

"Deb's book is filled with concepts, ideas, and tactics to help you deal with what happens to you and give you the ability to be a winner, versus a victim, of your circumstances." —SHEP HYKEN, *New York Times* best-selling business author of *The Amazement Revolution*



BUILD *the*  
STRENGTH  
WITHIN  
*Create the Blueprint  
for Your  
Best Life Yet*

DR. DEBORAH CARLIN

# Build the Strength Within<sup>TM</sup>

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*Create the Blueprint for  
Your Best Life Yet*

DR. DEBORAH CARLIN

SelectBooks, Inc.  
New York

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*Tools for Building the Strength Within*

All of the above are available online at  
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## Introduction to *Build the Strength Within*<sup>™</sup> Book and Videos

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**How's it going? Is your life running you,  
or are you running your life?**

My bet is that you are like Atlas, with a whole world of pressure on your shoulders and in your head.

***You need to understand how to Build the Strength Within . . .***

No matter where we are in life, there are always new opportunities. We need to see them and have the courage to go for them. Whether you want to recharge your business, your relationships, or your health, this is your invitation.

***Life is 20 percent mechanics and 80 percent psychology—  
we all know this.***

This event, the one that we call our life, is the opportunity we have to own and influence others to help us succeed on our mission. If you wonder how you can make it happen the way you envision it, allow yourself some confidence, because reaching for new experiences, new guides, and new approaches, are all ways in which you come closer to obtaining what you seek. It is when we sit back and become complacent about what our life is, and what it can be, that we lose our opportunities.

***You're joining me for a unique experience,  
right here in these pages.***

Beginning right now, as you open this book and begin to read, you are on a new path of intention. Congratulations. If you will allow me to guide you, you're going to discover that following this book alongside the videos and the audio components is a full-immersion event. I want you to have all the links to our audio and video files. They will enrich your experience. Allow this book and the accompanying materials to impact both the professional and personal relationships in your life by shifting you into a higher and more productive gear and without exhausting you.

How?

I've traveled the globe to study with the best and most insightful business and personal development leaders. I've taken what I have learned from the best, combined it with my formal education and training, and rolled it into what is in my mind and my heart, and I have now put it into a formula that offers you something you've never experienced before. With these materials in your possession, you can continue to work on your life Blueprint, for which a template is provided, and develop your inner strength for the remainder of your beautiful life. The goal is to engage you and get you to tune into other voices that are positive and directive and inspiring. These voices are from the present and also from the deep past. Leonardo da Vinci is an example of this and there are many others. I am not so bold as to think that I have created some brand new invention that is unique; however, I do know that my voice and style of sharing is unique. It is my overt intention here to share the best of my best, and alongside that, the ideas that other great minds have inspired in me. My desire is to inspire you to take time for your *self*-development beyond where you are today. We can use improvement, each one of us . . . always. We are each a work in progress.

Your inner strength is more powerful than you now know—that's a guarantee. I want this experience that you have with me to be phenomenal and to inspire you to be the very best *you*. You're already spectacular; it can only get better. By the way, the fact that you are reading these words is an excellent indication that you'd like to reach for the stars—not just settle for what is currently your situation, but to find a way to become phenomenal in your life.

I know how you feel. Much of what is possible has to do with rewriting your story and reframing your perceptions. This is do-able in ways you've not ever imagined and not in some flakey manner, but in a process that is so genuine you'll wish you'd learned it years ago—really! You'll watch my videos, the ones that gave rise to this book, and at key points you'll listen to the audio for reinforcement of the messaging. There are a total of 16 videos, designed to tune you into what is happening to you on the outside and is impacting you on the inside to stress you out and make you feel weak, tired, and powerless.

But this will happen no more, because you now have the series that provides the *know how* to utilize the tools of vibrance and complete awareness that bring you joy and success. The brightness of the future awaits you.

Each video in *The Series 16* contains the following elements:

- Overview and definitions
- Explanation of how mindset/attitudes/perception plays a role
- Personal stories and theoretical information
- Specific exercises to do, skills to develop, and explanations of outcomes to expect
- A 3-5 minute closed eye exercise at the end to reinforce the messaging.

There are four segments across *The Series 16*:

### **The Basics**

In this first portion of the series I share with you the very best reasons of why this kind of information is important for each and every one of us, and I also share both the scientific stories as well as the personal ones. I provide you with applications to utilize right from the start.

