the Prince would recognize me now. People look away when they see me on the street. I've become invisible."

Shortly after her first meeting with the Fairy Godmother, as Cinderella hurried through her errands, the town was buzzing with news. "The Prince will only marry for love." He issued a **Proclamation!** Cinderella gathered several copies. Enough copies for her stepmother and stepsisters, and several to scatter throughout the house. The extra copy she keeps folded in the inside pocket of her skirt. Later that day as twilight streaked the sky pink and gold, the Fairy

Godmother appeared amidst the cauliflower and broccoli. With shaking hands Cinderella dusted off the remnants of garden dirt and reached inside her pocket, reverently unfolding a copy of **The Proclamation**. Carefully smoothing the parchment paper she began reading to the Fairy Godmother:

The Proclamation

Today I declare my quest to find a Queen. The woman who will become our Queen lives her strengths applied to a greater purpose. A woman strong enough to love beyond short comings, yet holds each member of her family accountable to their promises. Uniting our personal strengths we will see in each other the possibilities of a life of wonder. Through partnership we are stronger, able to address the concerns of each day and what life might cast upon us. A Royal marriage will flourish amidst daily demands, softening our hearts when compassion is needed. Kindness is balanced with strength. Justice is balanced with temperance. Compassion is balanced with insight. Although my bride is sweet do not assume she is weak. She is congruently powerful. She assesses truth with love.

To assist in my quest the King and Queen are holding a gala; a celebration of the past, embracing hopes for the future. Every young woman, all families in the Kingdom are invited. A special welcome back to those who played in the castle while growing up!

A Proclamation is a way to gather courage. The secret to making dreams come true? Deepest Desires, forged into a Proclamation, tied to congruent behaviors encourage Positive Possibilities. This series of events ignites the Universal Law of Ever Expanding Beneficence. Do you recognize of the Power of Beneficence? Look at the plum trees growing in town square. Can you see the branches filled to overflowing with its fruit? This is nature's reflection of the Power of Beneficence.

My message to you today: Beneficence is not a power reserved for princes and plum trees. Beneficence is a thread of power inherent in the tapestry of life. It is available when we claim our Deepest Desires, matching them with congruent behaviors. A Proclamation and congruent actions are the tools of Beneficence. The Universal Law of Ever Expanding Beneficence is ignited, when through our actions, utilizing our resources, we pull our dreams from the insubstantial realm of the imagination into the physical realm of daily life.

We have seen other countries torn apart when the Prince and Princess are not living harmoniously. Even the monarchy is at risk when unhappiness spirals beyond the boundaries of the Kingdom to infect our relationships with other countries. Such is the importance of all marriages. Together we form a community. I invite you to join me by pursuing or revitalizing your own Deepest Desires. Trust your dreams to the Universal Law of Ever Expanding

Beneficence and climb the rungs of the Golden Ladders in your efforts to pull your dreams into reality.

After reading **The Proclamation** Cinderella and the Fairy Godmother sighed. Pure pleasure washed through them. The Prince is determined to manifest his Deepest Desires without compromise, without fear of change or fear of ridicule, and with bold resolve. Behind the shine in the Fairy Godmother's eyes is the joy of working with the Prince to craft his Proclamation. (The Fairy Godmother doesn't just work with orphaned servant girls.)

The miracle of Deepest Desires? In their presence everyone feels excitement, hope, and the sweet ring of truth. Infinitesimal sparks of fire twinkle as Cinderella and the Fairy Godmother name and define Cinderella's desires. Designing her Proclamation they are building optimism for her future. Interacting with the Fairy Godmother provides Cinderella with the inspiration to sort out the paradox of Deepest Desires. How could Cinderella pull a dream far beyond her means into her daily reality? For those of us who take on the challenge of living beyond the paradox, we do so by clinging to our Deepest Desires in the face of every disheartening obstacle. It is as simple as making a sacred promise. Unite with Deepest Desires and utilize the resources available to manifest our dreams.

Simultaneously with our search we use our skills to meet the demands of daily life. For example the young man who wants to become a professional video gamer uses his technical skills; the small motor control enhanced by playing video games, in a job that brings in money. Think of the technicians who type court transcripts. While she is a Queen in training Cinderella never stops cleaning. Her skills of organization and impeccable effort will translate into her life in the royal palace. Until then she cleans.

The entire principality engages with the Prince's decree. People assess their resources, re-examining forgotten dreams. Citizens wonder how to evolve their Deepest Desires. Some consider education and apprenticeship in the anticipation of realizing future dreams. Tangible acts in service to Deepest Desires inspire others. The Prince's Kingdom is alive with hope and corresponding behaviors. Cinderella, too, is inspired by the Prince's sacred oath. His promise became her resource, she drew on his strength. The Prince made a sacred vow and he is loyal to his promise. His loyalty is an asset, stoking the fires of his dreams and giving vitality to all his actions. The Fairy Godmother helps Cinderella realize it doesn't matter if her stepsisters laugh at her dreams. Her stepmother's disdainful and contemptuous criticisms of her efforts are unimportant. Cinderella and the Prince are a match at the level of Deepest Desires. Their minds, hearts, and souls are the fit of two puzzle pieces coming together.

Personal strengths are empowering. Operating from personal strengths intertwined with Deepest Desires is joyful. They are your resources. Unite them with your Proclamation. When our strengths and Proclamation dovetail we are transformed. We are evolving self-mastery into personal authority. But even more happens. Resources expand. We broaden and deepen positive emotion. Layer upon layer of engagement increases our strengths and conversely strengthens our assets. The more time we spend in our personal strengths the more mastery and sovereignty is woven into our expressions and experience. When we join our strengths with Deepest Desires we create Positive Possibilities colored by the reflections of our dreams.

Cinderella spent her days cleaning and by the end of the day she was as limp as her dish rag. All day long Cinderella was practicing the art of making beauty and harmony. She didn't carelessly wipe off the counter. She made hot water by gathering a bucket of water from the well and heating it over the fireplace. Then she used the hot water and soap to scrub the counter until it was gleaming. If there was a particle of food glued onto the counter surface she used her

fingernail like a tool to scrape the dirt away even at the expense of fingernails broken and chipped. By the time Cinderella was done cleaning the kitchen counter little sparkles of light bounced off the shiny surface.

How does all this work meld? Cinderella infuses her chore with the energy of her desire to create beauty. Creating beauty is one expression of her personal strengths. A sparkling clean home builds her self-esteem. Her efforts lead her down a path of fulfillment and excitement; from drudgery to joy and from depression to elation. When Cinderella is dusting, mopping and scrubbing she isn't just cleaning she is creating serenity. She is engaging her personal vision. She is lost in the moment. She is absorbed in her desire to create beauty as a way of expressing love for her parents. Operating from her personal strengths she is grounded in a state of absorption and flow.

Absorbed in the moment time disappears. By working with intentionality she is building positive emotions. These are the ways Cinderella will care for her husband creating their home anew each day with her love. By engaging her native strengths, blending her personal and environmental resources, dedicated to the purpose of creating positive outcomes; the apparent contradiction or the paradox of Cinderella's Deepest Desires begin to disappear. Cinderella enters the transcendent realm where all things are possible.

The Third Key to Happiness: We are filled with native talents and resources that support our Deepest Desires. Apply them in daily life.

CHAPTER FIVE

Proclamation: The Fourth Key to Happiness

The Fourth Key to Happiness: Create a Proclamation that revolutionizes the inner and outer world; designed to create health, beauty and prosperity for ourselves and others.

Now we understand the importance of the Deepest Desires entwined with our personal strengths and resources. It's time to design a Proclamation. First, let words associated with goals and strengths spill out of the mind. Write them down! This is a word spill. I learned it in the fifth grade which was a long time ago in human experience but only a blink of the eye in the realm of Fairy. I've practiced with this tool. It has never let me down.

A word spill is letting our mind free. The words become a path or bridge connecting our dreams with the temporal world. This language will guide us through the Great Silence. Empowering, they may heal us of depression. The terminology of success and positive change is the arena of the Fairy Godmother. Cinderella has spent years struggling and grieving. When the Fairy Godmother appears it marks a shift in her readiness to move beyond her grief. The Way of the Fairy Godmother studies the singular point in time for positive change and personal transformation. Designing a Proclamation documents, makes literal, her hopes and dreams.

To prepare describe, using as many words as possible, what success and happiness looks like across your unique vision for life. Let the words flow. Don't worry. Erase words you're not happy with *after* the spill. I hope we all use the entire page. Our version of happiness and success may need more than one page. Here is an example of a word spill: When I'm not writing books, I moonlight as a Happiness Coach. My Deepest Desire as a Happiness Coach is to teach people the tools and skills of creating harmony and beauty while simultaneously manifesting wishes and goals. Key words are: manifesting, Deepest Desires, harmony, identification, beauty, practicality, tangible, transcendence, focus, congruence, creativity, dreams, wishes, goals, empowerment, truth, serenity, love, Golden Ladders, abundance, joy, laughter, prosperity, positive language, positivity, success.....I could go on and on, but you get the idea. Writing a word spill choose vivid words. Be extravagant, be sparse, strong, delicate, oops, this is your word spill. Select words infused with the important qualities of your Deepest Desires. Some teachers might advise: *If you're Deepest Desires do not thrill and terrify you; go back and re-examine those desires.*

All this comes with a caveat. Our Deepest Desires evolve. We may find ourselves on a different track. No problem. Take the example of the video gamer. He gets involved with court reporting. The law becomes a new passion. His Deepest Desire has evolved. He is immersed in the field of justice..... When I realized I wouldn't fill the air with sparkles as a dancer I evolved into what had been my secondary interest; psychology. It might seem a world away to you. For me, both worlds are about transformation and the spectrum of experiences encapsulated by life and death. Before we become entangled in a war of words let me ask you two questions: Do you believe only life contains beauty? Do you believe only death causes grief and anguish? On each path I've encountered anguish and beauty. Writing The Way of the Fairy Godmother I am engaging beauty, not from the point of view of dance or yoga. I create beauty with words intertwined with the story of Cinderella's apprenticeship to the Fairy Godmother. But if those words aren't grounded in reality they have no grit, grip or traction. The bottom line? If we can't find a way to make our dreams relevant in the material world they would be *meaningless*. (I'm

leery of making such a dogmatic argument and I'm not sure 'meaningless' is true statement one-hundred percent of the time, but pretty close.)

When you engage your personal strengths with the design of your proclamation you have a map designed to revolutionize your future. A proclamation tethers your dreams into reality. To proclaim the intentions of our authentic-self translates our dreams into a potential reality. Every Proclamation is unique. They reflect our one-of-a-kind gifts and talents. The essence of who we are and who we want to become are reflected in our Proclamation. Yep, it feels vulnerable, starting with writing words associated with the success and process of actualizing our dreams, because they ignite power. From this pool of words we carve out our Proclamation. We might, we will, be overwhelmed with the audacity it takes to live our dreams. Plans brought to life with words in our Proclamation ignite the Divine Transmuting Flame. Combined with action, the friction of reality and dreaming, this spiritual flame burns away the dross that keeps us from becoming whole and complete, ready to live our dream.

I know it sounds scary. It is scary. From this cocoon of imagery we create our Proclamation. A Proclamation is the map to transform our life. The Fairy Godmother worked with the Prince to define his Proclamation. The key to the Prince's successful Proclamation was to meld his intention with attention. Or, to say it another way, the Proclamation merges desires, wishes, hopes and dreams with intended actions. It's the actions that will manifest our desires. The process of blending attention and intention gives rise to congruent behavior resulting in the creation of Positive Possibilities. Synthesizing attention with intention is at the core of designing enduring happiness. Hold on! Did I mention the part about Cosmic Comedy and the circuitous path to enduring happiness?

Here is an example from my own life. A true story, it is a little sad and a little funny. In the midst of the circumstances leading up to my divorce I intensified my search for ways to encourage and cultivate calm. I was dismayed to find myself triggered into despair or infuriated. If you haven't been a peri-menopausal woman it's difficult to understand the full depth of fury....so this example is a little outside the box of our maiden-Cinderella and Old Wise One – our Fairy Godmother, storyline, but here goes: Remember, it was a friend going through a divorce that brought me to my first yoga class. She left after a couple classes but I stayed on. It was the promise of peacefulness advertised with yoga that had me buying class package after class package, until I finally bought an annual pass. At yoga they played cool music. Classes took place in soft lighting. They were challenging and arduous which was exciting. The classes ended with suggestions, positive suggestions, for life. I wanted to feel peace instead of my escalating distress. I wanted yoga to develop my muscles of tranquility. I thought if I could just recapture my equanimity I could stay married.

My intention was to increase my composure. I gave my attention to the task by taking yoga. AKA twisting my body into shapes, where once we are sufficiently uncomfortable we consciously, volitionally, chose to be calm. Serenity in the midst of our body's convoluted posture? The theory is if we can be calm in the midst of stressful poses, when we encounter stress in ordinary life we have already wired into our body and spirit, calm and serenity. I desperately needed both. For the yoga purist; yes the original purpose of yoga is to prepare the body for hours of seated meditation. But a modern day take on yoga is the tortured body, calm mind application.

