

THE GOLDEN KEY

**UNLOCKING THE SECRET
OF THE LAW OF ATTRACTION
FOR LESS STRESS AND MORE JOY!**

by Janice Masters

This free ebook is written and offered by Janice Masters, The Everyday Joy Coach. Jan is a spiritual life coach who works with clients ranging from opera singers to teachers, from physicians to artists, from students to entrepreneurs. Jan is committed to helping people become empowered to live the lives of their dreams---joyfully!

To learn more about her books, coaching programs, online courses, email courses, and other resources visit Jan at www.EverydayJoy.com

Jan's work is dedicated to helping people to end unnecessary emotional stress and suffering, and to experience more satisfaction, joy and abundance in all areas of their lives by applying metaphysical, spiritual principles to everyday life in down-to-earth, highly effective ways.

This book: ***THE GOLDEN KEY: Unlocking the Secret of the Law of Attraction for Less Stress and More Joy!***

may be freely shared so long as no fees are charged and no changes are made. Please pass this book along to family, friends, clients, and students who may be experiencing stress and frustration with life challenges, and who would benefit from the ideas, universal principles, tools, processes and encouragement it offers.

INTRODUCTION

Have you watched and read The Secret, worked on using the Law of Attraction, tried all kinds of abundance and self-

improvement programs, stayed faithful to a spiritual path, and STILL find yourself focused on the problems, on the lack, on what's missing, and not on actually manifesting what you want?

If you answered 'yes', and are sick and tired of this and know that you could get past it if only you knew how, then you will appreciate this book coming into your life at this particular time.

Given how the Universe works, it's the perfect book, at the perfect time for you.

It is so stressful and frustrating to have the information about how to change your life, make it better, and not be able to actually DO it.

That stress gets added to the already painful situations you may be dealing with in your life, like these:

- Are you dealing with painful family issues?
- Suffering with nerve-wracking financial stress?
- Struggling with old habits you think you can't change?
- Worried about your kids? Or your parents?

- Concerned about your future?
- Agonizing over a troubled relationship?
- Stressed, overwhelmed by life's fast pace and endless demands?
- Confused by symptoms of spiritual ascension?
- Frustrated by the old issues you thought you had dealt with years ago, that are now bothering you again?
- Are you facing anxiety, depression, or spiritual uncertainty?
- Are you experiencing health issues that have you worried, or in pain?
- Are you using unhealthy habits to try to cope with stress?

It is so hard to be dealing with these kinds of human challenges, have information about how to change things, and not quite be able to get there! It makes you feel like a failure. Like you're the only one missing the boat on this.

And you stay stuck.

I know how you feel. I've been there, done that, and have found the key to release this old, conditioned pattern of ineffectiveness, and transform it in a way that will forever change your life and the way you live it.

If you want to join that seemingly star-kissed group of individuals you hear about and admire who have been able to leave limiting thinking behind and are riding the wave of pure positive energy into their desires and dreams, manifesting outrageous success of all kinds, and experiencing joy and peace, I can teach you the simple, elegant technique that will clear the path to take you there.

The very simple process I have discovered will not only show you how you have been consistently blocking your own progress, but will reveal more about what you truly want than anything else you have ever done.

This process takes advantage of an already well-established thought pattern in your mind and uses the powerful energy of it in new and transformative way.

The practice I will share with you will reveal all of the many big and small unmet expectations you have held for your life.

On a deep level right now, you are disappointed in yourself. That's the core feeling you're dealing with right now. And that disappointment is a low enough vibration to create blocks to your energy.

That's why you're stuck.

OLD HABITS OF THOUGHT

I am guessing that because of all you have already learned about metaphysics, the law of attraction, etc., you are aware that you have been overly focused on the problems in your life, the things you don't want—trying to fix them. That's what we've been taught to do.

No wonder you struggle emotionally and can't create the success you long for!

You will actually be pleased to become more aware of this, because this is a driving, basic, encompassing issue for you and your life.

And it's not one you can wish away, or turn away from hoping it will disappear.