1. The *you* that awaits your best life yet: how to think about the life you'd like to have
2. Your true inner strength: communication skills with your *self*
3. The magic formula of what to do when and how to do it

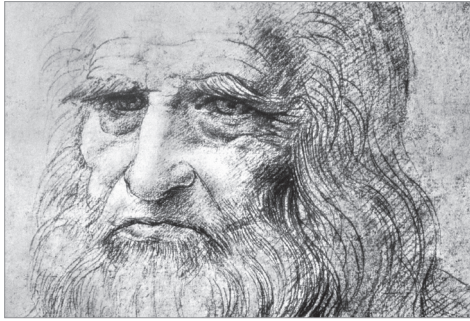
### **Clarity and Application**

Once the basics are done, the foundation has been laid and it is time to introduce the element of experience most vibrant for us all.

1. Why I took this journey and how it saved my life
2. When you save your own life, you are available to others
3. Stress and your beautiful body
4. What you put into your mouth and why it matters
5. Movement and alignment and freedom

# *Prelude*

---



## **LEONARDO DI SER PIERO DA VINCI**

*His life was not one of luxury or ease. He was hard working and diligent. He is well known for his expressiveness in the private writings he entered in his notebooks on a daily basis. His life and his works and his wonderful notebooks can serve as an inspiration for us all.*

The man we know as Leonardo da Vinci was born in Florence, Italy on April 15, 1452, and died on May 2, 1519, in Amboise, France. He is the genius who brought us the Mona Lisa, The Last Supper, and Vitruvian Man.

Leonardo da Vinci conceptualized the helicopter, the tank, solar power, the calculator, and the double hull. His boundless imagination was fueled by his curiosity and his desire to write about and illustrate his musings. All that he dreamt of producing was not feasible in the era of his life, but his notebooks and creations have inspired us for centuries and will continue to do so.

In 1502 he sketched a design for a bridge that he intended for the Turkish Sultan Bajazet II. The project was declined because the sultan could not embrace the revolutionary pressed-bow engineering and 720 foot span, claiming it was simply “too fantastic.” That was more than 400 years ago. However, in the late 1990s, his sketches ignited the imagination of an artist who brought the vision to fruition. In 2001 Queen Sonja of Norway dedicated Vebjorn Sand’s bridge, the first civil engineering project based on a Leonardo da Vinci design to be constructed. This pedestrian footbridge linking Norway and Sweden is named Leonardo’s Bridge.

Inspiration lives inside of each one of us . . . it is strengthened or diminished by those we associate with, as well as what it is we say to ourselves. History teaches us that our genius is indomitable. Let’s tap it!

Blueprint for a  
Successfully  
Intentional &  
Integrated Life

**Y**ou can pick up a set of blueprints for anything, anything that you want to build. We primarily turn to blueprints for putting together a house, one to be planned out carefully by a qualified architect, and perhaps involving an engineer. We seek out people who can help us when we have a big and unfamiliar project, one unfamiliar to us and in need of special expertise.

Typically, if a project seems pretty simple, we just proceed with the confidence that we can get it done. If it is a project that comes with a booklet, we look at the instruction sheet. And even then, we often proceed with a certain confidence, maybe arrogance, that we don't really need that instruction guide, we can just look at the picture and put it all together, make it happen.

### *Sound familiar?*

And sometimes it actually all works out . . . and sometimes, it just doesn't.

When it comes to our life, we very often fly by the seat of our pants and assume things will unfold as society, or our family, tells us it will. We look at a picture of life and we anticipate. We allow life to just happen. We put one foot in front of the other and we expect matriculation, on every front. Sometimes we are lucky and sometimes we are not. I've never really been 100 percent certain about what exactly luck is, my hunch is that it is a lure to test if we are paying attention.

There is a problem with living life with the anticipation *it will all just work out*. People, from childhood on, expect to be passed from one grade to the next—as though there is an entitlement from just simply being present. That breeds false confidence. There is another expectation during adolescence that because there is a social event like a prom or a party or a dance or a concert, everyone will be invited, invited to attend, to be part of the party . . . and that leads to expectations and disappointment when it doesn't just happen. College and first jobs are often places where a spouse is found and so the pressure is on. Alongside, there is expectation and also demand. Timing alone is not what makes for great life choices. However, the combination of timing with readiness and awareness does.