As I said the product of blending intention with attention creates Positive Possibilities. Positive psychology hypothesizes that eventually Positive Possibilities snowball carrying us toward our aspirations. My quest for serenity with a yoga practice yielded predictable

manifestations of Positive Possibilities. I lost weight. I became flexible. I felt more confident. I had a growing sense of mastery in my abilities. Yoga became a focal point in my life. It was transformation on an epic scale, relatively speaking.

Two things did not change. First, despite losing weight my back still hurt and my body ached. Secondly, worst of all, my hair-trigger despair and anger with my marriage might have become even worse. What was going on? Combining my attention with my intention was creating positive outcomes. I was excited by my new abilities. But I hadn't become peaceful. This is the part where we see one of life's little cosmic jokes. Yes, we can agree attention and intention creates Positive Possibilities. Some were happy surprises. I hadn't expected to lose so much weight. I never thought I'd be able to do the splits again. But, let's get back to those pesky possibilities. Has anyone told you on the path to Positive Possibilities we cannot predict all of the results of our attention and intentions synthesis? Sometimes nourishing intentions yields surprising, unexpected outcomes.

Symbolically, it's like planting a flower garden. We cannot predict which seeds will germinate. Some say a Higher Power chooses the color of the blossoms. Watering and weeding fulfills our intention to create a garden. Continue to marry attention (water and weeding) and intention (a beautiful garden) and savor the astonishing artistry of the intention and attention garden. Sounds good. Or in yoga speak, "it's all good."

My real life example, desperately hoping yoga would allow me to interact with serenity in my marriage was not turning out as I'd expected. Instead of leading me into a state of equanimity my garden was growing unexpected flowers. I was confused. The more I did yoga the less tolerance I had for the subtext of lies and deceit, the financial infidelity that characterized my marriage. I practiced yoga to find calm and capacity that would allow me to stay in my eroding union. Instead I felt more outraged. I kept asking myself, "Where is the composure I'm building?"

Even my husband asked, "I thought you were doing yoga to calm down?"

I didn't realize yoga encourages a state of truth within our body. Although, retrospectively, it seems self-evident. I was unprepared for the reality; yoga embodies truth. Asana (yoga postures) purifies muscles, bone, our CNS and organs. The image? Pour truth in, and if the container is dirty, then as the clear water of truth pours in, the dirt moves out. After the dirt was out I discovered I couldn't tolerate the cheating. As a result of practicing yoga truth found a home in me. Painfully, these were not the calm truths I'd hoped for. The more I fed a yoga practice with my time and attention the more I was confronted with the intolerable and emotionally cataclysmic truths of my circumstances.

Although terrifying what germinated within me was the determination to disengage myself from the destructive illusions. These were the astonishing results born out my yoga practice. It wasn't the color, shape, or variety I'd expected. In all honesty it took me years to recover equanimity. The shattering was not just my marriage but the life we created. Rebuilding a life from scratch with a son entering his teens, I really cannot recommend it. It was the process for me of collecting equanimity in its true form. Are you ready for a revolution in your life?

Here is another facet of Deepest Desires. Maybe you've noticed in fairy tales we seek out one journey, one goal at a time. It makes the story go more smoothly. One quest is easier to follow. In real life we might have a bundle of quests. My quests this month? I finish the course work for my PhD in Positive Psychology. I re-activate my counseling license by taking a bundle of continuing education classes over the internet. I'm polishing this book. I'm trying to starve myself to lose weight I gained post-back surgery. I have not been successful yet. (Is it better to have a diet that starves us in reality then indefinitely *trying* to starve ourselves?) More quests:

I'm a Mom of a now 23 year old man. *How does that work?* I am a golden-doodle Mom dealing with his allergies that lead to licking his legs and feet raw; OCD style. I'm a wife. A new-found husband and no he isn't interchangeable. I worry my husband feels he's last on my list. My point is, in the spirit of full disclosure, I'm writing this book from the point of view of a fairytale. Real life has multiple quests simultaneously. I'm sure I don't need to tell you it can get crazy. But let's get back to the fairy tale version. As difficult as writing a book is, writing a fairy tale version of life is much simpler than living life. You've probably ascertained this from my snippet of a story. WHEW! NEXT!

For those of you still with me on the journey now is the time to transform magical imagery into Proclamations and the reality of a new future. This is where the magic of the Fairy Godmother stops and the grunt work of realizing dreams begin. The Fairy Godmother (imagery) is a catalyst for change, not the change itself. If we're ready for the ephemeral nature of our dreams to fall away and the reality of our dreams to take shape then it's time to write out a Proclamation.

When people come to see me, not to grieve or understand the pains of the past, but specifically ready to court positive change I am continually surprised how difficult it is to nudge them forward and engage in writing Proclamations. Sometimes I write while they dictate. Sometimes I ask questions and they write down their answers. At the end, one way or another, they need to leave my office clear on their commitment. The Proclamation is a resource, should they pick up these threads, to weave their future. Our proclamation puts us on notice. It is time to make dreams real. And this part is no fairy tale... Unless we can transform the dreams into tangible and substantial reality all of these Deepest Desires have gone unrealized. The Proclamation moves us from the gossamer wings of the dream world to the dirty, gritty, daily grind of hard work, in the blink of an eye. And that is why the Proclamation is essential.

It is a map. A practical method for using our hard earned positive vocabulary to assist us in the concrete substantiation of our dreams. Use the visionary language generated from the word spill to create the Proclamation. *The Proclamation encompasses how the attainment of our goals conveys value to us and others.* It's a nuts and bolts description of our ambitions and their positive expressions. For example, I want to write a book about the technology the Fairy Godmother teaches apprentices. I believe the skills of the Fairy Godmother are found in positive psychology, embedded in the fairy tale itself, and a portion of the Fairy Godmother's tools are a reflection of the crossroads that dwell in the heart of mysticism. Who is the foremost apprentice to the Fairy Godmother? Yes! Cinderella... So my research will be to understand the Fairy Godmother's interactions with Cinderella; within the context of positive psychology, fairy tales and mysticism.

Can you see? The Proclamation is the point in our journey to be literal. For example, in my quest I'll write one chapter about Deepest Desires based on the conversations at the heart of the fairy tale. Another chapter will describe personal strengths as our resources sourced from Positive Psychology. And a theme interwoven throughout the book will be describing the mystical crossroads where opposites meet and resolve into something wonderful. If you are like me and have the tendency to be a dreamer, then writing the Proclamation could be challenging. Even though it's literal don't confuse the Proclamation with the Golden Ladder. Climbing the Golden Ladder is the actual activity. Just as writing the chapter is different from thinking about a chapter. Actions come after the Proclamation has been accepted as accurate. Is the Proclamation a complete statement of our Deepest Desires and who we wish to become? The Golden Ladder is a listing of the behaviors required to achieve our goals.

Create a Proclamation and be specific. In writing a letter to a friend you wouldn't send a jumble of letters tossed together as word salad. It'd be unreasonable to expect the receiver to decipher the message amidst the chaos and jumble. Clarity and specificity create strong mental images. The reason writing a Proclamation gets confusing is because our mind does not think in words. Our mind thinks in images. A Proclamation requires us to write literal words, which will translate in our mind, into images. These images create a cascade of biological events. The clarity of our mental images is a significant factor in signaling to our body, mind and spirit that we are serious about living our dreams.

We use the power of positive language to describe how the attainment of our goals benefits us and others. The Proclamation outlines our intentions and commitments to these intentions. Our Proclamation informs the self where we will put our attention; time, energy and focus. It dissipates the misty veils of uncertainty and confusion. If I dream of being a doctor, my Proclamation will contain my aspiration of becoming a doctor *and* the passion behind 'why medicine?' The Proclamation will outline the steps of education, possible specialties and the required residencies.

The final Proclamation is a coherent, integrated, affirmation of our commitment. Depth of understanding, commitment to goals, and dedication wired in with our signature strengths is reflected in the Proclamation. Growing competency, the evolution of our dreams over time, the Proclamation is the unwavering commitment to manifest our images into tangible form. With enough time, persistence and momentum Deepest Desires flower and grow, shaping our circumstances and destiny.

The Prince's Proclamation was sent out across the land and inspired many. Single women dreamed of being chosen by their version of a Prince. Others were inspired to ignite their visions for a version of their best possible self. A Proclamation will stir up emotion, positive and negative. Once the Proclamation is complete our behavior becomes inextricably tied to Deepest Desires, native talents, dignity and purposeful action.

The next steps, climbing the rungs of the Golden Ladder, these actions illuminate our life, as well as the lives of those who are affected by our conduct! The garden of life will bloom and flourish in abundant and unexpected ways when we match our actions with our dreams. Could this be our personal version of the Garden of Eden? Could the Garden of Eden live inside us waiting to be explored and discovered? Our Proclamation is transformed from mere words into the boundaries of the garden of our realized self.

The Fourth Key to Happiness: Create a Proclamation that revolutionizes the inner and outer world; designed to create health, beauty and prosperity for ourselves and others.

CHAPTER SIX

Golden Ladders: The Fifth Key to Happiness

The Fifth Key to Happiness: To create success climb the rungs of the Golden Ladder and manifest your Deepest Desires in the everyday world.

The Fairy Godmother doesn't spend a lot of time in the material world. Why? The dimension of life we mortals inhabit is toxic for the Fairy Godmother. At this point in human history the corporeal world is contaminated with negativity, pollution and limitations. For her, it would be like entering a smog-filled-environment, where toxicity adheres to the skin dulling the radiance of her incontrovertible optimism, making it difficult to breathe. Yet these are the realities mortals deal with 24/7. Living well is difficult to accomplish in our time-urgent, task-oriented society where success is prioritized over people. That said, apprenticing ourselves to the Fairy Godmother facilitates happiness skills, some easily learned, that buffer us from daily stress. Maybe it's time for another brief disclaimer. It's possible when you purify your life of what is toxic and sabotages you, you might (...I'm wincing as I type here) become more sensitive to toxicities. I have a parallel story that could clarify what I'm trying to explain. When I began a spiritual journey in my twenties I thought it would be wonderful to develop intuition. Dare I say it? I longed to develop the skills of a 'psychic' nature. Fast forward twenty years. I've practiced daily meditations, educated and practiced holistic healing, I've experienced many initiations, studied and practiced Indigenous healing traditions and a byproduct is I'm definitely more psychic. What nobody tells you... And I had not thought it through... Now I'm psychic, I really would prefer not to know most of what I'm picking up. Oh, the ironies of Cosmic Comedy. Consider yourself informed and take the journey anyway. You are better for the effort of developing your dreams. The people around you are better for your efforts. When we are grounded in our strengths and resources Positive Possibilities flourish.

So far, we've explored the skills of savoring the positive and beautiful already in place. When we claim and increase our awareness of beauty and harmony, then there is more beauty and harmony to notice. Find and define Deepest Desires. They hold the seeds to our happiness. When we solidify our understanding of Deepest Desires, positive psychology tells us we've begun to create optimism for the future. We discover inherent talents through the identification of our strengths. Write your personal Proclamation. It will revolutionize lives. Don't forget to describe the ways manifesting goals will benefit self and others. While Deepest Desires may evolve and change never give up striving to create them in tangible form. Climb the rungs of the Golden Ladder by committing to specific, tangible behaviors. This will create the Positive Possibilities bringing our dreams into reality.

The Fairy Godmother teaches the more we climb the rungs of our Golden Ladder; purposefully pursuing our dreams, the more we can successfully buffer stress and replace stress with feelings of joy. What are Golden Ladders? They are the actions. Each action is represented by a rung. The Golden Ladder is a symbolic ladder. The rungs are the images in our mind that we identify, transformed into quantifiable behaviors. Actions are required to birth our dreams in reality. Through the rungs, identifying actions, we have a map guiding us to translate dreams married to behaviors, made manifest into the outer world.

All actions have effects and consequences. This is the greatest truth underlying the rungs of Golden Ladder actions. When the tree fell in the forest, you bet it was heard. Every creature

nearby was electrified by the tree falling. Some lost their homes. Others found new homes in the now-ground-level branches. The earth reached out and began eating the tree for lunch and dinners far into the future. The tree, digested by the earth, took on this new form. Every action and even non-action has its effects. This understanding is at the heart of the teachings of the Fairy Godmother. Your positive act might be cooking your spouse's favorite dinner. The ways to create Golden Ladders, encouraging success, are infinite. Endless permutations of rungs reflect the unique qualities of each person. The bottom line? There is no way to avoid acts that generate the specifics of our lives. Golden Ladders with their countless varieties, focused with positive intentions, consciously integrate our dreams into daily life.

My suggestion: Choose ten behaviors—actions—that reflect your Deepest Desires and write them down. Ask yourself, "Do these actions correspond with my Deepest Desires?" Next assess whether these ten actions are behaviors you will commit to. If you don't enjoy the behaviors associated with your dream you probably will not create a success. Of course there are times we gut our way through projects but in general these rungs of the Golden ladder should excite you. A Golden Ladder defined by behaviors you find boring is a recipe for failure. The actions we pledge to enact tied to Deepest Desires must thrill us. If not ask yourself 'is this really my Deepest Desire?'