But it IS one you can change.

The old messages of believing that you need to look at what's wrong so you can fix it are very potent. I see the trend toward that in myself, my clients and students, and I know it's there in you.

There's nothing wrong with you, just with your old, outdated programming.

And I know that there is absolutely no way to truly claim your Everyday Joy without shifting your focus.

Do you really want to belong to that star-kissed group I mentioned earlier in this message?

Do you want to be one of those people you observe who have discovered how to get out of their own way, how to focus on the joy of desire and allow the wave of positive, universal energy to carry them into all kinds of success?

I know that you have been able to experience this at times, but I also know that you want more of it.

You are absolutely capable of that!

THE INFINITE POSSIBILITIES

My mission to help you focus on the good that's coming into your life, on what is already present in your life to celebrate, and on how to be happier and more satisfied with yourself and your life in general.

I want you to be able to acknowledge how wonderful and magnificent you already are and how much there is to be proud and happy about. I want you to have the success you envision for yourself.

The process I am about to share with you will raise your success level and your happiness quotient.

It will strip away the denial and blockages and old patterns that have kept you stuck in obsolete unfulfilling patterns.

It will offer you clarity about it is you really, really, really want. And it will allow your energy to move toward the fulfillment of those clear desires.

What if today is the day you start the turnaround and get unstuck?

What if now is the time when you are going to let the Universe shower you with blessings of all kinds?

What if you can tune in, turn on, and tap in to abundance and success starting today?

What if what you want and have been striving for is suddenly within reach?

What if you are being offered a powerful key to unlock a simple secret for transformation?

Are you ready to act on this?

Okay then!

READY FOR TRANSFORMATION

I'm going to share with you a **7 STEP PROCESS** using the law of attraction and other highly effective tools that will not only help you to focus on what you want, but also will shift things energetically in very powerful ways that will support you in manifesting what you truly want.

The most important element I will teach you in this book is how to get out of your own way energetically.

I think you already know a lot about the rest of it.

MORE SUCCESS

I define success as living a life of abundant **JOY, PROSPERITY** and **HARMONY** in all things and in all areas of your life.

This is what you are wired for. It's time you got to claim it.

And you get to create your own personal definition of success as

it applies to you in your life.

I'm going to share with you some of the outstanding things I have learned during the past 30 years as a psychotherapist, life coach and spiritual mentor working with clients, and finding what works in my own life as well, to manifest the life of your dreams.

And believe me, I've had my share of challenges to deal with in my own life, and have had to learn how to get out of my own way to let the positive energy flow! If I can do this, I know you can do it too!! We are not so different, you and I.

THE ADVENTURE

These days, many of us are realizing that we have to let go of some very strong, embedded, traditional ways of thinking about things, and viewing the world and life and people, in order to take our lives to the next level.

Old thinking and outdated beliefs are as limiting as believing that the world is flat for an adventurer who wants to circumnavigate the globe!

You are that adventurer! And the journey you want to travel is into the limitless, infinite possibilities of your life!

In the quantum field ANYTHING is possible...and in fact, it ALREADY exists.

Anything that you want to Be, Do, Have or Feel is possible, and this ebook will show you how to take the necessary steps.

In fact, let's go back to those life stressors I talked about in the beginning of this book and see if those are some of the things you want to change.

Do you want:

- More harmony, peace and closeness in your family?
- Financial freedom and abundance you can count on?
- To establish new, healthy, positive habits for a lifetime?

- To be the parent you would love to be so your kids can thrive?
- To trust that your future is unfolding for your highest good?

- To heal a relationship, or attract a soul mate?
- To relax and know there is plenty of time for all you need to do in life?
- To be excited by how much old patterning you are clearing so that you can live better and more easily?
- To know that you have healed and released the past?
- To experience your life with trust, peace, harmony and joy?
- To enjoy better health and well being?

I will show you simple but very powerful steps that will align you with anything you desire.

Don't be misled by their simplicity.

This process works because it is the way the Universe works. In fact you are using these steps all the time already.