People get married every day as the result of an expectation—expectation from within, from friends, from family, from society—children get conceived for similar reasons. Life without planning that makes good sense across all dimensions is a life of happenstance. Sometimes

it appears as if it actually works and other times, it doesn't come even close. All you need to do is look at national statistics and the reality presents itself that these statements have merit. Our culture knows all too well the prevalence of adultery, marital separation, divorce, unwanted pregnancy, child abuse, financial collapse, etcetera, etcetera, etcetera.

Move along further and note that marriages are expected to be happy and monogamous. This leads to expectations and frequent disappointment, too. Children are brought into the world and the expectation is that they will be normal and excel and be productive and fold into the family routines, but without a solid knowing, awareness, structure, plan, and follow through, disappointment and dysfunction emerge. And then even with the best of intentions, things happen . . . all sorts of things. How do you navigate?

Jobs are expected to be fabulous and with an upward mobility in financial reward and in status and responsibility. The life path toward retirement is supposed to land us all in the Golden Years . . . but you won't often hear seniors bragging about how golden their senior experience feels. What is the plan for your senior experience? Will you be surprised to be alone in your own home or in a nursing home? What's your intention?

**Do you live your life with forethought and intention?**

*State here what your evidence is for either.*

**Here's my question for you: how many of these components of our life story have a plan, a blueprint—something that places us on an intentional track and prompts us to be accountable and proactive?**

What does each decade of your life look like for you?

Go back in time. Review and write what the plan was then and whose it was . . .

Until you were 10 years old



Until you were 20

During your 20s

During your 30s

Either continue to look back or look ahead and ask yourself what it will look like, what the plan is, whose plan it is:

During your 40s

During your 50s

During your 60s

During your 70s

During your 80s

During your 90s



## **What Is Your Blueprint . . .**

The big question for you is:

*What are you going to do to make this happen?*

Does your life and the quality of this one-life experience matter to you?

Do you believe you have influence over your life? Or does it just happen to you?

Are you a bystander or an active and influencing participant?

Are you a dreamer who dreams and acts upon making dreams come true?



## BEGINNING THE DANCE OF BALANCE AT WORK

Whether you are the heir to a fortune or you are a person who needs to find ways to produce income to support your life, we all need to find an equilibrium inside of our head and our heart so that our work life is balanced. When I say “balanced,” I mean that whatever is it we do, meets our criteria for being congruent with our being, our entire self. Congruency is an issue for us; it is a part of the human condition, and it is about having consistency within ourselves. When we are out of sync with who we feel we are, with what we see our self as being, and what we expect our self to be doing, we are incongruent. And this means we feel out of alignment and are not having an experience of feeling comfortable and balanced.

Research indicates clearly that for most of us to feel good about what we do, it takes more than the money being paid to us for a job. We actually crave some intrinsic value; we want to feel good about what we accomplish in performing the actual work. For these reasons, it is vital for us to place our mind and our hearts toward the direction of knowing our life purpose and feeling like we understand what we are here to accomplish in this life. At times this can seem impossible and at other times, it will become crystal clear.

So what makes the difference?

The ideas that you’ve been hearing about and learning in this series have had a lot of core focus on your inner chatter, your *self* talk. Think now about what it is that you say to your *self* about the work that you do, the way in which you spend each work day according to the routine you have established to earn money to have your life afford you the basics and beyond. Are you feeling a sense of genuine pleasure and pride about whatever you do and does your work make you feel good about the person you are at your job? For instance, do you like the title that you have?

When you ask your *self* “What business are you in?” What do you hear your *self* saying in response? Stop here and contemplate for a moment

about what you say and the feelings and the thoughts that your words generate. This is really important, even if what you say is: “I just don’t know.”

Recall my writings earlier about the investment of time we each make in our work life and the positive correlation that medical data reveals about most heart attacks occurring on Monday mornings. There is another correlation, and it relates to the reality that when we put our self into a position of doing things that are inconsistent with who we are and what we actually want to do, we suffer. We suffer greatly, and we suffer to the point of ill health—even to the point of bringing our life to an early end. No exaggeration here; that’s why this topic is so important for us to pay attention to . . . close attention, compassionate attention.