There is a spontaneous reward living on the ladder. This is because we choose acts corresponding to our native talents and strengths. Living life on the rungs of the ladder reconfigures our self-esteem. The more we use our talents and strengths the bigger and stronger they grow. Life on a Golden Ladder grounded in Deepest Desires produces personal power. We feel a growing mastery and optimism for the future.

Let's have a look at Cinderella's Golden Ladder. She dreamed of her conversations with the Prince and practiced them in her mind. Visualizing their first meeting is giddy and exciting. Don't forget, visualization creates a corresponding cascade of neuro-muscular events. Imagery adds to muscle memory literally preparing our body for the corresponding future. The imagination prepares us by leaping across the boundary line of past and future, where time and happenstance, meet. Cinderella has so many questions she wants to ask. Years have passed since their childhood adventures. Imaging their first moments of reunion creates a fluttering in her chest, a cross between excitement and dread. Will he look at her and see only the servant she has become?

Another task on her Golden Ladder is to re-purpose the largest pumpkin in her garden transforming it into a carriage to take her to the ball. Re-purposing our resources, to hold a higher vibration, is a thrill. It is also hard work, some would say drudgery. This is not a problem to Cinderella. Years of unremitting labor have prepared her. She has a large capacity for drudgery. Cinderella's higher purpose? She is not hollowing out the pumpkin for the sake of hollowing. Her higher purpose is creating a carriage. While she labors, yes, it was back-breaking labor; she is driven by her higher purpose, transportation to the ball. After hollowing and drying the interior pumpkin, she took out her paints and free-hand, drew beautiful designs on the interior and exterior of the pumpkin shell. She lost herself in the beauty. I have trouble finding the words for the ways we create art. While on the one hand we lose ourselves in the moment, on the other hand we are self-assured. We are vitally aware, hypersensitive to the still and wondrous voice guiding our hand, at one with our mind and heart. When Cinderella came back to herself golden swirls were etched into the pumpkin surface creating depth and dimension.

Another rung on the ladder represents her meetings with the Fairy Godmother. Still another rung represents the daily chores of caring for her parent's home. Sometimes Cinderella can feel

her parents looking over her shoulder as she cleaned. Polishing the banister she saw fleeting shadows of light. Scrubbing the floor a gentle stirring of air flew across her shoulders. Sometimes entering the house the fragrance of baking wafting down the hallway. It was a greeting. Remembering the positive times resourced her in the present and brought meaning to her chores. With these memories at the surface she felt more prepared to reconnect with the Prince. As the Fairy Godmother hoped, Cinderella is reminded of the tools of polite conversation. The legacy of skills live on in Cinderella. She practiced simple questions visioning her meeting with the Prince. When Cinderella arrived at the Ball she was composed and confident. Her preparatory imaging initiated her self-esteem. Practice made it easy to talk with the Prince. She is interested in him. They share a history and a quest.

After his recognition and pleasure finding her at the ball, Cinderella relaxed. There was so much to see and watch. Dancing, she'd practiced while doing her chores. Dancing was one of the actions, represented as a rung on her Golden Ladder. All the behaviors of the Golden Ladder were purposeful and fun for her. Make sure your version of Golden Ladder behaviors are as interesting and exciting as Cinderella's. Because she was strong from housework and drudgery, as Cinderella danced with the Prince she glided, floating across the floor. Her physical conditioning made it easy to carry a conversation while dancing. Yes, sometimes the very things we think of as our problems become advantages.

Cinderella is surprised to find they share a teacher. The Fairy Godmother helped the Prince define his Deepest Desires. They shared stories. Cinderella confessed an instance where she had complained to the Fairy Godmother she felt tricked. The Fairy Godmother told her, "When you're not 'trickable' then you won't get tricked!" They laughed and shared more stories. Just like old times. By the end of the evening they were new-old-best-friends. It is a simple truth: When we create and implement Golden Ladders, actions tied to Deepest Desires, then dignity and purpose beautify life, embellishing the lives of all those who come into contact with our acts. The Fairy Godmother whispers in Cinderella's ear, "Never forget within every environment are resources that can be nurtured, expanded, reconfigured, or re-purposed to create the rungs on the Golden Ladder leading to success and happiness." A Proclamation of personal strategies and a Golden Ladder of intentional activity; both designed to make dreams come true, is a labor of love. The more we focus on positive and intentional activities the more rewarding and pleasant life becomes. Don't take my word for it. Try it and see.

The Way of the Fairy Godmother is about aligning your Highest Good with your Deepest Desires. I know this sounds ethereal and ephemeral. Start talking to people about Deepest Desires and what life will look like when we achieve them.....even the people who love us will look askance. If we focus on climbing the rungs of our Golden Ladder, if we demonstrate actions associated with Deepest Desires, people will look at us from a different perspective. They'll say, "Wow, she is really serious about this dream." People measure us by our actions. Even spiritual power measures our commitment by our acts. When we are deeply immersed in behaviors associated with our goals, unseen hands may help. Let me try Fairytale Speak to describe my Proclamation. *"Writing The Way of the Fairy Godmother fulfills a sacred promise I made to the forces which imbue flourishing. After sipping the grace from the chalice of life, it became my Deepest Desire to create tangible ways for others to prosper, to savor, their own version of grace. Writing constitutes climbing the rungs of my own Golden Ladder. To share the chalice of growth and grace, climb your Golden Ladders and manifest Deepest Desires."*

The Fifth Key to Happiness: To create success, design Golden Ladders to manifest Deepest Desires in the everyday world.

CHAPTER SEVEN

A Fairy Godmother's Language: The Sixth Key to Happiness

The Sixth Key to Happiness: Create a language that is positive and reflects Deepest Desires. Become conscious of the words we use to describe our goals, attitudes, moods, desires, behaviors and motivations. Become like the Fairy Godmother and speak loving and positive words.

I remember the day my seventeen year old son shook his head with dismay and said to me with great compassion, "Oh Mom. You are such a dreamer." It was a time of the Great Silence in my life. Every effort I made to claim my dreams fizzled. Statistically, according to the bell curve, I was several standard deviations out. I could not have failed so frequently based on the norms of reality. As a good friend said, "This is such a mess. God surely is in the middle somewhere."

Researching positive psychology for my PhD I wondered about the terms I was learning and how they applied to my life. "What about the outliers? Where is my tipping point?" Research theorizes a tipping point where efforts, synthesize into a totality, tipping us into success or failure. John Gottman, PhD, former MIT mathematician, analyzing the communication patterns in married couples notices a 3:1 tipping point of positive to negative in happily married couples. To clarify; a tipping point creates a cascade of events, and depending on the efforts and behaviors, sweeps us into flourishing or its opposite. I wondered why wasn't I being swept away into flourishing? One reason: I was caught in a larger societal cascade of crashing real estate values not seen since the Great Depression. Where did I have my resources stashed? In real estate. Not just any real estate but the price points highly susceptible to shrinking values, aka upside down market. Yet, even in bad times there are businesses that flourish and grow happy, successful people.

With the devaluing of my resources I wasn't able to rent the properties. Nor could I sell them for a profit. I decided to wait for a return in positive values. Three years later I could no longer afford to carry the expenses. I had demolished my liquid assets in maintaining the properties. Other business ventures crashed in discretionary market failures. No one was buying anything outside the basics for survival. I was trapped in the Great Silence with all my efforts to regroup spawning another failure. In the periods of the Great Silence you might wonder as I did, *is success a byproduct of luck? Is victory accessible only if I'm in the right place at the right time? Where did I go wrong? What could I have done differently? Did I lose happiness as a result of the paths I've chosen? As the Great Silence continued, I wondered, can I reclaim happiness? Is it possible to be happy again?*

In the Great Silence the questions are endless. Cinderella questioned whether she could ever be happy again. Grieving the deaths of her parents she was lost in salty tears, hot and angry one day, and bitter and sour another. It took years of scrubbing floors, polishing the furniture, laundry, making fresh beds every other day, cooking, cleaning the kitchen, waxing the floors, repairing and mending. Her only solace; walks in the woods, tending the garden and the animals. Hiking in the forest Cinderella finds the air is clear and the woods are re-born every day. Plants sparkle after spring rains. Budding trees over time fulfill themselves in full bloom. Pine trees share their fragrance in the pools of sunlight. Lizards scurry out of sight. Rocks hold pools of water one day and dry with dust and moss another. Blue sky against green leaves vibrating in the wind creates a shiver of pleasure in Cinderella.

Each spring and through warm summer days Cinderella tends her mother's roses. She fills the house to overflowing. In vases stems are top heavy with color and sweet scent. Even her stepmother welcomes the roses. Sometimes Cinderella mixes buds with branches she finds and collects from the forest floor. By the time Cinderella meets the Fairy Godmother she is beyond anger and the unremitting recriminations of grief. She is past the salty sadness, moving beyond the questions filling the Great Silence. She wonders, *"How does happiness reappear after catastrophic losses? Will I find happiness again? Is happiness a language I have forgotten how to speak? Why is happiness elusive for me and bountiful for others? Is happiness composed of elements I no longer recognize or have I lost access to the resources of happiness? Is happiness a recipe, the convergence of the right amounts, like a recipe for double fudge, chocolate brownies?"*

In the periods of the Great Silence there are no answers only unremitting questions surrounded by a feeling of doom. Some days Cinderella barely recognizes the feeling. Other days it is a heavy mantle across her shoulders making every step cumbersome. On the worst days it feels like walking across the ocean floor bound by weights and chains. Occasionally she catches a whiff of happiness. Creating beauty in her childhood home brought her solace. She consoled herself, telling Blackie, "Contentment is a cousin to happiness."

Father of positive psychology, Martin Seligman, PhD describes three forces, dovetailing and synergistic, to create happiness. In the introduction we talked about superficial happiness. Yep, it's still important. I have argued my point more than once with researchers who don't believe in superficial (aka materialism) happiness. I do believe in superficial happiness. I am excited each time the UPS man rings the doorbell with a package. Soft sweaters create a buffer of comfort when I'm stressed. The growl of our SHO Taurus, when I hit the accelerator, makes me smile. You get the idea. I have taken my argument one step further. Our golden doodle, Aidan, loves when I buy him treats and toys. When he was three months old we purchased him a bed. Aidan levitated with happiness. He looked across the room at Bill, making sure he caught his eye, to share his joy, and then he let loose the smelliest stream of pee to mark the bed with his personal authority. Our dog has the understanding, the appreciation, of material happiness. Yes, we had to throw the bed away.

A trip to the pet store to stock up on chews and toys creates a storm of happiness. I keep Aidan's toys in a stainless steel beverage holder designed for parties. If you could hear him clatter and paw through the container looking for fun and treats you'd know Aidan is committed to his superficial, material, pleasures. He too knows the sound of the UPS truck. And if he comes across toys I've hidden away for a rainy day, with as much stealth as possible, he carries them off.

Here is what Positive Psychology says about superficial pleasures; savor them. Watching the Fairy Godmother I realize she savors every interaction. She speaks a life enhancing vocabulary. This doesn't mean she avoids problems. Problems are still the subject of discussions. It means she puts creative attention and deliberate, positive, wording into the solutions. Have a problem for which there is no immediate solution? Set it aside. Focus on the challenges where you can create a solution. The biology of behavior tells us: What we think, say and do creates a cascade of neuro-muscular events in our bodies and within our interactions. That means every time we speak, those images, where we put our attention all affects us biochemically. Come on! That's intense!

Some think only kind and helpful words pass through the Fairy Godmother's lips, and dwelling in a positive vocabulary is enjoyable. Yet authenticity requires more than 'kind and

helpful.’ Authenticity is a requirement in any positive vocabulary. The Fairy Godmother uses specific language designed to effect positive change. This is the ultimate lesson of the Fairy Godmother: What you choose to think and speak has effect and consequences for your biology. You choose.

For example, hang in there with me, the Fairy Godmother has a walk-in closet filled with ball gowns. Cinderella can choose any one of them to wear to the party. What were the words the Fairy Godmother used to offer the dress? It wasn’t, “You really have to clean up before I can loan my dress to you.” Instead the Fairy Godmother teaches using words to make a home within the mind, heart and soul, for beauty to inhabit. She says, “You’ll feel better after a good soak in the tub. I have the body butter you made from the distillation of your Mother’s roses.” The entire story of Cinderella is about creating beauty. Cinderella labors until her home is sparkling clean. Her gardens are organized and fruitful. She is ready for a higher order of beauty and the Fairy Godmother appears to teach her. Marrying the Prince and moving to the castle is to live in the highest aesthetic within the land.

Don’t get caught in feminist rhetoric. Cinderella’s highest aesthetic is marriage and the CEO of home-life. Do you know how many skills it takes to run a castle? Your highest aesthetic may be different. May be your highest aesthetic is as the CEO of your company. I am not saying marriage and family are the only valuable goals. I see for Cinderella and others, marriage and family are a priority. Remember in fairy tales we deal with one quest at a time. In real life we juggle multiple quests simultaneously.