It's just that most of the time you're creating by default.

Look at your life and what's in it. YOU created all that! All of it! For better or worse.

Now you will learn how to use this 'creation process' consciously to manifest what you really, really, really want.

Your dreams CAN become your reality!

In fact, I want you to be able to establish strong, new habits that really support a new way of being, doing and having.

The New Earth is here and I want you to be able to live in it comfortably, peacefully, abundantly and joyfully.

And I will teach you **THE GOLDEN KEY** to unlock the secret of the law of attraction for less stress and more joy and abundance.

I will share with you the secret tool that other books about the law of attraction and manifestation have ignored.

This is the one tool that shifts the energy so powerfully that what you want **CAN'T NOT HAPPEN**.

And without it, you will struggle and wonder why you are not succeeding at making your desires manifest.

And in the meantime, with it, you will feel happier and more peaceful, and you will love yourself and others more deeply and unconditionally.

LET'S GET STARTED

STEP ONE: Use what you DON'T want to clarify what you DO want.

Right now I want you to take a sheet of paper and begin to write sentences beginning with the words "I don't want...", and be sure not to censor anything. Just keep writing whatever comes to you. Keep writing until you cannot think of anything else that you DON'T want. Read it over and highlight the most important items on this list.

Then, on a new page, write a series of sentences beginning with the words "I want...", and again, be honest and write down whatever comes to mind.

Then choose one thing that you want. Something that you desire passionately and have not yet achieved. Write that on a new page in big, bold letters.

Don't worry about the other desires you didn't choose this time. They will be naturally energized and activate by your focus on the one you did choose.

We have at some point in our lives turned down the volume on the small voice inside that tells us what our true desires are because no one was listening and eventually neither were we.

Now is the time to turn the volume up on that voice so that you can hear the stream of "I wants" coming from your heart and soul.

Now is the time to not only hear, but listen, validate and move toward those things you really want.

Doing this will allow you to experience joy, passion, purpose and deep fulfillment in your life.

STEP TWO: Identify and eliminate limiting beliefs

So now I want you to write all the reasons you can come up with for why you **can't** have the thing that you want so intensely.

Write down all those things your ego has told yourself about why this will never happen for you in your life.

Why it can't possibly happen for you.

Why it shouldn't happen for you.

Why you'll never be that lucky.

Why it might happen for other people but not for you. Etc., etc., etc.

These thoughts and beliefs may be subtle or very obvious but either way, be sure you find it and write it all down.

Allow memories to surface that may help to explain why you think this way. Find the origins of your limiting beliefs.

This step is where you will finish unfinished business by shifting these thoughts and beliefs. You can let go of the old energy and

begin to write a new story for yourself that includes lots of joy and abundance and success of all kinds.

When you can't come up with any more reasons for why you can't have what you want, begin to write all the reasons why you CAN and SHOULD have that which you desire so strongly.

Take a very strong, persuasive position. Convince yourself of why this can be so. Write it all down. Use feeling words to express this feeling of

STEP THREE: Find your “WHY?”

In this next step, you will define and express very clearly WHY you want what you want. List all the reasons why you want this...and remember we never want anything except for how we think it will make us FEEL to have, do or be it. So find the feeling place of your WHY?

Use emotionally expressive words to write about WHY you want what you want.

Write about how you will feel when what you want has come about. Really get into it!

This will be the energetic leverage you will use to move yourself,

your thinking, your beliefs and your behaviors from NOT having what you want, to having it.

A strong, compelling WHY is essential!

Emotion is the driving force behind all manifesting, so dig in!!

STEP FOUR: Establish new positive beliefs and habits

Begin to allow yourself to imagine that you already have what you want so intensely, and ask yourself what you would believe about yourself and how you would act if you actually did have it.

Make up a story about yourself and who you are and how you are and what life is like ‘now that what you want is already true’. Be specific and detailed as you write about this.

Spend time every day thinking and acting AS IF you really did ALREADY have it.

Brainstorm new ways to be this new you in this new experience. Have fun with this. Make it joyful!