Do you enjoy what you do? Are you utilizing your talents? Are they your favorite talents? If the response is yes, the questions become: Are you where you want to be in using your skill set, and are you reaching your true potential where you are currently? Are people encouraging you? Are you feeling satisfied? And if your answer is no, the question becomes: are you willing to do whatever it takes to step out the misery and save your own life, and do it *now*?

I’ve worked in hospital settings and in hospice care, and have never heard anyone tell me as they entered the time of having their life close down that they wished they had spent more of their time at their work. I have watched them express regret about the time they wasted doing the wrong work, and that’s heartbreaking.

How do you arrive at knowing if your life is on course, if you are living your life purpose and are in balance, and are doing the healthy dance of living your private existence and also thriving in your work life? The answer lies deep within you. And the self talk you’ve been guided to participate in takes you on the journey to knowing your *self* by tuning in and listening and by really feeling as you hear your thoughts. If you have recoiled from hearing your *self*, the solution is to tune in now—here, today—in this moment, and to pay close attention to what you think.

When I was in my twenties and trying to find my life course, I knew I wanted to be either a physician or a chef or a psychologist. I examined the curriculum for each path of training, I looked at the lifestyle for each, I studied the money you could earn within each, and I looked for role models in each profession. I didn’t care for the curriculum and the schedule of becoming a physician, and I felt a desire to do something more intense than being a chef, something that would change people’s

mind and their hearts. That strong desire made it clear to me that I needed to become a psychologist.

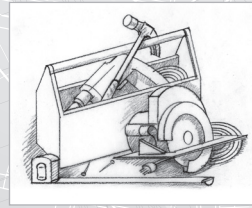
And yet, even in the course of my training and my work, my role has shifted many times with regard to what it is that I do exactly in this line of work. It shifts as I pay close attention to what is happening to me as I do certain aspects of my work and I find there are things I just don't feel satisfied doing. Over the past couple of years, I have felt something inside of me percolating and wanting to bust loose and grow big. It is my desire to reach more people and impact more lives than I have previously. It seems to me that what I do has meaning . . . and I want to help more people receive what I deliver, that is how this book was born.

I have looked around at what happened in my life and at the ways I created a business that allowed me to take time for my personal needs whenever it was truly important to me. That freedom caused me to become more sensitive to what I observe in others and their life choices. So many people feel stuck in their jobs and feel like they have no choices but to stay stuck. I disagree—life is never about keeping you stuck, but is about inviting you to interpret what life presents to you, and being stuck, in my opinion, is an opportunity to twist and shout! Yea, twist in your discomfort and shout out with glee that you're bustin' loose! And don't think you can get away with saying that you are too old to change—never. If you are up and breathing, it is time . . . now.

About a year ago, a woman asked me if I could refer her to someone who could help her son rewrite his resume. I'm very particular who I give referrals to, and I volunteered to take a glance myself and also interview her son so I could determine a best match for him. During the course of the conversation, I was struck with his attitude and his responses because they made it clear to me that it was not his resume that was making it tough for him to get a new job. Instead it was his level of incongruence with what his work experience had been that was in the way.

This was a young man in his late thirties who had been in the retail business for several years, and he hated it. He hated the holiday work time and hated the corporate structure and the hierarchy of bosses and the games played to get profits to increase. It just made him mad. However, he didn't know what else to do, and so he remained there, stuck in a career that caused him a lot of angst. He burrowed in over the years and shut himself off from his inner voices, the ones that told him something was very wrong. And what little volume did get through, he misinterpreted because he was not paying close enough attention,

PLAN OF ACTION TOOL  
***Self-Determination  
& Resolution***



What are the goals you set for yourself last year?

Did you accomplish them?    Yes            No

Why and how . . . OR . . . why not?

What are the goals you set for yourself this year?

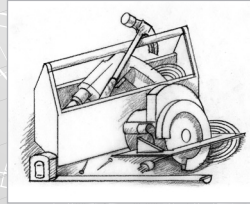
Are you on the path towards accomplishing them?    Yes            No

What is the path?

What are you willing to do to make it happen?

## PLAN OF ACTION TOOL

# *Resolution Reflections*



When we understand the concepts of the mind and body connection, and give it the merit needed, we gain power because we gain the ability to influence our mind and the manner in which our body reacts. The mind is the only thing in this life we can control. And our mind has tremendous control over our body.

