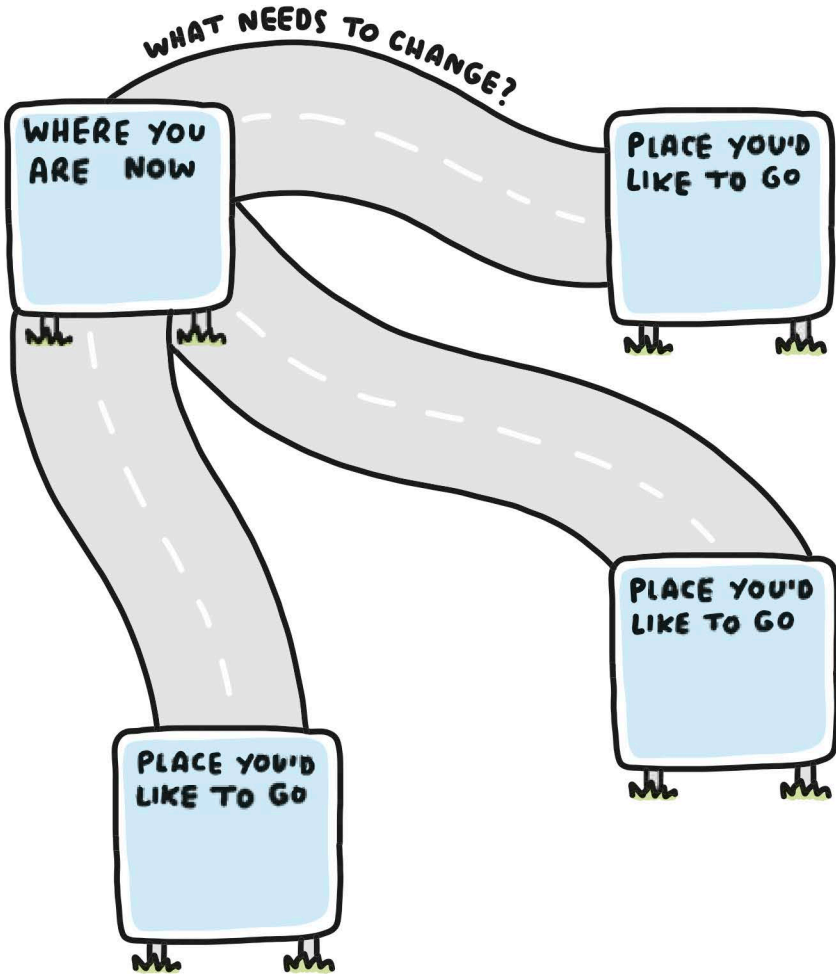


Next up, think about somewhere you'd like to go (now we've got direction all covered) and think about the changes that would need to happen for you to get well on your way there ...



You've changed before, so you can definitely change again! Let the petrifying fear wash over you, and then enjoy the tingly, exciting sense of anticipation coming to the front of your awareness, and ride that wave of sensation all the way to the place (or places) you're heading.