



“Thrive”

A Five-Lesson E-Course

*This Free E-Course has been designed to help you Thrive in your Life. It is based on the book **Outrageous Living: Tips & Secrets to Thriving in the 21st Century**, written by Charles and Melissa Leath. Follow each lesson and incorporate it into your life: As you feel comfortable with the first lesson, then go on to the next.*

You may want to keep the Course in a convenient place on your computer, or print it out to access during the day to take advantage of the inspirational quotes.

Day One Keeping It Simple

Inspirational Quote:

I am beginning to learn that it is the sweet, simple things of life, which are the real ones after all. --- Laura Ingalls Wilder.

Lesson:

The easiest way to keep your life simple is to Honor your commitments. Keep your word, and fulfill your promises. Avoid making commitments until and unless you are prepared to do what you say in an intentionally loving and un-criticizing manner. These are some of the greatest working truths in life. They are very simply stated, but run very deep in human experience.

Don Miguel Ruiz, Toltec Shaman and author of “The Four Agreements” writes about a particular code of conduct that can transform your life to newfound freedom and happiness. One of those codes is:

BE IMPECCABLE WITH YOUR WORD

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of Truth and Love.

Every time you are not true to your word, you are not being true to yourself. Maybe no one else knew about it. Maybe it was something you promised yourself. But every time you are not true to your word, you lose self-esteem. This continues until you really don't believe what you are saying to yourself....You don't trust your own word.

Become conscious that many of your thoughts, responses to life events, and decision-making abilities come **from involuntary programmed values, beliefs, attitudes, motives, methods and behaviors.**

Look at Truth as being derived in a w-holistic manner from Nature: Timeless, unchanging and stable in one central way. Always use your creative abilities in an evolving and dynamic way when dealing with others.

Avoid agreeing to something if you really do not want to do it. If your heart is not in it, or if you do not have the extra time, then learn to just say 'No'.

You are always connected with your Higher Self, so the correct (or righteous) answers will always be with you. You cannot make a wrong decision as long as you honor what your first response to experience is. That is your Divine Self speaking Truth.

Divine Reasoning is something that comes from within you---not from outside yourself. The world would have you believe something different. It would have you considering superstition, false beliefs, traditions (whether they are based on truth or not) and what society expects. Divine Reasoning comes from the pure source, where judgment does not exist.

Have a good feeling about the way you make decisions and stick to them. You are in charge of your own mind.

Exercise:

Go through your life. Think about times you agreed to do something you really did not want to do. How did you feel? There probably was resentment, or even anger. Or you may have felt like you were used. Or you were disappointed because you had another plan that did not get done. You sacrificed yourself for some else's issues. The only thing that resulted from it is that the other person never accepted responsibility for his or her own actions. You bailed them out. No lesson learned.

Meditation Suggestion:

Sit quietly and listen to the sweet and simple sounds that you can hear when you open to it.

Affirmation:

I am one with the Divine Being. I consider my life and make decisions according to my own well-being. I allow others in my life to make their own decisions.



Day Two Finding Your Passion

Inspirational Quote:

*Your work is to discover your work and then with all your heart to give yourself to it. ---
Buddha.*

Lesson:

I have often counseled people in their 'crossroads' moments. Perhaps a marriage has ended, or a spouse departed. Or there are opportunities to choose from and nothing seems to be pulling them in any direction.

These can be magical times. But there has to be a passion of some kind to drive them in the perfect direction.

Too often, they are looking for someone to tell them what to do or where to go. They are willing to give up their power and follow some one else's lead.

This is where you might be right now. Many changes come about, but you don't always have a chance to use the opportunity to your advantage. Change is only something different than it was before, unless you feel excitement about it. That feeling of excitement will forge you ahead to success and happiness.

Let's face it: we usually don't do anything in our lives unless we have to. That means Universe allows us the opportunity to change. Once the change challenges us, we have the chance to see where our passion is. You may want to call this Spiritually Successful Change.

By the phrase Spiritually Successful Change, we mean actually facing the change and defining the goal. This gives you mastery over the change. It no longer controls you; you are taking charge of it.

Exercise:

Break down the situation you are in that creates the change challenge. Find a word or phrase that defines it. Examples: my relationship with my best friend; my career (job or working position); opportunity to move out of state.

Put this word down in the center of a full sheet of paper. Then begin brainstorming. Whatever comes to your mind about your challenge, write it down on the page, surrounding the main challenge phrase. Draw a circle around each idea or thought. Then link the thoughts to the center phrase with a line.

Soon, you will open up the creative area of your mind and begin writing your passionate thoughts about the whole situation. It doesn't mean you have to do all those things...but now you have somewhere to start.

Where your heart is pulled, this is a passion. Roll it around in your imagination. Does it seem too unreal? Or could it possibly happen? Or do you know for sure that this is what you want?

As with any passion...always follow it. Take counsel of others, but do not let their ideas make your decisions. You must feel good about what you do, no one else.

Meditation Suggestion:

Taking a deep breath, listen for your heartbeat. As you find it, visualize the heart space as a beautify rose quartz crystal. Let it expand outside of your body and allow it to touch those around you.

Affirmation:

My passion comes to me in the most natural way. The Divine speaks to me and I hear, or sense, it heart information.



Day Three

What Dreams May Come

Inspirational Quote:

Within your heart, keep one still, secret spot where dreams may go. --- Louise Driscoll

Lesson:

The God-Presence that gives you the desire and the talent is the same Power that will open the door and reveal the perfect plan for the fulfillment of your dream.

Trust the Divine Power within you, and you will find that this inner Presence and Power will lift you up, heal you, inspire you, and set you on the high road to happiness, serenity and the fruition of your ideals.