### **The Biopsychosocial model description and its application in medicine**

The biological component of the model seeks to understand how the cause of the illness stems from the functioning of the individual's body. The psychological component looks for psychological causes for a health problem. The social part of the model seeks the social issues that influence health.

The biopsychosocial model of health is based, in part, on social cognitive theory. The biopsychosocial model implies that treatment of disease processes requires the healthcare team to address biological, psychological, and social influences on a functioning and healthy individual. The biopsychosocial model states that the workings of the body affect the mind, and the workings of the mind affect the body. There is both a direct interaction between mind and body as well as indirect effects through intermediate factors.

The biopsychosocial model presumes it is important to handle physical, mental, and social realities. Empirical literature suggests that patient perceptions of health and the threat of disease, as well as barriers in the social or cultural environment, appear to influence the likelihood that a person will engage in promoting their health with a proper diet, good nutrition and engaging in physical activity, or will recoil from this and behave in counterproductive ways.

Your plan of action includes the following 3-Step Plan. Even if you are a healthcare professional, there is merit in taking another look to get a fresh perspective

## A 3-Step Plan

---

1. Obtain a copy of each of the following five:

*The Mindbody Prescription:*

*Healing the Body, Healing the Pain*

by John E. Sarno, MD

*Minding the Body, Mending the Mind*

by Joan Borysenko, PhD

*The Relaxation Response*

by Miriam Z. Klipper & Herbert Benson, MD

*The Mind's Eye*

by Deborah Carlin, PhD

*YOU: The Owner's Manual, Updated and Expanded Edition:*

*An Insider's Guide to the Body that Will Make You*

*Healthier and Younger*

by Mehmet C. Oz, MD and Michael F. Roizen, MD



2. Take daily notes on your emotions and your symptoms. Place them into your day planner so you can take them and see if there are patterns that emerge in relation to schedule, diet, activities, time of month, or other factors.
3. Make an appointment with your internist, share the information, and create an open rapport.

### Additional Important Steps

Write here what your dialogue with your physician will entail.



What questions do you have?

What do you want to say?

What is important to you that your primary physician needs to understand about you? Remember, and believe, it is in knowing you that someone can really care for you.

Be sure to include conversation about your Advance Directives (do you have them?) Visit [www.DrDebCarlin.com](http://www.DrDebCarlin.com) for a template.

Do you have a long-term care policy in place so that you can direct the care you receive if you need to and also decide where you will receive it and by whom? Be sure you have a policy with the options that are important to you.

What would you like such a plan to include? Once you know this, you can make sure you have it in place.





## LIFE AS A CYCLE INTENDED, NOT HAPPENSTANCE

Although an argument can be made for the belief system that life just happens, there is just as much evidence that the power of intention has a meaningful impact upon the quality of our life experience.

We each come into the world with a certain degree of welcome by whoever it is who receives us. We are then placed into the hands of people who are charged with being the providers of our care until a time when we can begin to attend to our own needs. Unfortunately, there is no criteria for who gets to be the care provider of the innocent—when you birth someone and the infant becomes your responsibility. This seems unfortunate, because, in my mind, we do not own anyone, especially the people we bring into the world. We are simply here to serve them, to ensure their safety, their comfort, their lifelong development, and their fulfillment to society as a contributing member.

However we are raised, we develop notions about how we influence the world around us or how we are held captive by our world. Some learn early on about the reality of intentionality and others never seem to understand the connections, but it is never too late to learn.

There are misconceptions about intention and what it means, what it is, and how one behaves in intentional ways. The popular perception seems to be about a forcefulness, a push, a thrust for making things happen, but that is not what I mean here. Here, having intention is about becoming a part of something, a universal energy, a force that is invitational, not demanding. The mindset comes from the spirit within us—a spirit created through a universal source that guides us, if only we allow our self to tune in, and listen, and allow. The model is about allowing, not forcing. It is about attentiveness and listening, not demanding or pushing. Intention within this model is creative and loving and abundant, but it takes an openness, a receptiveness in order to connect into it.