When Cinderella arrives at the palace after her happy ending with the Prince she has a whole new set of problems to resolve. Think about it. First and foremost no one trusts her. She lived for years with a serial-killer witch. People want to know “Why didn’t she leave?” They feel uneasy. “Can you become infected with corruption by living with a wicked stepmother?” And the answer is, “Yes.” How can Cinderella prove she doesn’t carry the germs of ‘Homicidal Witch’ inside her?

But there is more. Marriage on the horizon, she is required to transform from a girl into a Queen. Do you know the skills of Queenship? Is Queenship a form of sovereignty? Does sovereignty translate into personal authority? I’m not talking about autocratic personal authority. I refer to personal authority grounded in Deepest Desires and the associated behaviors. And still there is more. Sovereignty requires we learn to sit at the crossroads of personal power. Most of us have no clue what the ‘crossroads of personal power’ means. If I tell you “it is the place where opposites transcend themselves. A union of beginnings and endings. The point where we simultaneously remember and forget.” All of us, myself included, wonder what the heck does that gibberish mean? How does it translate into the real world?

Cinderella goes into a round of learning with four very different Fairy Godmothers, one for each cardinal direction. At the center point of the compass Cinderella will find the Inner Sanctum her Fairy Godmother referred to in their early meetings. Without an Inner Sanctum leading to the experience of sovereignty Cinderella cannot make a Royal Marriage. But that’s another story and another book. (See Fairy Godmothers of the Four Directions.) The point is, we are striving to live a version of our best possible self. Contextually creating a life surrounded in an ever-evolving higher aesthetic.

So far the Fairy Godmother has taught Cinderella her happiness resides in her Deepest Desires. Putting time and attention on harmony and love creates...more harmony and love. We are filled with resources and talents. Use them to design a good life. Do I need to qualify the elements of a good life? A good life benefits us and others. A good life is interesting and ever-

evolving. Broadening and deepening a good life leads us into self-mastery.... And now in-service to a good life create a language that supports your Deepest Desires.

Several years ago my interest was snagged reading books on what elements create the successful business. One factor is the singular language businesses developed within the organization that becomes a verbal short-cut, filled with layers of information. Companies like Google and Apple, known for their innovation, have also created their own technological language. Their specialized vocabulary allows users to communicate layers of information represented in a single word. It's a code that separates them from their competition while simultaneously defining the geography of their business territory.

This concept of power wording, evolved by innovative companies into a language defining work culture and the product itself, also applies to happiness and success. Who would have thought the made-up word 'Google' could describe the investigative research process? The original communication style of experimental and revolutionary companies generates a condensed understanding of a substantial amount of information with a single word. Sharing a language, identity is formed, creating group cohesion. The cohesion and congruence of a large number of people working toward a specific goal substantially enhances the possibilities of success.

The Fairy Godmother understands this power of language to transport us from problems into solutions. She doesn't say to Cinderella, "We have to get you out of these terrible clothes. They're stained by years of chores."

She understands Cinderella is trapped in a situation where the normal resources we take for granted in a home are unavailable to her. Maybe the Fairy Godmother suggests Cinderella prepare for the ball at her house. Saying, for example, "You are going to feel revitalized after a soak in my tub. I have bath salts brought to me from the Himalayan mountains. Himalaya is the home of Shambhala. Some say Shambhala is a mythical kingdom, where the world's greatest warriors and heroes go for their reward. The fossilized salts dissolved into the bath waters will give you the courage of these heroes. You'll be surrounded with health and vitality."

Oh, I don't know the exact words of their conversation but I do know the Fairy Godmother understands the power of words to shape our identity. The power of words as they relate to Deepest Desires is an important element in the transformation of our dreams into reality. Here is the question we ask ourselves: Can we build the strength of character, the integrity, to support the power of words used for good in our lives? Time spent in the structure of positive language resources Cinderella. Within the wealth of words the Fairy Godmother spoke to Cinderella, her life affirming suggestions are designed to mobilize Cinderella's personal resources and lift her spirits. It was from this life enhancing perspective the Fairy Godmother worked her magic. Cinderella's commitment to this vocabulary is a courageous act of power.

Experiment. Try speaking only from the Universal Law of Ever Expanding Beneficence. It feels vulnerable, exposed, yet essential. This engagement takes us past our negative conditioning. Societal pressures to conform fall away. We navigate around the projections of others. When Cinderella shifts her consciousness into a positive vocabulary it creates a corresponding shift in the living, breathing truth of life as a beneficent force. In this way, through language, the Fairy Godmother ignites the flame of transmutation in Cinderella. Language, this seemingly simple change, is powerful stuff.

When we cultivate a positive language, personal to our goals and ambitions, our language will lift our spirits and magnetize personal happiness. Language interfaces in our brain with images, symbols that reflect our Deepest Desires. Words draw the images into our biochemistry. The

pictures and corresponding biochemistry will move our life from the ordinary into the extraordinary. We started a positive vocabulary with a word spill. Now name the qualities associated with the specific happiness and success we're seeking. Be inventive, precise and creative. Owning and utilizing a personal happiness language will become a neuro-muscular short-cut within our bodies to understanding the multiple layers of our Deepest Desires and motivations. We biochemically move forward, toward success and happiness.

Want to achieve the success, your personal version of results, accomplished by Cinderella? I invite you to apprentice to the Fairy Godmother's perspective of positive vocabularies. Speak from the optimistic vocabulary of the Fairy Godmother.

The Sixth Key to Happiness: Create a positive language reflecting our Deepest Desires. Become conscious of the words we use to describe our goals, attitudes, moods, desires, behaviors, and motivations. Become like the Fairy Godmother and speak positive words.

CHAPTER EIGHT

The Power of Working with Symbols

If words create symbols; mental images we input into the computer of self-hood, they create a corresponding cascade of emotion, thoughts, beliefs, hormones; neurotransmitters and a wide variety of other physical and emotional reactions. WHEW! Let's simplify. What are the images in the Cinderella fairytale? First, we see the solitary appearance of Cinderella scrubbing a vast island of floor, her hair falling into her eyes, her back bowed under the strain of her efforts. All her features, her body language, tell us she has been scrubbing for a long time with more to come.

The Fairy Godmother's appearance is in stark contrast to Cinderella. She sparkles with star shine. She carries the tools of her trade, a magic wand, filled with the radiance of a million stars, designed to amplify and focus her power. One dip of the wand at the floor has it shining clean.

More images are the pumpkin transformed into a carriage. Rats and mice transformed into horses and coachman. These images remind us to look for resources available in our environment we can re-purpose. Creative utilization of resources reflects our resiliency and resourcefulness. Qualities we need to succeed in any quest.

The Prince symbolizes a good man who takes seriously a most important quest of his life, finding his life partner and wife. He is not the kind of man who will get drunk, steal money or encourage Cinderella to buy on credit cards luxuries she cannot afford. The Prince will not abandon his wife. He will not strand her to manage a life built for two all by herself. He will not gamble away their child's college fund. The Prince symbolizes the trustworthy man.

Cinderella's beautiful ball gown symbolizes her personal growth reaching the point where her outward clothing matches her pure nature. She is no longer a young girl struggling with self-esteem. She is claiming her identity as a woman. Her character is the match of her beautiful clothing. It is the combination, the congruency of inward integrity with outward poise and beautiful clothing that is attractive to the Prince.

I invite you to begin to understand the powerful effect of the symbols we absorb, create and project. This terrain is mapped out with words. Each are embedded with a corresponding visual picture. Images carry specific energetic resonance. Let me say that again, *Images carry a specific energetic resonance*. Every single molecule of our existence is affected by the mental images we create. Each image washes through all that we are. Holy Cow! The implications are enormous. The effect of images we create can be positive and productive or depressing and destructive. A life filled with visions of failures is preparing us at the cellular level for more failure. Stop! I'm not going to burden us with a further description of the erosive effects of negativity.

Let's observe the flip side, positivity. What does well-being look like? People who feel happy, positive and well-adjusted stand tall. Feeling positive we are more likely to smile, make eye contact and we are better listeners. There is research suggesting when we smile our central nervous system is awash with a smile's positive effects. Positivity has been proven to increase health, longevity, and reduce the course of illness. The attributes of positivity make us more creative and resilient. Creativity and resilience in turn facilitates a smoother ride on the bumpy road of life.

Engaged in thoughts, feelings, memories, vocabulary, hopes, motivations, desires, we are continually creating images. An energetic imprint lives in our body that matches the image. After

millions of images have layered into our body-mind-spirit we find the corresponding attitudes and behavior expressive of the cumulative effect of every image we construct.

You've probably heard of the lemon example to raise your consciousness about the power of words as symbols. A lemon is an evocative tool to illustrate the power of the mind's images and their effect on the body. Visualize a lemon. See the outside rind of the lemon and its bumpy texture. See the yellow color of the outside skin of the lemon. Feel the zesty oil that rubs off the lemon as you hold it in your hand. Now imagine peeling the lemon. Visualize the pulpy inside texture of the outer layer. Imagine the segments with drops of lemon juice clinging to the thin membrane of skin that separates the fruit and juice of this lemon. If I continue to describe the lemon's color, shape, odor and texture, in a short time your mouth will begin to salivate and pucker as you envision this lemon. Our body responds to the pictures our mind is making. The body responds even when there is no physical lemon present.

This is a small example, a reflection of how the body reacts to visions and thoughts, memories and dreams we create in the mind. The human body responds to *every* mental picture and thought we manufacture. A sobering realization. We create experiences on the mental and visual level continuously with concomitant physical reactions throughout the body. In this way we are each the living experiment of our life.

Practice working with images and watch the effects. Before beginning visualization consider this cautionary tale: Early in my career as a marriage and family therapist I worked in a chemical dependency hospital. One of my duties was to present lectures to the patients and staff. One of my lectures contained the lemon example and information I've given here. At the end of the lecture I had each person focus their minds on a positive image and make an energy ball. This experiment takes place by simultaneously fixing our concentration on both the positive image and the energy ball. This exercise is harder than it sounds. To create the energy ball you are called upon to do something weird. Each participant is asked to claw the air while holding their concentration on the positive image. When the energy ball is formed then we pull it toward our heart or solar plexus. It's an invisible but tangible experience. You can feel the stickiness of the energy attached to the positive image. It can have a dramatic effect.

One day there was a new patient, a particularly grumpy man watching me with the yellowish eyes of liver disease and contempt. He labeled my presentation "hogwash." I encouraged him give the exercise a try. I gave the recommendation I'm giving here: "Concentrate on a positive quality." The curmudgeon decided to prove to himself that I was wrong. He focused on a negative image. Creating the energy ball, he pulled the negativity into himself in the stomach.

All around the room people were exclaiming this was an amazing experience. Spirits were high—except for this particular man. After receiving the energy ball he staggered and sat down. His face went white. I was afraid when I saw his body crumple in the chair. I asked if he was okay. In a shaken voice he explained his negative experiment. It was a revelation for all of us. We can learn from his experience. Let's prepare ourselves for happiness biochemically with the development of our positive images.

It's exciting creating a symbol that reflects the achievement of our ambitions. A neurological short-cut, symbols penetrate all the aspects of self. WHOA! What a minute. Did you catch this information? The power of symbols is their ability to simultaneously inter-penetrate all the levels of our existence. When philosophy tells us we are each our own universe we really are! Here is my vision of the Fairy Godmother as my personal symbol. She is a magical being who visits our physical world. Her real home is in the energetically refined realm of the fairies. When I imagine the Fairy Godmother I see her glowing with radiance. She is so clear and vibrant her aura looks

like star shine. Her dress—made from the silk of fairy dust spun together into living, oscillating threads of light—shimmers like the threads of a spider web glistening with the diamonds of a summer day's rain. When she speaks sparks of ever-changing colors pop around her and the air vibrates with irrevocable happiness.

The Fairy Godmother's joy is eternal, so unqualified and enduring nothing can disturb her radiance. In the fairy realm, nature explodes with prosperity. The entire population of Fairy Godmothers are aligned with the Universal Law of Ever Expanding Beneficence. Personal authority fuels her choices born out of her Deepest Desires to cultivate harmony and love. She is at one with her sovereign nature. She is at one with the totality of her authentic self. Just to look at the image I've created of the Fairy Godmother lifts my spirits and makes me hungry for more of her radiance. I want more of the ferocious peace and kindness emanating from her. I want more of the hope and graciousness that flows through and around her. When I draw my image of the Fairy Godmother into my heart I experience an entirely new kind of contentment. I know some people will read this laughing and ask, "What has she been smoking?" Sharing the tools of the Fairy Godmother is vulnerable. Despite being grounded in the biology of behavior, exposing the undergarments of a mythic symbol is fraught with tension.

I confess, I am a happiness coach sometimes plagued by anxiety. For me the Fairy Godmother is good, antidote medicine. I am enchanted. My Fairy Godmother overflows with the sacred. I am forever changed, captured in her eternal affirmation of life unfolding. Standing in her radiance, an explosion of life, I am calm and soothed. I realize there is more to the Fairy Godmother than I can fully comprehend. Part of her existence dwells in the Great Mystery. I only have a small peek into the world of the Fairy Godmother. Even so, after an encounter I return to my ordinary life prepared to deal with challenges. What would be different if every day I call upon the Fairy Godmother?