This will align you vibrationally with what it is you want in a very powerful way.

And be very sure to keep your focus on having what you want, NOT on the lack of it. This is very important.

Whenever you drift back to the thoughts of not having what you desire, bring yourself back to the ALREADY TRUE thoughts about it.

STEP FIVE: Allow--get out of the way

It's essential that you get out of the way and allow the Universe to work its magic.

So once you have spent some time on your desire and new beliefs and habits, go about your business, choosing to focus on things that make you happy and raise your vibration, knowing that the HOW of it is up to the Universe, and the Universe will make it happen.

Know that it can't NOT happen if you are well aligned with it.

This step asks you to have faith in the way things really work.

And this is right where **THE GOLDEN KEY** fits in.

I am so excited to reveal this secret tool to you.

It is simple.

It is easy.

It will change your life.

I know because it has changed mine!

This **GOLDEN KEY** is **FORGIVENESS**.

Take a breath, a big, deep breath. Take a moment to let this sink in.

It may seem too simple to be true that it would make such a difference, but here is why it does.

On a deep level, one that is mainly out of your day-to-day

consciousness, your ego keeps up a constant barrage of criticism, judgment and negativity. Since the function of the ego is to protect you, it will continue to do this.

And it's not just you. all of us humans experience this.

You might be surprised to know that the most accomplished people, ones you'd never in a million years suspect are dissatisfied with themselves, experience this same ego-abuse also.

Neutralizing this constant flow of negative feedback is essential to getting out of your own way energetically.

What I have discovered is that the need for forgiveness for others can sometimes be much less than the need for self-forgiveness.

You will determine for yourself where to place the emphasis in your own forgiveness process.

And if you are like me, it will move around a bit from time to time.

You will intuitively know what and whom to forgive in this sweet process.

For most of us, we need a personalized combination of forgiveness directed at self...and at others.

So, I will now ask you to make a commitment to beginning and maintaining a 'forgiveness practice'. This practice consists only in saying to yourself "I forgive you" or "I forgive myself".

See which form feels more 'right' to you: the "you" or the "I".

You will say this to yourself every time you think of it.

You will begin to listen for the little voice that criticizes, judges, belittles, hammers away at you, and always measures as 'not enough'.

It will do this to you and to others. Constantly.

Where the ego is concerned, enough is never enough.

Once you begin to tune into this process, I think you will be amazed, as I was, at how constant and creative it is.

It may make you feel sad for a while as you realize what has been under the surface of your consciousness for perhaps your entire life. That will pass and transform.

All you need to do is to begin a litany—a steady stream of “I forgive you” that begins when you awake in the morning and doesn’t stop until you go to bed at night. Each and every time you think of it.

I begin the moment I am aware that I am awake.

And don’t worry about it when you don’t think of it.

You’ll be surprised at just how little of the right thing suffices.

Just as constant as ego’s voice, will be the voice of your growing compassion, acceptance, and love for yourself and others.

I cannot express to you the depth of healing that happens with this simple ‘forgiveness practice’.

You will be stunned by its power to comfort, to heal, to shift energies naturally, without any effort on your part.

That's why I call it THE GOLDEN KEY.

You will begin to notice that you are acting in ways that are truly aligned with what you want.

You will observe that you are naturally getting out of your own way.

Part of what is happening is that guilt and shame are the driving forces behind our compulsive, self-destructive habits—and they are being dissolved.

And part of what is happening is that forgiveness and compassion truly transmute energies—back into light and love.

And as this happens more and more, you will see, feel and experience that what you want begins to appear in your life.

Because the blocking energies are being removed.

You'll see!

You will feel greater love and compassion for yourself as you realize how hard your ego has always been on you.

You will see that in reality, in a deeply metaphysical way, there never is anything to forgive.

It is your very humanity that your ego can't abide. It is always looking for perfection...whatever the heck that is!

You'll find such love for yourself and begin to laugh at your foibles and embrace and adore your humanity, just as you would a beloved child.

Which is what you are.

It's the closest thing to magic I've ever found!