When your conscious and subconscious mind agree on success, abundance, right action, then the law of your subconscious mind will honor that experience to you in just the perfect manner. You will be given just the right set of circumstances to accomplish your heart's desire. But nothing comes if there is no focus.

Find that special spot within you that holds desire. Do not deny it. Visit that space often.

Exercise:

Challenge yourself to ask others what their desires in life are. Some people will have very large and extravagant desires. Others will have very modest and simple desires. Decide that you will evaluate your own heart and come up with at least one desire to hold dearly.

Focus on it everyday. Create a vision board or treasure map with pictures and symbols of your desire pasted on it. Use that board as a collection of your goal and then see yourself living the desire.

Meditation Suggestion:

Imagine this...if money was no issue, and you could do anything your heart desires...what would it be? See it. Live it in your mind. Be there for a few minutes. Visit that place often.

Affirmation:

What I accept completely in my mind, I will get in my experience, regardless of conditions, circumstances or the powers that be. I wish success, prosperity and fulfillment of my desired goals. As I affirm these truths, I know they are deposited in my subconscious mind – the creative medium – and wonders are happening in my life.



Day Four Heart and Home

Inspirational Quote:

The ordinary acts we practice every day at home are of more importance to the soul than their simplicity might suggest. --- Thomas Moore

Lesson:

The best place for your soul to express itself is in your home. This is your safe place...your haven. Your home should uplift your spirits when you enter. Every time you enter your home it connects you to the creative place within.

All too often, we neglect our houses and never recognize them as our homes. The doors in your house are there for the outer world to stay out.

Your home is the place where you nurture your family and yourself, not only with food but with contentment and sense of belonging. It is where you feel safe to sleep and dream.

In his book, "A Home for the Soul," Anthony Lawlor says:

Home is a container of soul. The roof and walls shelter and nurture the spark of life that animates our modes of dwelling. They define the setting where soul is transformed from raw energy into myriad experiences of living... Each element of home plays its role in bringing forth the latent possibilities of soul.

The next time you wash your dishes, consider the fact the root word of cleaning suggests purity by a ceremonial anointing of oil. There is a spiritual component to the cleansing of dishes that awakens you to the importance of your nourishment being placed there as an offering to the body.

Scrubbing the floors of your abode helps you slow your life down to connect with your footsteps. It 'clears' the path you take. It gives you a chance to become attentive to your surroundings and open to spiritual experience.

This experience does not invite you to create a sterile environment, but rather careful attention to the sacredness of the items and areas of your home.

This way, the heart or your true connection with your soul/spirit opens wide and honors who you are.

Exercise:

Pick out one area of one room [possibly a closet, buffet, cupboard or chest of drawers]. Go through your belongings in that space. Really pare down your possessions to the point you only have what you actually use. Then purposely visit that place every day. Doesn't it feel free? Isn't there a cleared energy in that space? You can make it so in your whole house.

Meditation Suggestion:

Find a place in your home where you would like to meditate. Place a chair or cushion in that special spot. Now imagine how you would like to create a difference to really feel like this is a special meditation area. What kind of rug would you like? What colors do you feel would be good? Should you have music there? Then make it so.

Affirmation:

As I find the connection with my home, my soul enlivens. All paths are clear for my progress in this world.



Day Five Gratitude Continues

Inspirational Quote:

Authentic success is being so grateful for the blessings bestowed on you and yours that you can share your portion with others. --- Sarah Ban Breathnach.

Lesson:

We come full circle in the present world by having gratitude for the things and life we are experiencing. Having gone through the lessons in this course, you are ready to close the circle.

Gratitude is the single most important element in appreciation and creating your future. It changes how you feel about your life and the world around you.

Taking the time to openly recognize where you are right now in your life and appreciate it will close the door to 'lack'.

I am reminded of the harvest time we all love each year. By the time October comes around, there are plenty of festivals to rejoice in the year coming to an end, the bountiful production of our crops and all things grown with blessings. The air becomes crisp and clear and it allows us to see things to the fullest and understand to newness of closure.

The harvest, or closure of your experience is the universe giving you the opportunity to celebrate your life. By celebrating, you are recognizing the grateful abundance that may have been simply 'implied' until now.

Even when the student finishes schooling of any sort, there is graduation: The celebration of completion. This opens to new possibilities.

Exercise:

Who are you grateful for in your life? Go through your mind very carefully. You will begin thinking obvious people around you...your spouse and children, co-workers, parents. But after a few minutes, then all the people who influenced you over the years will come to mind: your fifth grade teacher, a nurse in the doctor's office when you were six years old, the child who grew up next door to you. Go over this list often.

Meditation Suggestion:

Buy a notebook or journal. Sit early in the morning [or any time you have the time] and write down at least three things in your life that you are grateful for. Always make the three things different than the last three. Soon you will really be able to recognize abundance in your life.

Affirmation:

Being thankful for even the smallest things in my life opens me to being grateful for being who I am. As I am grateful for myself, I see wonderful things moving into my world.



About Charles and Melissa Leath

Charles Leath is a Transformational Reflexologist and Indigenous Energy Worker. He has Certifications in Reflexology, Spiritual Healing, and Reiki. He learned this healing art from his grandfathers, as brought to the family from Africa and India.

Rev. Melissa Leath, Spiritual Counselor and Educator, has extensive training as a metaphysical counselor. Melissa teaches empowerment workshops in meditation, spirit communication, subconscious symbols and intuition. She is author of Meditation, Plain and Simple Workbook and Soul of the Universe Meditation CD, and other audio programs.

Melissa and Charles are located in Ohio, but travel extensively, providing workshops and private sessions.

<http://www.OutrageousLiving.net>

<http://www.MelissaLeath.com>

<http://www.ReflexologyWithCharles.com>