If you think about how it is you believe you are set into this world experience, you will no doubt have thoughts about some sort of an

energy, a feeling, a weird kind of experience of intuitiveness that is always present but mostly unexplained and certainly intangible. This is simply a human experience. We all have this to a degree, and we share it, albeit often unspoken. There are many things in this life that are intangible for us, but we know somehow that they are real, and they exist. The question however becomes: where do they exist?

The best answer I know is that what is intangible for us is what exists all around us. It is some sort of an energy, a force, a source, a being, a way of being that is just simply life. We come from it, we live with and around it, and perhaps we return to it when we die. I don't claim to know. What I do know, however, is that only some people get in touch with it during their life experience and when they do, it seems to make a phenomenal difference in a very positive and powerful way.

Human beings have written about this for . . . well, forever . . . the mystery of life, the mysterious forces of life.

Why are so many people removed from whatever it is that is the energy of life and from this concept of connectedness and intention?

When we examine our development, at least in countries like America, it seems apparent that our ego is a main ingredient in sidetracking our intuitive energy because our ego both invites us and then also allows us to think that we can be in charge and manage just about anything. And over time, that creates a distance for us about what is natural and intangible. Over time, we dismiss what we cannot see and our ego becomes ever more prominent.

Think about how it is that your ego interrupts your ability to be connected to other people. We're great at this—we get offended by others, we feel disrespected, we believe we are more important and should be heard. We stand in the way. That's what all of that is about. We stand in the way as we somewhat innocently protect the self from insult, from injury. The problem is that when we do that, we don't see the whole picture, for the whole picture includes seeing the self as very connected to others and able to understand where the ego has a healthy place and where it becomes a tool of isolation and defensiveness.

All of this is strange subject matter and its weird to wrap our thoughts around and get into on a feeling basis, as well as a thinking one, but when we allow it, we can see that who we are is not about what we own, what we achieve, or what others think of us. We are simply a part of everything. We own what we have with everyone, and our accomplishments are a collaborated effort, across many. We cannot set

our self over to the side of anything, not really, because we are all joined together in this life.

Esoteric as it sounds, the beauty of this thinking is that if we keep it simple and avoid our own skepticism, we can tap into what we are already a part of and what we are primed to be a participant in. And that is the power of intention. In order to tap into this power, we need to learn and embrace four specific steps as outlined by Wayne Dyer in his book about the subject of manifesting our intention. What he eloquently describes is that we first need to know this body that we reside within. It needs to be what we are tuned into, for it is our vehicle for connecting with the world and with the many others in it.

If we are not clear about our own body, if we are out of sync with it, if we are ill and out of good working condition, we are very distracted by our own self and that state of dis-ease to the point of having a restricted ability to connect with the world and with others. This makes sense, right? Because when we are ill in any manner, we generally want to isolate and incubate until we feel better or we want to have another by our side to tend to what we need because we cannot. In either case, it thwarts our energy.

The second step is that we need to then be in tune with our own internal wisdom, and we each have it. It is our strength within to tap into and to acknowledge and attend to in meaningful ways, and not tune away from. You know what it means to listen to your gut. We talk about gut reactions. We always talk about how we dismiss them. When we are patient, when we are open, we become harmonious with the self and allow wisdom to be present, and we learn here to balance the activity of our head and our heart. We become reasonable and wise as a result. We each know how sickening it feels when we are out of whack by being over-emotional, out of control, or so involved in our thinking-mind that we've forgotten how to feel anything at all, and we become dead to our senses.

Perhaps the most essential part of this formula of steps is that of love. Love is the core. It is the part of life that gives it meaning. We cannot deny the power that love has, and the only people I have ever encountered who try to deny it are those who were deeply injured by being in love. In this case, love is about being in love with life and what you are doing with your time here. When we love what we are doing and we love our self, everyone makes note of it; there is no way to fabricate it from nothing. It either is or is not, and the vibrance it produces is spectacular.

The fourth step is about assuming a position of relaxation. Some call it surrender. I invite you to hear my words here and decide what is most appealing to you because the head games here are important to pay close attention to. You need to understand the concepts and then select what the words are that help you to adopt and maintain what is necessary. The issue is that control is something most of us strive for, and it is an ever unattainable goal. The more we work and press to control anything aside from our own mind, the more we isolate ourselves from others. The more we meet with angst and despair, instead of aiming for control, we should relax with the notion that things will unfold and that everything that is supposed to be, will be. Whatever is there has some element we are invited to explore and in which to understand our opportunity.