A symbol can speak to the mind, carrying information. This happens on the outer edges of our consciousness. For example, a woman wearing a diamond ring on the fourth finger of her left hand signals that she is engaged to be married. The diamond ring carries the symbolic information without the necessity of having a conversation to access this information. In this way a symbol can touch an atavistic chord of memory crossing the boundaries of time and space. The sighting of the American flag can evoke inter-generational memories of the United States continuing struggle for equality.

Symbols create brand recognition for a product or service. Consider designing a symbol. They are an effective, efficient way to express a multitude of information. Incorporate your symbol into reality as a logo for stationary or business cards. They are a shortcut to brand access. Think of the apps awash across the surface of your iPhone. Filled with multiple layers of information they represent services. Create a symbol that reflects your positive future, business, Deepest Desires. Fill your symbol with as much life and light as it can hold. Call in a spiritual radiance that dazzles you. Fill your personal app with so much energy it takes your breath away.

You can practice visualizing/meditating/conversing with your symbol. Your efforts may grace you with a new idea. The solution to a difficult problem may pop into your mind. Dream journeying with symbols can provide moments of grace that lift us from the ordinary and mundane into the mystical. A mythic symbol is the icon transporting the conscious mind from the ordinary into the sacred realm where miracles are possible. The ability symbols have to penetrate all levels of consciousness is a powerful generator that can precipitate congruency and then success.

Spend time cultivating the language of associated images corresponding to your brand of happiness and ambitions. Happiness will have a biochemical, neuro-muscular, hormonal, emotional and spiritual basis paving the way for more literal happiness. This is the magic and mystery of the Fairy Godmother brought into everyday life. If you have trouble thinking of a symbol, borrow mine. Use the image of the Fairy Godmother.

CHAPTER NINE

Persistence and Congruency: The Seventh Key to Happiness

The Seventh Key to Happiness: People who find success never give up striving toward creating their Deepest Desires in tangible forms that beautify life.

Intrinsically, the Way of Fairy Godmother is congruent. She invites us to be consistent throughout motivations and ambitions, words, thoughts, feelings, behaviors, interactions, the clothes we wear, the world we inhabit and our ineffable spirit. Every dimension in the Way of the Fairy Godmother reflects congruency. Why is congruency important? Over time congruency, in conjunction with personal strengths-in-action, builds authenticity. *Ultimately congruency and time, tied to personal strengths and Deepest Desires, are the foundation of enduring happiness.*

When you are at cross purposes with yourself internal conflict drains you. It can, at its extremes, act as not just a thief of your harmony but also your health. The Fairy Godmother's congruency allows her to manifest Positive Possibilities without limitation. Ironically what makes the Fairy Godmother special is not that she is one of a kind. We are each one of a kind. We are each unique and precious. What makes the Fairy Godmother special? Congruency. Alignment across the dimensions of self-hood allows her to live her potential without limitation. This is the gift of the Fairy Godmother. She models this alignment of body, mind, spirit, accessible to all of us. When we resolve our discrepancies and emerge congruent in mind, body and spirit, we have the chance to manifest our Positive Possibilities beyond previous limitations. We may even interface with the Universal Law of Ever Expanding Beneficence in life. I'm not intending to say time and congruency, paired with dreams and visualizing a life filled with positive results, will provide us with a star filled magic wand to manifest magical events. Although truthfully, sometimes, I believe the magical events (not the star filled wand) are a possibility. For the purposes of this book, I'm intending to say when we're able to transform an incongruity, we shift away from anxiety, move toward harmony, building positive aspirations. Over time, occasionally, seemingly magical events occur to facilitate our journey. Some of them we don't even notice. This is the native characteristic of congruency bound over the arc of time.

From a human perspective it seems remarkable the Fairy Godmother has no limitations in being herself. She makes it seem easy to live dreams and manifest wishes and aspirations. The Fairy Godmother is not distracted by imposing her influence on others. She is not impeded by judgments or criticisms from society, family, friends or lovers. The Fairy Godmother is entirely free to be herself and to be all that she can be. She devotes her time persistently tuned to create Positive Possibilities. Does congruency free her from fear of failure? Is it possible the more we align with the paradigm of the Fairy Godmother over time the more beneficent hands of life open doors?

One dramatic difference between the Fairy Godmother lifestyle and a paradigm of contemporary life is the disease model. Modern life, grounded in the scientific method, is actualized through the lens of the disease model. Long story short, this means we are chronically looking to fix what is broken. Living in the disease model our future is at the mercy of our causal past. We are always trying to fix what is broken. We empower science, a force outside our personal authority, to solve our problems.

What do I mean by this? Utilizing the cause-effect modality of the disease model our history is causal, predicting our future. For example, you are unhappy because you had a painful

childhood. Add in fear and society's scarcity consciousness telling us there is not enough money, not enough time, not enough profits, food, water, or help. From this point of view life becomes pretty scary. There is a place for causality and the theories of scarcity. However, imposing them where they don't belong creates limiting beliefs and fear. Scarcity terrifies and fuels us. Is it any wonder ruthless, conniving, manipulative behaviors are the foundation of scarcity consciousness? This world view may be effective for solving a short-term crisis or for building profit and creating a competitive edge. However the disease model and scarcity consciousness have little to do with the time and persistence required to build positive emotions. And that's the bottom line.

A shift in attention away from scarcity and toward developing our personal strengths is the antidote to scarcity consciousness. Remember the second key to happiness: Focusing on harmony, health and success will bring more harmony, health and success. The Fairy Godmother did not analyze Cinderella. She did not identify Cinderella with a pathological label from the diagnostic manual only insurance companies, and a few people, can understand. In the causality model these diagnoses become our new symbols. Like clothes we wear, we also wear our diagnosis. We have already explored how the images attached to words and feelings create their own biology. In contrast the Fairy Godmother did not run tests or consult with her colleagues to explore treatment options. These approaches have value and their necessary place in life. Perhaps less often applied.

The approach of the Fairy Godmother to develop strengths and skills tied to Deepest Desires, over time and with persistence, will translate into making our life increasingly functional. The Fairy Godmother refused to view Cinderella as "sick" or "diseased" or "weak." She perceived Cinderella with all the strengths she needed to initiate positive change. This is the difference between the Fairy Godmother approach and the disease model. She saw Cinderella as capable to make positive choices for her future. It was from this place of perception the Fairy Godmother began her work. She poured her vision of Cinderella, as the Queen she longed to become, into the gap between where Cinderella stood in the present and where she dreamed of standing in the future.

Cinderella needed permission to accept herself for who she was, sweet, loving and kind. From this point of self-acceptance the Fairy Godmother invited Cinderella to invest the time required to build upon her strengths while interacting with her dreams. The third key to happiness: We are filled with native talents and resources that support our Deepest Desires. Learn to use them in daily life.

The Fairy Godmother guides each of us to evaluate who we are by exploring our hopes and dreams. The disease model does not take into account the power of loving relationships and their ability to transform our life. The disease model does not factor in our temperament, character, talents, choices, and (dare I say it?) personal responsibility. The disease model functions well for disease. For ordinary life looking through the lens of disease we only see.....disease.

The Fairy Godmother engages the skills of happiness and living well. Her expertise is teaching self-love tied to Deepest Desires, utilizing personal strengths, over time and with persistence, to create Positive Possibilities. She demonstrates the unconditionally positive listening skills developed to discern Deepest Desires. She communicates from the heartfelt recognition of her own individuality, her understanding of the uniqueness of each and every person. She knows, outside the parameters of disease and sometimes within the parameters of disease, we have the power to become happy and fulfilled.

Here is my favorite part: The Fairy Godmother knows in the realm of the person-hood happiness and beauty are intertwined. (Now I know there are other kinds of beauty that do not encompass happiness. There are scary beauties and painful beauties. But for the purpose of our conversation, reflecting Cinderella's interactions with the Fairy Godmother, we are speaking of the various beauties that dwell in happiness and vice versa. So don't write me emails about the many faces of beauty, please.)

Let's start again. Happiness lives in beauty and beauty lives in happiness. This is not the beauty we pick up in a bottle of shampoo. It's not the beauty of dieting down ten pounds below our perfect weight. The Fairy Godmother's beauty is not the attractiveness of chic clothing and perfectly applied makeup, or a magnificent tattoo. The Fairy Godmother's revelation of beauty is a byproduct of her skills of living well, living within integrity, with her highest and Deepest Desires.

The Fairy Godmother cannot flourish in the universe of the disease model. While Deepest Desires can be attached to time-sensitive, task-oriented, ambitious goals, this singular form of interaction resulting in the frazzled, stressed, and grumpy people you see hurrying down city streets, is not the cosmos of creating enduring happiness. This is not debatable. Can you perceive the difference? It is the distinction between reflexively applying oneself to time-sensitive, task-oriented, ambitious goals and occasionally using the time-sensitive, task-oriented framework to realize goals. Enduring happiness is grounded in savoring moments of nature's beauty, cultivating patiently the skills of building expertise over the arc of time. The Fairy Godmother inspires and promotes optimism. She is not superficially happy. The Fairy Godmother is congruently and supremely happy. This is unshakable, enduring happiness.

Do you wonder why the Fairy Godmother visits Cinderella in the first place? Maybe you have lived through terrible times and are wondering why the Fairy Godmother has not shown up on your doorstep. In my recent period of the Great Silence, I wondered. First, most importantly, think of all the years Cinderella struggled without the help of the Fairy Godmother. Just as Cinderella did, and we all have, you might be living the period of the Great Silence. Cinderella lived trapped in the Great Silence before the appearance of the Fairy Godmother. The Fairytale begins when the Fairy Godmother makes her entrance.

We can't make an appointment with the Fairy Godmother. We can only cultivate an environment harmonious to the Fairy Godmother as our invitation. Beauty is a good invitation for a visit from the Fairy Godmother. The process of nurturing an environment harmonious to the Fairy Godmother might be the first steps we talk on the path to happiness. Our first steps to living the magic of success only the Fairy Godmother can dispense. There are reasons the Fairy Godmother is able to make contact with Cinderella. All day long Cinderella thinks about creating beauty. She resonates at the frequency of beauty. Yep, our layers of symbols, over time, interact and form our attitudes concretized in our physical bodies. As a result we all vibrate at specific rates giving off "vibes."

The Fairy Godmother is magnetized to Cinderella through her energetic resonance developed by persistently seeking beauty. Another reason: Sweetness is the foundation of Cinderella's nature. Despite being treated cruelly she did not become violent or hostile toward her treacherous stepmother and stepsisters. Cinderella retained her capacity to love. She persistently loved. When the Fairy Godmother showed up Cinderella was vulnerable and humble enough to be awed, transported to a state of wonder in the Fairy Godmother's presence. This is important! Losing contact with our unique and precious self we can be so despondent when the Fairy Godmother shows up and we do not have the eyes to see her. Jaded, some look at the Fairy Godmother and

tell her to get lost. Or the Fairy Godmother shows up in different forms. She wears the face of our friends, a grandparent, or even illness.

We can achieve happiness and peace of mind. The journey involves the marriage of our Deepest Desires, ingrained into the fabric of our lives over time, expressed in our behaviors and by never giving up. By choosing the Way of the Fairy Godmother we share a common goal taking infinite forms. We seek enduring happiness. The process is universal. We claim positive congruency. We engage personal strengths that evolve into actions. Over the arc of time, we evolve to manifest the happiness we seek. The higher math of happiness includes congruence and persistence. Look at Cinderella's determination. Every day she cleaned and ran endless errands for her stepmother and stepsisters. While she was bent over scrubbing the floor, amidst her fatigue, she dreamed of her life as a Queen; loving and being loved. She sought the opportunity to pursue a course of action and learning with the Fairy Godmother, leading her into an inviolate circle of Sovereignty. Whew. I bet you didn't think it was going to be so much work...

If her determination, reflected in her actions, had not infiltrated her behavior Cinderella would still be dreaming and cleaning. At some point we all have to ask the question: Am I ready to fulfill my dreams with their corresponding behaviors? If you daydream about happiness but fail to design a Proclamation, fail to climb the rungs of the corresponding Golden Ladders, your dreams will remain in the misty realm of the dream-time.

The substance of creation permeates every molecule, that's every molecule! How do I know? We recreate our body's everyday with the foods we eat. Want to see a life recreated? Follow a woman on a successful diet. In the world of the Fairy Godmother, can you imagine an infinite abundance of the molecules creating reality? Hold on. This is the shared truth of the Fairy Godmother's realm and the mortal reality. What few realize and become accountable to is the never-ending opportunities to recreate our circumstance. It can be as simple as a cleansing breath and the commitment to begin again.

Scarcity does not exist in this model. Theoretically we can and do draw from infinite abundance, any time and for any reason, to create reality. That's right we already do it every day. We are mostly unaware. Want enlightenment? Live Deepest Desires. Along the way we become enlightened. Our Deepest Desires reveal our strengths and our weaknesses, opportunities to grow and heal. What do we get from engaging strengths? Mastery, self-mastery. And so it goes, onto the next idea, formed out of the infinite stuff of creation. This is the reality of the Fairy Godmother's world: Infinite abundance of the fabric of creation permeates all that is in form as well as the formless. And this is your reality too. Take hold of the strands of your life; purify, edit, collect, evolve and begin again.

