

Are You Expressing Your Inner Red Hot Mama!

Whether you're a Mama or a Papa, this series of 3 articles is designed to have you experiencing more of the juice in life and expressing more of your fire.

Lynn Ward, of www.the-red-hot-mama.com, is the inspiration behind these articles. Listen to our Podcast on www.boomeryak.com and www.lifestyleyak.com, when we discuss how to "leave behind the old you, the smaller you and claim your power!" And learn about our free teleseminar on January 9, 2008, at 6pmPST.

Red Hot Mamas and Papas live the life of their dreams and fully express the fire within - which is why they're red hot! Think Oprah, Joan of Arc, Katherine Hepburn, Erin Brokovich, and maybe your neighbor down the street.



But what about you? Are you fully expressing your inner fire and living the life of your dreams or at least working your way towards them? If not, if your inner fire is sputtering out or burning you up inside because you're stuffing it down, then it's time to make a change. It's time to get in touch with your dreams and to take action towards making them real.

1 - Get in Touch with Your Dreams

I worked with a young woman, Julie, whose story illustrates the power of getting in touch with your dreams. Julie was dissatisfied with her job in the counseling office of a junior college and her head was filled with all the dreams she had abandoned, such as being a researcher for museums or an art collector. She didn't know what she really wanted to do but she knew it wasn't what she was doing now!

To help Julie calm her mind and gain some clarity, I had her make three lists: One was a list of everything she had ever had a burning desire to be; the next was of everything she had ever wanted to do and the last was of everything she had ever wished to have. After she wrote out these lists, it immediately became obvious which items no longer held any attraction for her and she scratched them out. Then she prioritized the remaining items on each list and started researching them, beginning with her top priorities.

As Julie learned what it would take to become a full-fledged art collector or museum researcher, she made the startling discovery that her commitment was not strong enough to carry her through. Then, to her surprise, she started spontaneously appreciating aspects of her real job and noticing the difference she made. In the face of reality, her dreams proved to be pipedreams and died a natural death. But what emerged after Julie's discovery was a promotional opportunity at her job that stirred her desire. She committed herself 100% to getting the promotion, which would thrust her into a leadership role. She felt vibrantly alive for the first time in years and, when she landed the promotion, she was ecstatic and in her element. By finally acting on her dreams, Julie actually got complete with them and awoke to the possibilities available in the life she had created. Her Red Hot Mama was born!

2 - Be Powerfully in Action

Now it's your turn to make lists of everything you've had a burning desire to be, to do and to have.

- Make your lists
- Cross out the items that are dead for you
- Identify your top 1-2 desires (If your head doesn't know, your body will. Choose the items that make you tingle with the most delight!)
- Focus on each top desire and ask yourself, "What is one simple action I can take that will move me closer to that goal?"
- Take that action, and then another and then another.

Let's say you've had a burning desire to have a BMW convertible. You could start with creating a vision poster with cut-out ads featuring BMW convertibles and then paste your photo behind the wheel. This process makes your vision more real to your subconscious mind, which then compels you to take effective actions. Next, you could rent or test drive one, so your body gets the feel of it and you're seeing yourself inside looking out, which deepens your motivation. You could learn about prices, leasing, buying used; check out the classified ads, on-line options, talk to your mechanic, friends and family, to find leads and tips. You could open a savings account just for your BMW convertible. The point is, these are all simple actions that bring you and the object of your desire together!

Red Hot Mamas and Papas live the life of their dreams and fully express the fire within - which is why they're red hot! So make your lists and be powerfully in action. Notice how life heats up and bubbles over for you. Next time, we'll look at how Red Hot Mamas like Oprah turn obstacles into stepping stones leading to their dreams.

Thank you, Mamas and Papas! Again, I invite you to catch Lynn Ward's and my Podcast, available now on www.boomeryak.com and www.lifestyleyak.com, and look for more information about our free telecast, "Expressing Your Inner Red Hot Mama," scheduled for January 9, 2008.