

PETRENE SOAMES



**50 WAYS
TO FIX YOUR LIFE**

THE WORKBOOK ♥

**50 Ways To
Fix Your Life
The Workbook ♥**

By

Petrene Soames

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Dedication

This book is dedicated to “life” and to all the people out there who have dedicated their lives to understanding and breaking down the barriers that keep mankind locked in. It is dedicated to all teachers, both great and small, to all the unsung heroes of our time and to everyone who ever let go, and to those who even considered the possibility.

As a child, did you ever dream that you could fly?

Well, the truth is that you can.

—With Love, Petrene Soames, 2008

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Introduction

In my first book, *The Essence of Self-Healing: How to Bring Health and Happiness into Your Life*, I more fully explored the relationship between our thoughts, our emotions, and our physical bodies. Together, we discovered why we get ill and how to become well on each and every level. We learned that we are “innocent,” and each of us is in fact a free and powerful being who knows exactly what he/she is doing all of the time; we do not make mistakes.

There are no mistakes. We learned that in *The Essence of Self-Healing*. We then began to develop awareness. We also came to an understanding that we are each many different “selves,” from the past and the future, and all that may be affecting us in the “here and now.”

50 Ways To Fix Your Life

Many readers wrote to me and said how much they enjoyed the self-healing exercises, were amazed at how simple they were, how fast they worked, and they asked for more!

During the past several years, I have offered over fifty different workshops worldwide, based on self-healing. I am now responding to the requests from readers, who have asked for more self-healing exercises. Now, here it is: *50 Ways To Fix Your Life: The Workbook*, just for you! Don't forget, these tools are timeless and will work for you, your friends, family, and everyone you know, over and over again. So do use them, and have a truly "Wonderful" life.

—Petrene Soames, 2008

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#1

Going Beyond

This exercise is a guaranteed way to go beyond all that you have previously hoped for or imagined that you could have or be in your life.

As human beings, we tend to live in a survival mode, but to a degree, a comfort mode as well. Working or struggling for those basic things, when we stop and think about “more” and beyond struggle and basics, we will begin to create the very basics easier and faster, and also bring those things to us even further beyond what we had so far only hoped or dreamed of. Use this first simple exercise to go further and exceed expectations in your life.

50 Ways To Fix Your Life

You will need pen and paper.

Start by getting comfortable; remove your watch, any restrictive clothes, and jewelry that may get in the way. Sitting is preferable. Now, take a long, slow, deep breath and relax. I want you to imagine there is no more “struggle” in your life. You have a fantastic home, loving and fulfilling relationships, and lots and lots of money. In fact, you have an endless supply of funds in the bank, so you will never have to worry about work, money, or material possessions again. You are also blessed with great health.

Now, write down ten things you are going to do in your life during the time you have left. How will you spend the time? By doing this exercise and going beyond the basic, comfort, survival, and struggle you will have ensured that your life now goes beyond what was previously to be. If you would like to talk about your list or compare notes and ideas with others, go to our open forum at <http://www.timeismine.com>.

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