Some will ask: Is it possible? Can we accumulate wealth without being ruthless, cold and calculating? Could wealth and abundance be congruent with love? Is it possible to make a profit without making enemies? Can we be successful and happy at the same time? Honestly I don't know all the answers. I'm writing *The Way of the Fairy Godmother* to fulfill a sacred promise. I write to ingrain the perspective of the Fairy Godmother as part of my commitment to personal growth. Staying grounded in the ways of the Fairy Godmother I'm certain we can transcend the seemingly paradoxical.

Can we be successful and happy? Can we have wealth and humility? Can we have love and live our dreams? Let's not give up. Identify Deepest Desires. Choose persistence. Develop congruency. Claim and practice with personal strengths. Grow self-mastery. Savor the beauty in nature. Evolve Positive Possibilities. Together we'll live our dreams and have our next

conversation from the land of unlimited well-being. Through persistence, we'll find wholeness. Mingle strengths with climbing your Golden Ladder. Add in positive language to enhance Deepest Desires, recreating your biology. The Fairy Godmother urges us to find, renew, and release our greatness from within. When we identify our strengths and live them, this simple shift initiates a loop of interaction, a beneficial and beneficent interaction with the world. Communing with Positive Possibilities, the product of living our strengths, we have a taste of the infinite.

The Seventh Key to Happiness: People who find success never give up striving toward creating their Deepest Desires in tangible forms that beautify life.

CHAPTER TEN

The Mysteries of the Fairy Godmother

When I adopted the image of the Fairy Godmother I searched my memory for recollections of what I knew of the Fae world and the Fairy Godmother specifically. The Fairy Godmother has magical powers....but how did she learn to be a Fairy Godmother? Is there a school Fairy Godmothers attend? Who was she before she became the Fairy Godmother? Did she apprentice to transform herself into this iconic figure? Was she born as a hereditary master into the role? Where does she live? What does her home look like? Who was her mother? Her father? What does she do when she is not involved in tasks specific to her role as the Fairy Godmother? Does she have a social life? Is she married? Has she created a line of Fairy Godmother products? How can we know so little about a culturally iconic figure? I tried reading up on the Fairy Godmother. There isn't much information.

In my twenties and thirties I practiced the tools of mysticism, alternative healing, divination, meditations, and shamanism simultaneously. Yes, it was overwhelming. I'd been traditionally educated as a therapist. I went through my internships and became licensed. I don't often tell people but after I graduated with my Masters in counseling I had great tools to unearth pain. I had very few methods to calm and self-comfort. I had a mythic-sized breakdown confronted with the pains of my past. I was living an emergency, or in Fairy Godmother speak "a healing crisis." I needed mythic-sized tools. I had to find and implement multiple approaches to heal the pain of my past. My life depended on it. I stumbled into the stories of mysticism. As a result, thirty years later I had a working construct of dreaming. Exploring the dimensions of the Sacred had become second nature. I decided to utilize these instruments to search out more information about the Fairy Godmother. It was in part, the expertise collected from the landscape of my ceremonial efforts that allowed me to pull back the curtain and glimpse the Fairy Godmother's version of flourishing. I used visualization, dreaming and synchronicity. I decided to study her interactions with Cinderella to find the keys of happiness. I read to search out a single meaningful sentence I recognized applied to the Fairy Godmother. If you search out the Fairy Godmother she may look different than what I found.

Here is what research tells me about the Fae. When the earth was created out of stardust, the heartbeat of the earth spoke the language of the stars. The creation myth of Fairy describes the marriage of earth and stars. Their children were the ancestors of the Fae. In the beginning, mortals and fairies danced, played together and spoke the shared language of earth's heartbeat. When mortals sought dominion over the earth they stopped hearing her song. Now it was easier to exploit the earth's resources. Mortals imagined the earth as inanimate. We lost our ability to speak the language Mother Earth, Father Sky and Fairy. Nature became a great divide. The realms of matter and spirit, previously indivisible, were now unrelated. Mortals lived in the world of matter. Fairies live in the dimension where all things are alive and related. Sometimes mortals sought out Fae within earth's heartbeat and became lost in the song of creation. Only a few mortals spanned the divide seeking a foot in matter and a foot in spirit.

I am one of those individuals searching for this balance. I wonder if this is what gave me access to the dimension of the Fairy Godmothers. I know it sounds mystical at best and crazy at worst. Because the worlds have drifted so far apart it is a miracle to stand with a foot in spirit and the other in substance. Not valuing one over the other, instead dwelling within such a powerful equanimity we embrace both. Honestly, I'm not certain, specifically, how I came to peek behind

the veil of the Great Mystery. I meditated. I imagined the Fairy Godmother's aura and tried it on. I practiced her aura in meditations and some as an experiment in yoga. I visualized dialogues. I created focal points of beauty related to the Fairy Godmother....Sometimes we draw information from the Great Mystery.

Here is what I've found: The Fairy Realm is far more transparent and fragile than the human world. Instead of vibrating with the density of the substance, Fairy vibrates with a purified energetic resonance. However there are crossover points in geography, as well as, other crossovers in seasonal time. I wondered could beauty be another bridge? Beauty so potent it could crush you or beauty so delicate a breath destroys it. There are infinite faces of beauty. Beauty carries the harmonics of the stars and the heartbeat of Mother Earth. Making acts of beauty magnetizes the interest of the Fairy Realm and the two worlds are drawn together. In addition to acts of beauty, qualities like compassion, integrity, truth, faith, graciousness, genuine personal transparency, random acts of kindness, harmony, joy and laughter can create crossover points—a bridge—to the home of the Fairy Godmother. It was a mystical event when the Fairy Godmother appeared in Cinderella's garden.

It is a mystical event we can recreate. Drawing our Deepest Desires into the frequencies of the material world purifies us, producing the qualities of self-hood that resonate at the highest frequencies. While writing *The Way of the Fairy Godmother* I wondered what does the aura, the personal radiance of the Fairy Godmother feel like? I began visualizing myself surrounded by the Fairy Godmother's blissful vibration. I wrapped myself in her aura before yoga and people started commenting. "You look radiant today." Their comments were confirmation. 'This is real.' Within the glow of the Fairy Godmother I felt whole—substantial yet light as a feather.

I was looking for the DNA of the Fairy Godmother. I started asking myself to look at situations the way I imagined the Fairy Godmother might perceive them. I practiced her incontrovertible positive nature even as my financial and physical life began to fall apart. People continued to comment on this ineffable beauty. You might ask, "What was the value?" My substantial world was in crisis. How could the Fairy Godmother help? Look at the story of Cinderella. The Fairy Godmother came to her when Cinderella's life was perilous. I decided to live the experiment. When I stayed within the positive aura of the Fairy Godmother I felt better. I wasn't exactly serene. But I felt I had access to serenity. I know, "whatever that means." It doesn't make sense but at the time when I was frantic, disenfranchised from the life I had created, and access to serenity was meaningful, easing my desperation. It doesn't matter to me if the Fairy Godmother is "real." Living within the aura and possibilities of the Fairy Godmother made me feel better. Feeling better is real enough for me.

This is the characteristic of the spiritual world—it's nature is concealed. People entrenched in the material world decided, based on invisibility, spirituality has no value or meaning. This, of course, is nonsense. There is much in life, both real and invisible. The wind, electricity, the internet! And what is this computer cloud where everyone hides their secrets? Or consider this: You, the reader of *The Way of the Fairy Godmother*, right now you are invisible to me as I type this book at my computer. And yet you have a material body, and a spiritual body. I am reaching across this invisible spiritual bridge conversing with you. I feel your presence looking over my shoulder. We are not sitting face to face. I cannot touch you. I don't know the color of your hair or eyes. You are invisible to me. But I know you exist. We share writing this book, as every reader rewrites the books they read. Yet we don't even share the same time. You exist in another time and place in the future. (Pretty cool, right?)

Confronted with two worlds, the visible and invisible, matter and spirit, we choose. Will we live in limiting beliefs? Will we be defined by the literal and material elements of our circumstances? Will we be defined by our now invisible past? Another irony? People who don't believe in the spiritual dimensions often make their invisible past King of their internal domain. They make choices, creating a future out of the remnants of the now invisible past. And yet they maintain they don't believe in the invisible world of spirit. Others deify work, education, jewelry or clothes, the outward external elements of life. Will we be defined by our past, intellect, degrees and education? All of these aspects of self are valuable and make up a portion of our totality. But we are more than what we see, feel and touch. All of us including the world we live in exist beyond time and space interfacing within the Great Mystery. We can deny or embrace the Mystery. We can deny or embrace the Sacred. We can deny or embrace our Deepest Desires. Choose. Will we penetrate the unseen dimensions of joy? Will we be solely defined by the tangible? Will we allow ourselves to be touched by the Fairy Godmother's incontrovertible positivity?

All this leads me to more questions. Do you have a set of practices and traditions that nurture your spirit? Do you have time for the spontaneous, the inexplicable and the sacred? When was the last time you experienced reverie—just letting your mind wander where your spirit pulls you? Do you ever just breathe? Do you take in the colors of the sky at twilight? How often do you practice the most dramatic and quickly effective spiritual practice, a cleansing breath?

I'm not talking about fancy convoluted breathing where you cover one nostril with your ring finger. Breathe up one side of the body and down the other side, quickly shifting your fingers over to the other nostril on the downside of the breath. I get aggravated just thinking about these breathing machinations. I'm talking about just noticing your breath. A cleansing breath is like pushing the re-do button. It helps you let go of the past and prepare for the future. Try noticing the path of your breath as you inhale and exhale. Don't change anything. Just notice the path of your breath with conscious volition. This is instantly, mysteriously, calming. Having a day where your heart is broken? You don't have to fix it. Breathe through and around the wreckage. Let's face it. we're human and life is messy. Our task is to find meaning and joy amidst and beyond the difficulties. A cleansing breath allows us to pick up the pieces and begin again. There is a lot of power in giving yourself permission to start over.

The Fairy Godmother and I share an essential value. If what we are doing, in the world, and in our spiritual practices, is not effective and purposeful; if it isn't relevant in both worlds, why are we doing it? I have a friend who says, "If it doesn't grow corn, forget it." I'm interested in a life where spiritual acts talk to practical acts. I want to reside where words and images, speaking to behaviors, congruently produces results both Spiritual and mundane. Try wiring in the spiritual with everyday tasks and chores. For instance, when I practice yoga I set an intention. I have a prayer, and I let my body and my movements carry my prayer. When I'm cleaning the house I imagine a spiritual vortex of Divine Essence washing down through me and my home. I see the whirlwind of Divine Light carry away all of the debris. I ask an aura of Divine Love and Protection to permeate and fill the void.

Find your ways to invite the Divine into your goals and ambitions as you manifest evolving Deepest Desires. Make a place for the sacred. This practice invites the serendipity, flowing along the edges of our mission, to enter, bringing us a fragment (or a world) of unanticipated good fortune. Serendipity might show up as an accident or a fluke. It could be a happy coincidence. Serendipity is a regular phenomenon in scientific research that gets very little press. Think the discovery of penicillin.

Traditionally when seeking connection with the Sacred, the Creator the Universe, we say a prayer. Prayer can be a petition for help. Prayer can be a sacred promise. So often I find prayer comforting. Recently dwindling money led me into a panic attack right before sleep. Because of my auto-immune issues, (separate from occasional anxiety, (!)) getting rest is essential. I can't really explain what happens to me with fatigue. It feels like the heat leaves my body. It feels like what I imagine altitude sickness might feel; making me ache, pursued by a feeling of doom. So when I had the panic attack around midnight I freaked out a little. Fortuitously I remember to initiate a prayer. My prayer was filled with intensity and dread, when I noticed a comforting weight on my shoulder gently pressing me down. The weight not just a comfort, it also created warmth. Was it the substantial yet invisible weight of an angel? I felt this warmth guide me into sleep and beyond, soothing my panic and fears.

Prayer reduces stress. Prayer buffers the strains of daily life. Prayer intertwined with Deepest Desires is a form of reverence. It's a spiritual connection, a phone line, a direct communication to the Great Spirit. Prayer has been around for a long time. Try it. Create a prayer from your Deepest Desires. Say a prayer to whatever face the Sacred wears for you. Invite the Great Mystery into your dreams, aspirations and goals. Write out your prayer. Describe your hopes. List your fears. Confess. Ask for help. Petition for the transformation of your obstacles into opportunities. Ask the Divine to permeate the Deepest of your Desires.

Many books have been written about the power of prayer. I can only add that prayer is an indispensable part of my days and nights. It is another bridge to the realm where all is alive, sacred and related. Prayer is a place I go for solace when I'm frazzled and nothing can calm me. I regain my center and my serenity through prayer. Collaborating with the Fairy Godmother is a form of prayer I've found healing. Don't take my word for it. Experiment with prayer. Invite the Divine into your life. Make room for the miraculous. Consciously ask the Great Spirit to guide, direct and protect you as you manifest your Deepest Desires. It is the nature of evolution and the Divine to continually transcend itself.