So there is your **GOLDEN KEY**.

Use it to unlock the power of the law of attraction by transmuting the negative energy generated by the ego and turning it back into light and love, pure and simple.

Then there will be nothing stopping you.

The possibilities will be endless...infinite...

STEP SIX: Receive everything gratefully

So now that the energy is flowing toward what you know you want, you can relax. You can focus on gratitude and appreciation, which some of the highest vibrations available to us in our human experience.

- Be grateful for everything in your life.
- Make written and mental gratitude lists.
- Write thank you notes to yourself.
- Write thank you notes to others.
- Surprise the people around you with ‘thank you’!!
- Go on a rampage of appreciation.

And even when things happen that you don't like so much, say ***Thank you*** to the Universe, even if you have to add—as I do, ***‘And I’ll get back to you when I am clear about just what it is I***

am thanking you for'. 😊

Remember, everything in your life is unfolding perfectly, so you can choose to be grateful for it all now.

Gratitude and appreciation are very high frequency vibrations that help to keep you aligned with what you want.

And they make you feel SO good!

STEP SEVEN: Choose Everyday Joy

This is the last step in this process, and it is an extremely powerful one.

Finding your joy every single day of your life, moment to moment, is a choice. It is a choice that keeps your vibration so high and clear that it aligns you perfectly with everything that is for your highest good....or something better.

Find reasons great and small for joy.

Make a list of sure-fire joy triggers that are personal to you.

Go beyond reason to be joyful. Why not!

Keep turning your attention and your thoughts to whatever triggers your inner joy until it becomes a habit.

Experience loud joy and quiet joy.

Experience big joy and little joy.

Make it your highest priority.

Claim it as your birthright.

And know that it is the energy that is the driving force for manifestation and co-creation.

Here are some very compelling reasons to choose to experience

Everyday Joy:

- Energetically, Joy is one of the highest vibrational experiences you can choose to tap into.
- It is said that one minute of true Joy has the ability to neutralize layer upon layer of previous negative experiences, such as depression, anxiety, sadness, conflict, trauma, etc.
- Joy is a transmuting energy, which means that it effects changes at very fundamental, cellular, energetic levels of your being, bypassing your conscious mind.
- The more Joy you choose, the less of your past you carry along with you, and the more of your present you heal into wholeness.
- When you recognize your freedom to choose to experience Joy no matter what is going on, you are on your way to establishing a new habit of *Everyday Joy*.

- Joy is not only the essence of your True Nature, it is your birthright.
- Law of Attraction informs us that Joy is the strongest driving energy of manifestation and co-creation.

Living your joy more and more will ensure that your dreams come true....and fast!

And in the meantime, living a joyful life is a success, in and of itself!

I hope you enjoy using this process to create the life you've always dreamed about. I offer it to you with love and blessings.

Know that your passion and your desires are leading you closer and closer to your dreams.

Be conscious.

Choose carefully.

Forgive with abandon.

Be joyful and grateful.

And watch the magic happen!!

Wishing you blessings and the fulfillment of your highest hopes....or better!

Warmly,
Jan Masters, The Everyday Joy Coach



PS ~ I want you to know that this process I've shared with you in this ebook is the very same one I use myself. I've used it successfully whenever I have been facing great, painful, stressful challenges in my own life.

I became dedicated to finding my own Everyday Joy.

And I was strongly committed to empowering myself to manifest my desires.

I figured out how to get out of my own way.

I learned that without forgiveness I was in an emotional prison of my own making.

And eventually I realized that there never was anything to forgive! Not me or anyone else.

Today, I bless my challenges, each and every one of them, because they kick me into high spiritual gear, invite me into higher consciousness, offer me the opportunity for increased peace, greater life satisfaction, and more and more joy.

I wish the same for you. Or better!!

Please visit me at www.EverydayJoy.com for expert spiritual life coaching with me, my books, online courses, and many other valuable resources I have created to make your journey of emotional and spiritual evolution more joyful and successful.

Warmly,
Janice Masters,
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