Once you grasp this, it is so freeing. For me, I used to almost panic at the idea of forgoing control, but once I really looked, I then allowed myself to see. It made sense to me that I could find greater effectiveness in this mode for I could then be in some place of alignment, natural alignment, with whatever these invisible energies of the world are and intention took on a whole new meaning.

Across this series, I have only just opened doors to ideas and to exercises for you to try alongside introductions to ways of being and doing that are all designed to enrich you and your life experience. This episode is dedicated to continuing that by inviting you to look into your self deeply and ask what it is that you want. What is it that you desire from this life experience? What would you like to see happen?



### ***Your Self Talk Script***

I invite you to sit here now and envision what your life is without restriction, with a body you are tuned into, with a mind that is sharp and clear, and with an internal voice that allows you to experience your beautiful inner wisdom, a wisdom that is ancient and guided. I invite you to feel how in love you are with your life and your work. Imagine the ways that you let everyone around you know about your love affair with life and also with them. Make it beauty-filled and safe and clear and clean and happy. Envision that love empowering you to win at everything you do where winning means loving it, and knowing every outcome is what it is supposed to be, and the opportunities are rich for you to explore. Take all of that in, and be so deeply committed to it, and centered on it, knowing that it is not up to you alone to create your life. For you are not alone. None of us are. We are co-creators of this experience, with one another and with the universal source that brought us here . . . whatever that is.

Breathe, rest, relax, envision, be of wellness in this moment. Know that you are managing your stress, your mind, and your life experience.

When you see me in the next episode, I will be sharing with you the reasons why stress managed is a life well lived and essentially pulling together the journey we've taken thus far and offering up more for you to assimilate and contemplate for accessing the strength within you.

*To view the video: [www.drdebcarlin.com](http://www.drdebcarlin.com)*

## ABOUT THE AUTHOR



DR. DEBORAH CARLIN has a firm grip on what she demands of herself and her company. A nationally renowned expert in the field of the human condition and self-development, psychologist Dr. Carlin has helped individuals and guided leaders and corporations to “become the best version of themselves.”

She received her masters and doctoral degrees from Saint Louis University where she won numerous awards for leadership, good citizenship, and academic performance. As a social psychologist with strong clinical training at Washington University Medical Center, she is a popular speaker and writer and does consulting engagements that focus on the performance of people within an organization. Her specialty is in concentrating on people’s attitudes and perceptions to help them gain clarity so their performances can be at their peak.

Dr. Carlin focuses on results and knows what needs to be done, making it happen with a diligent and down-to-earth approach that makes things seem simple in the face of massive complexities. She has used the adversity in her own life experience to fuel a passion for life and to inspire and guide others to do the same.

As a result she and her company are best known for their repeated success in turning negative situations into positive, productive ones. Many identify her work as enhancing corporate culture, improving community unity, and bettering communication within groups of all types and sizes. As she states,



“All of this helps with overall performance, which is what every client is concerned about.”

Dr. Deb is host of the Internet radio show *The K Factor*. You can tune in and hear her interview people from around the globe on *BlogTalkRadio.com*. In 2012 she began writing a twice-monthly column that appears in the *St Louis Business Journal*, and is dedicated to introducing the business community to reliable strategies for healthy work/life integration for productivity and overall healthfulness.

She appears in several editions of *Who's Who* as word spreads about her activities in business, academic, and civic community circles. She consistently volunteers for various organizations, working behind the scenes as she donates her time quietly. Her goal, on every project, is to be a partner and help people achieve a level of measurable performance excellence.

A self-proclaimed foodie, she is a fabulous cook and baker. She knows her way around the kitchen anywhere, and hers is a kitchen often filled with friends and business associates—she claims it is the best place to make a deal happen. Passionate about her garden, every holiday, and making life festive, she is also passionate about swimming, sailing, and anything to do with the water. She recently resumed a daily yoga practice that she believes fortifies her every bit as much as an active prayer life to sustain her inner strength.

“Lord, make me a channel of Your peace;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Grant that I may not so much seek  
to be understood as to understand.”

—SAINT FRANCIS OF ASSISI  
(born Giovanni Francesco di Bernardonei)