When we commit to manifesting Deepest Desires, in a way that benefits us and the world, we hook into Divine Evolution. This is the beginning of the process called ascension. All that we encompass the mundane and the Sublime. When we can hold within our heart and spirit both the mundane and the Divine, and when the mundane and the Divine are integrated into the fabric of our life, we have resolved the paradox of duality. The energetic vibration within and around us is raised. We are sharing the realm of the Fairy Godmother. People will want to catch a little of the glow we emanate.

CHAPTER ELEVEN

Release: The Eighth Key to Happiness

The Eighth Key to Happiness: In order to transform our dreams into reality we release all that sabotages our efforts in order to claim our dreams in the everyday world.

Our essential self does not care how much time or work it takes to bring our dreams into reality—one year, ten years, or a lifetime. I'm not positive but I think time and timelessness are identical to the essential self. Purpose and meaning; engaging life with positive purpose, this is at the heart of the teachings of the Fairy Godmother. Engaging life with positive purpose is the metaphoric heart of the essential self. To claim purpose we need to release distractions, addictions, melodrama.

Look at Cinderella's fate before she had the crucial interaction with the Fairy Godmother that changed the course of her life. Cinderella spent years in the Great Silence sweeping, dusting, scrubbing, sewing, running errands and carrying water. Her bleak days are filled with endless back-breaking labor and she suffered a primitive emotional isolation. Unless there was a chore to perform Cinderella remained invisible to all but the mice and rats, which I think is a metaphor for the instinctual self-grounded in Mother Nature. Even in the Great Silence Cinderella is resourceful. She finds cleaning her home keeps her parent's memory alive. Nature becomes her best friend. And she keeps her head down, moving forward, one foot in front of the other.

Cinderella's quest for giving and receiving love went seemingly unanswered for an eternity of days dedicated to drudgery. She kept those skills alive, giving and receiving, with Mother Nature. What made Cinderella's life different from a life filled with hopelessness and despair was her bond with her Deepest Desires and Nature. Cinderella walked through drudgery with her heart on fire for the hidden quest of her Deepest Desires. Ironically, to experience the life she dreamed of Cinderella will have to release her isolation and drudgery. Circumstances did not define Cinderella. She passed the tests of her quest by staying grounded in her ability communicate with nature, to give and receive love. As a result she was open, vulnerable, and alive to the moment. She was able to perceive the Fairy Godmother and act on her instructions. Would she be able to take the next step? Could she release all of her life as she knew it? Would she cling to the known circumstances rather than venture into the uncharted territories of living her Deepest Desires?

All around Cinderella were examples of people clinging to the safety of the familiar. Her stepsisters chose life disconnected from their native talents and strength to dwell in the mind numbing panaceas that are familiar. Her stepmother wore dissatisfaction like a shabby winter coat. Disillusioned she endlessly criticizes and beats everyone in the vicinity with her word stick. Once a promising healer, versed in herbal lore, Cinderella's stepmother disappointed in life, used those skills disconnected from greater good and lost her way in manipulations and greed.

Look. I know I'm asking a lot of you. I'm asking you to believe in the possibility of your personal happy ending. I'm asking you to believe in your Deepest Desires in the face of your own version of impossible odds. Where is the Way of the Fairy Godmother amidst this ongoing turmoil? This is such a diverse yet acute answer I don't know how to access the words. I find the Fairy Godmother in the signature sound my big, white goldendoodle makes, glump-glump-glump, down the stairs each morning. I find her brand of happiness in his levitating joy at the

prospect of a walk. Outside, reminders of the Fairy Godmother reverberate in the soft air, bird song, streaked sky at twilight, creosote fragrance after dessert rains. I fall in love with the profusion of gardenia blossoms, in bushes scattered across my yard, each spring. The teachings of the Fairy Godmother are in this book and I learn with each reading and rewrite. The Way of the Fairy Godmother is in the daily practices for serenity. The hard won battles to access the truth. The prolonged lessons distilled from toxic people or circumstances. The Way of the Fairy Godmother is found throughout home as we persistently cling to beauty. Most profoundly of all the Way of the Fairy Godmother is in the method not the outcome. It is the commitment to create beauty wherever we can. These are the building blocks of our happy ending.

Make a list of all you hope you will become. The Way of the Fairy Godmother is in every quality you list. The Way of the Fairy Godmother is attributes you'll embody through the work toward and the realization of your Deepest Desires. Use your list of hopes and dreams and delineate their opposites. Now you have the list of obstacles, characteristics of what you'll need to release to achieve your Deepest Desires. I warn you, most people enchanted by their list of qualities, will stall out when asked to delineate their opposite. Don't let yourself off the hook. Of course you know, for example, the opposite of love. There are many words for love's opposite. Feel free to pick the one that best suits you. Your list is comprehensive of all you need to release. It is your map to achieving Deepest Desires.

Some smoke endless cigarettes or drink countless bottles of wine to avoid their inner work. Others retreat from life, sleeping or escaping into the one dimensional land of TV. One of Cinderella's stepsisters utilized a strategy to deal with her despair I am familiar with. She suffocated the bitterness of her disconnection from her authentic self with sweet cookies and fluffy confections of frosting. In the process of releasing the indulgence in sugar the stepsister would be required to face bitterness and its sources in her life. This work is not for sissies. Coming to terms with bitterness is the stuff of transformation. Cinderella's stepsister and wicked stepmother are examples of people clinging to superficial dreams disconnected from their strengths and a greater good. Alienated from their Deepest Desires nothing pleases them. Life separated from the essential self is barren. Use your list of what you need to release as a map back to your authentic self.

Every quest requires us to release what doesn't serve our strengths and greater purpose. Cinderella had to release inhabiting the fireplace to live in the Palace. She had to let go of her rags and embrace wearing a ball gown. Grief was transformed to make room for joy. Cleaning and scrubbing changed into time spent exchanging love and embracing the duties of a wife and mother. To embrace the duties of Queen, to become the CEO of the Palace, required her to release what? Let me be blunt. She had to let go of various types of stupidity born of denial, grievances, rationalizations, minimizing... Cinderella had to release her job as the servant to an evil serial murderer to become Queen, servant to the public and the wife of the Prince. We never regret choices made with love. These are the choices of the authentic self. Conversely, our choices based on fear of the unknown can become lifetime traps, filled with regrets. Our lives in the modern world are not fairy tales. All but an exceptional few will be confronted with the Great Silence. On the road to manifesting dreams and desires we'll confront myths and limitations. Limitations are the fuel of innovation.

Living Deepest Desires we become vibrantly alive. At the ball everyone saw Cinderella's essential self-shining brightly, creating a nimbus of light around her body. Her clothes and her bearing matched her inner radiance. Freed from her fears and limitations Cinderella touched every single person in the room with the beauty of her Deepest Desires. The Prince was

magnetized by the radiant love shimmering around Cinderella. He asked her to dance. I invite you to ask yourself: Am I ready to experience this kind of vulnerability? Am I ready to let go of every defense that keeps me stuck? The search for happiness is a faceted, multidimensional phenomenon taking place within the context of Deepest Desires, bringing joy to our life and the lives of others. What will it feel like in our spirits to live our dreams?

Once we have a glimmer of what it will feel like to achieve our dreams, practice feeling that way! It is impossible to do harm when our focus and commitment is to outwardly express inward desires with beauty and purpose. True power is reflected in how much beauty we can create, for ourselves, others, and the world.

The Eighth Key to Happiness: In order to transform our dreams into reality we release all that sabotages our efforts in order to claim our dreams in the everyday world.

CHAPTER TWELVE

Claiming Deepest Desires: The Ninth Key to Happiness

The Ninth Key to Happiness: Transformation occurs when we release the unwanted, claim the wanted, and perform specific acts that reflect our determination to manifest our Deepest Desires.

Whew! Are you tired yet? Let's put these keys together into a cohesive whole. Embedded in the teachings of the Fairy Godmother are three steps vital to Cinderella's transformation. First, the Fairy Godmother asked Cinderella to release her outdated and negative perception of herself. She encouraged Cinderella to identify and claim her Deepest Desires. Together they explored Cinderella's unique talents and strengths so that she might claim their expression in the future. The Fairy Godmother acknowledged Cinderella's luminescent spirit and beauty, and her desire to love and be loved. It is all for naught without following through with congruent actions.

Growing up I heard my Dad say, "Actions speak louder than words." This phrase has become my mantra. A mentor added "Want to know the truth of a given situation? Look at the actions." Wait. Did she just tell me truth lives in actions not words? Watching my confusion she continued, "Do the words and behavior match? No? The truth you seek is reflected in the actions." As the Fairy Godmother said, "We are trickable when we listen only to words and ignore the behaviors." I know it's hard. We so badly want the words to be the truth. In actions the truth of motivations are reflected. "Look to the behaviors to discern reality." This is how we go from being trickable to untrickable. As the Fairy Godmother told Cinderella, "When you're not trickable then you won't get tricked."

Is Cinderella ready to let her actions speak for her? Is she ready to create and climb a Golden Ladder of behaviors congruent with her Deepest Desires? These behaviors don't have to be one hundred and eighty degrees away from our routine. Cinderella claimed her first step by revamping her words to reflect the Fairy Godmother's positive vocabulary. She began thinking and dreaming of the Fairy Godmother. This gave her such pleasure drudgery transformed into hope. She embraced her Deepest Desires as the seeds to her happiness. She stopped scolding herself for wanting a better life, a better way of living. She embraced her dreams by visualizing conversations with the Prince growing her confidence.

Focusing on success, Cinderella mapped out a Proclamation. Next she made a list of her blockages to success. At the top of the list was despair. After her parent's deaths doom obscured her future. Rooted in her grief she began to believe her stepmother's disparagement, believing she didn't deserve love. The list goes on and on. Sometimes the wounds of the past create fragility. Cinderella lived with a sociopath who distorted reality with half-truths. The half-truths muddled Cinderella's perception. We all have ways we self-sabotage. Confronting negativity reduces its power. When she understood these barriers to success she burned the parchment describing them. This is a literal and symbolic step toward personal authority. She is clarifying her strengths and releasing weaknesses. Increasing self-understanding creates a ripple effect across the constellations that define Cinderella.

She made another list outlining the rungs of her Golden Ladder. She chooses pleasurable actions like carving and painting the pumpkin. Her behaviors engage her personal strengths. Growing our personal strengths with practice builds mastery. Step by step Cinderella encounters her strengths while designing her plan. As a result these chores didn't feel like drudgery. They

are empowering! Behaviors congruent with Cinderella's essential self-broaden and deepen her experience of authenticity. It's a revelation. Letting go of the past, claiming the future with activities congruent with her Deepest Desires is a celebration. It has been a long time since Cinderella felt joy. Climbing the rungs of her Golden Ladder, is the physical manifestation of Cinderella's dreams in the temporal world. Self-esteem is born out of an exchange of value, behaviors relevant in ordinary reality.

Our spiritual quests need currency in the mundane aspects of life. The key words here are: Spiritual, exchange – value – currency – relevance – material and mundane. Climbing the rungs of our Golden ladder pulls our dreams from the ephemeral into the ordinary. Deepest Desires must have worth in the real world. Remember the Prince's Proclamation? The Prince's Proclamation verifies the currency of value to him is a spouse; authentic and loving. Here is an excerpt from Cinderella's hometown newspaper, The Mythic and Fairytale Gazette, interviewing the Prince.

Mythic and Fairytale Gazette: *Tell us about the search for your bride.*

Prince: *Vulnerable, it's tough to admit. My quest effects, me, my family, the Kingdom. Everyone living in this country will be affected by a successful marriage. Conversely the Kingdom would be negatively affected by a royal marriage going sour. Growing up I witnessed the divorce of a royal couple. A royal divorce that tore the country apart, even the monarchy was at risk.*

Mythic and Fairytale Gazette: *True. As a journalist I've observed divorce reverberates beyond the couple into the community. It devastates the children. Divorce transforms a safe household into one filled with misery. Friends are affected by a split household. The neighbors are divided. No one wants to be infected by a divorce. How will you avoid the perils of divorce?*

Prince: *Is there ever a guarantee? Marriage is a great vulnerability. Add in becoming parents and the potential for heartbreak exponentially explodes. A grueling search, I've met countless women, all searching for happiness. The search for happiness is universal but as individuals we have different ideas what constitutes happiness. Some search for a specific person. Others wait for an event, or the job, money, power and prestige we believe will make us complete.*

The Fairy Godmother trained me for this quest. She is an extraordinary teacher. Now the quest itself has become my teacher. I've learned distractions muddle our focus. We lose track of goals, our talents. We become disenfranchised from our strengths. Lost and confused our skills can no longer merge with the practical events of our life. These are the dangers of a quest. I have yet to meet the woman who will become my wife. I ask myself in an endless loop the questions the Fairy Godmother taught me. What do I need to release? What do I need to claim? What are the behaviors required to find my wife?

Mythic and Fairytale Gazette: *What will be the secret of success in the relationship you seek?*

Prince: *Right now I am learning the lessons of rejection hand in hand with dating. Some women are horrified by the responsibilities of a royal marriage. Others are shy. They would prefer to lead quiet lives. My life is not quiet. Women want to know if I am a 'Royal Pain.' They view royalty as unreasonable, bossy and difficult at best. Many feel royalty is self-aggrandizing. I have to ask myself, "am I that person?" Dating reveals whether we are a good fit. We're back to relationships are vulnerable. It is a raw experience to embrace all I am, meet someone new, open my mind and heart for another person to evaluate. We are all seeking the good fit. To answer your question, I'm coming to understand the secret of success in a marriage is finding a relationship of good fit. I believe with the right woman I will become a better man. We will bring out the best in each other. (The prince coughs and takes a drink of water. He continues:) Does the successful marriage carry a spark of something greater? Something more powerful? Fit, shared goals, similar values, the Sacred Spark: Are they synergistic? Does this create love? A love to buoy us when we falter. A love large enough to nourish our strengths and forgive our weaknesses. Once I knew a girl...*

Reading the article in the Mythic and Fairytale Gazette (her stepsisters pasted the article on the mirror of their vanity) Cinderella could hardly contain her excitement. The Prince confirmed his commitment to love. Cinderella's desire to love and be loved has actual value in the real world. To create a new reality we take our invisible dreams and bring them into physical form with action. We are creating either the dream or the nightmare with each behavior. Harsh? Sometimes living in the Great Silence we act in faith while the appearance of life looks and feels like a nightmare. Good intentions without congruent behaviors will not materialize. When thoughts, feelings and actions are congruent, focused on creating a meaningful goal, we are telling the self, the world and the Great Spirit, we are serious. This synthesis of congruency; intention and action, creates the power to drive goals into form. With three steps, claim, release and act, the Fairy Godmother nurtured and encouraged the Positive Possibilities for Cinderella's future. The Fairy Godmother understands it is not what happens to us in the past that creates our future happiness or unhappiness.

Our happiness is contingent on our abilities to cultivate resilience, resourcefulness and creativity. Tied to Deepest Desires, in service to a greater good, future happiness is built on resources we may have overlooked. Constructing a Golden Ladder of behaviors, climbing the rungs, will lead us toward the goodness in life.

The ability to reinvent life using what is readily available exemplifies the spirit of the Fairy Godmother's teachings. She's a quintessential radical. She applies these steps even in the midst of crisis. She models for us, and Cinderella, transforming mice to men, a pumpkin into a coach, her gifts of resiliency, resourcefulness, and creativity. Take a look at your own world through the resourceful and creative eyes of the Fairy Godmother. I promise, there are opportunities to remake your life.

The Ninth Key to Happiness: Transformation occurs when we release the unwanted, claim the wanted, and perform specific acts that reflect our determination to manifest our Deepest Desires.

CHAPTER THIRTEEN

Savoring

Immersed in behaviors supporting our dreams we can take a look around us and like Cinderella—when we arrive at the celebration—allow ourselves the time to savor the wonder of it all. Like Cinderella we can lose ourselves in the moment caught up in the gift of the present. Savoring awakens us. Savoring raises our energetic vibration. We become an antenna for our unique vibration of beauty and pleasure. By consciously savoring the beauty and pleasure of each moment, we multiply and increase its power. We contribute to the Universal Law of Ever-Expanding Beneficence, the ever evolving goodness of life.

As a way to encourage savoring, I put focal points of beauty around my home, office, and garden. This is a simple yet powerful tool. As I rest my eye on beauty new thoughts, creative and resilient, emerge. A focal point of beauty could be an artifact, art, picture, poem, anything personal to us designed to pull our attention toward beauty and away from stress. Can you see how this shift in attention creates a buffer to the minutiae of stress infiltrating daily life? I'm not advocating the denial of feelings or the avoidance of reality. Tough times can require a direct inquiry, analysis, and/or acceptance of overwhelming pain. And yet, points of beauty in our environment can soothe and calm. Why do you think flowers are the gift of choice in bereavement? Their scent is a delicate blessing. They are to lift our spirit that we might not be lost in the deluge of grief. Your focal point of beauty might be a vase of flowers, a beautiful piece of art, a statue, photo, or even a rock or sea shell.

Focal points help us reflect the spiritual and literal aspects of life simultaneously. They help us practice savoring. More than one guest in my home has said the exact same words, "Everywhere I look in your house my eye falls on beauty." Wow. And just like symbols, focal points of beauty penetrate across the dimensions of self. Focal points of beauty are symbols. Images, they interpenetrate our conscious mind and unconscious mind, the heart, the soul and the spirit simultaneously. They speak to all levels of who we are and our dreams. A quiet moment viewing a focal point of beauty positively affects respiration rate, blood pressure, and our biochemistry. There is a flood of cascading neuro-muscular and biochemical events that take place when we pause to savor beauty. They create a moment, a breath, to refocus our attention on what has meaning and purpose. Use focal points of beauty to create a *reconnect, reset, begin again or pause*. Take in the beauty and breathe. Let it wash over you and feel the pain or stress lessen if not fall away. Focal points of beauty are present throughout my days and evenings. I either take a fleeting glance as I'm walking by, or I stop and pay attention to the shapes, colors and textures of my guide and treasure. I let the beauty enter and flow through me. Try it. It's easy, fun, and speaks to our authentic self.

Sometimes focal points of beauty are attached to a quality I'm cultivating or reflect an ambition I have, or they are just plain beautiful. Pausing, my attention is pulled toward my goal. My attention is pulled toward serenity. Beauty wires in the goal, or quality I'm seeking, with my central nervous system. I'm reminded of my purpose and the corresponding acts along the Golden Ladder. I'm creating a spiritual muscle to translate the energetic into literal. A focal point ignites the energetic muscle. It ignites the invisible motivation, required to achieve the goal. For example; writing *The Way of the Fairy Godmother* takes, aside from the physical act of typing, energetic and mental muscles to create and complete the manuscript. Although composed of mental constructs creating the manuscript is a literal act. I'm not moving mountains but I get

tired. And my behind mass has expanded corresponding to the amount of time sitting at work....But let's move away from that focal point.

Wooden bowls filled with sand, centered with a candle and surrounded with gems and minerals is a favorite focal point of beauty in my home and office. To me they are straight out of the Fairy Godmother playbook. Whatever you choose to create be mindful. Focal points are reminders that penetrate our thoughts, feelings and spirit, simultaneously. They give us brief moments, respites from stress. They are an invitation to redirect our attention toward beauty, toward success, toward the realization of our goals and ambitions, toward our connectivity with family, friends and the world.

When we live our dreams with intention, volition, creativity, and determination we find ourselves within the crucible of healing. The pains of the past fall away. We are no longer trapped by negative conditioning and misconceptions limiting our abilities. We are in the process of recreating our lives with beauty and power. The flame of transformation engulfs us and we are never the same again. Ask Cinderella.

Cinderella, using the Fairy Godmother methods of releasing herself from the pains of the past, focusing on positive goals, using the stuff of life readily available, incorporating resources into a specific plan that supports favorable outcomes and voila. Cinderella became a woman of power. She is no longer at the mercy of the negative factors plaguing her from the past. To live her brilliance Cinderella threw off negative conditioning and the detrimental aspects of traumatic bereavement. After she garnered the lessons, loved, calmed and soothed, her vibratory rate was no longer haunted by the phenomena therapists have come to call post-traumatic- stress. Healing is not an overnight process. Layers of pain and trauma emerge as we peel away the layers of negative conditioning. The antidote for self is always loving, calming, soothing, and empowering efforts to create a future filled with our unique gifts and destiny. Our efforts to create beauty, within the context of living our Deepest Desires, transmute the pains of the past. This is the science of alchemy. Your personal alchemy is the metaphysical process of transforming lead; the traumas and pains of the past, into gold; living and savoring the personal dreams of happiness and achievement.

Yes, we'll have setbacks, and failures. We will be swamped with feelings to console. But with resilience, a good plan, and acting on our plan, the possibilities of positive, favorable outcomes await us in the future. I have found the keys to happiness in the simple fairytale we were told as children. The Way of the Fairy Godmother explores the Cinderella fairytale to find the skills of living the authentic and joyous life. To walk The Way of the Fairy Godmother begin to see your life and dreams through the eyes of the Fairy Godmother.

THE NINE KEYS TO HAPPINESS

The First Key to Happiness: Deepest Desires are the seeds to our happiness. The beginnings of happiness are born from the identification and recognition of deepest desires.

The Second Key to Happiness: Focusing on harmony, health, and success will bring more harmony, health, and success.

The Third Key to Happiness: We are filled with native talents and resources that support our Deepest Desires. Learn to apply them in daily life.

The Fourth Key to Happiness: Create a Proclamation that revolutionizes the inner and outer world while creating health, beauty, and prosperity for ourselves and others.

The Fifth Key to Happiness: It is not enough to want our Deepest Desires to appear in life. To bring forth success and happiness, create and implement Golden Ladders. Climbing the rungs manifests our Deepest Desires into the everyday world.

The Sixth Key to Happiness: Create a language that is positive and reflects Deepest Desires. Become conscious of the words we use to describe our goals, attitudes, moods, desires, behaviors and motivations. Become like the Fairy Godmother and speak only loving and positive words.

The Seventh Key to Happiness: People who find success never give up striving toward creating their Deepest Desires in tangible forms that beautify life.

The Eighth Key to Happiness: In order to transform our dreams into reality we release all that sabotages our efforts in order to claim our dreams in the everyday world.

The Ninth Key to Happiness: Transformation occurs when you release the unwanted, claim the wanted, and perform specific acts that reflect the determination to manifest Deepest Desires.

THE WAY OF THE FAIRY GODMOTHER:

Interview Questions And Answers

What motivated you to write *The Way of the Fairy Godmother*?

I've spent decades training across the broad spectrum of the healing arts. With practice the synthesis has been simmering, cooking in me for years. What became clear to me is there are universal themes in healing across culture and time. *The Way of the Fairy Godmother* is the tangible culmination of my efforts to implement healing as a catalyst of flourishing to create enduring happiness.

What is your background?

I'm traditionally trained as a Marriage and Family therapist and recently earned my PhD in Positive Psychology. Graduate school in my twenties was the beginning of a spiritual journey and a path of personal growth. I explored spiritual and indigenous healing along with alternative healing and traditional lines of knowledge and wisdom. I searched for methods to bring joy, harmony, and peace of mind to myself and clients. I tried everything from sitting in stillness twice a day to immersing myself in native healing traditions. I learned the Mayan use of altars to divine and catalyze healing. Native American traditions led to years exploring the shielding and the powers of the Cardinal Directions. I practiced Shamanic dreaming and creative visualization in conjunction with guided meditations. The list goes on. Continuing education in counseling, Reiki, crystals, herbs, designing sacred ceremonies all formed an eclectic base. I've now been able to integrate these diverse forms of healing and have done my best to encapsulate that life's work in *The Way of the Fairy Godmother*.

Why did you decide to write about Cinderella and the Fairy Godmother?

Jungian Psychology teaches us there is a reason fables and fairy tales have endured throughout generations. Embedded in the story line of fairy tales are the secrets or keys to living well. Gleaning the hidden messages is enjoyable for me. I love unlocking the wisdom of the ages intertwined in the fairy tale storyline.

What are the tools of happiness that you talk about in *The Way of the Fairy Godmother*?

Positive Psychology teaches us to savor what is good and already working in our life. The more harmony and beauty we notice, the more harmony and beauty there is to notice. The Fairy Godmother's work with Cinderella teaches us the seeds to enduring happiness reside in our Deepest Desires. The synthesis of our Deepest Desires combined with a Golden Ladder of rungs, each rung an action corresponding to our dreams, creates the Positive Possibilities, drawing into the reality of everyday living our ambitions.

What is the short recipe to creating happiness?

In three easy steps the process to creating happiness is first; claim all that we will be when our Deepest Desires are brought to fruition. Next release all that sabotages and blocks our success. Finally, create and implement a Golden Ladder. The rungs reflect our actions congruent to with our ambitions and Deepest Desires.

What is important about Deepest Desires?

Deepest Desires are the seeds to our happiness. Enfolded within Deepest Desires are the native talents and personal strengths that make us unique. Enacting this combination is synergistic. Together native strengths in conjunction with the interests of Deepest Desires, is not just fun but also empowering, and fuels growing mastery. Living Deepest Desires gives us the encouragement and stamina to make dreams come true.

ABOUT THE AUTHOR



Jennifer Morse, MS PhD, traditionally trained as a Marriage and Family therapist, in recent years pursued a doctorate degree in Positive Psychology. These degrees sandwiched thirty years devoted to the many serendipitous faces of mysticism. A twelve year daily yoga practice was interrupted by three increasingly serious back surgeries. During four years of repair Jennifer wrote *The Way of the Fairy Godmother* and her debut novel, *Fairy Godmothers of the Four Directions*.

THE WAY OF THE FAIRY GODMOTHER

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