

Stop Searching & Start Living

MANIFESTING THE LIFE YOU WERE BORN TO LIVE

CD1—You Write Your Own Script

1. Getting out of your own way
2. Congratulate yourself as a seeker
3. Living out of the box
4. What if absolutely nothing is wrong?
5. We all run the mind chatter

Trust That Spirit Hears You

6. Calling on Your Trust Factor
7. Spirit reinforces its messages
8. Hans shares the cookie analogy
9. A woman reconnects with her beloved pet
10. Hans creates Cliff Jumpers Anonymous

CD2—Learning to Communicate with Spirit

1. Hans' first channeling experiences
2. Differentiating reality from mind chatter
3. Ask the universe for a doorkeeper
4. An introduction to your doorkeeper
5. Everyone has guidance

A Revolutionary New Way to Pray

6. Give your guidance jobs
7. Asking for the "experience"
8. Dealing with mind chatter when it comes up
9. Being clear and concise in prayer
10. Changing your view of yourself and prayer

CD3—Seeing with Childlike Wisdom

Supporting a child's spiritual experience

1. You created the illusions in your life
2. An exercise in manifesting your desires
3. An exercise in letting go of past misperceptions
4. Confronting your mind chatter

Experience Being in the Now

6. Most people are not in the now
7. A new perception of being in a plane
8. The sense of loss with Princess Diana
9. You are your greatest enemy
10. The "less is more" syndrome

CD4—The Illusion of Pain and Suffering

1. Pain and suffering only appear real
2. Re-perceiving a boss's criticism
3. Living in a high-stress environment
4. Living one day at a time in Mexico
5. Taking an honest look at fear

Money Doesn't Grow on Trees, or Does It?

6. You have a right to abundance
7. Welcoming all forms of abundance
8. You must believe in your entitlement
9. You can be spiritual and have wealth
10. An exercise in opening blocks to abundance

CD5—Opening the Door to Your Dreams

1. Finding out what you want
2. Visiting the appearance of mistakes
3. An exercise in filling the vacuum
4. A visit to the third door
5. There are no mistakes

Unwavering Conviction Is Key

6. Unwavering conviction creates success
7. How to draw absolute conviction to you
8. A meditation in acquiring unwavering conviction
9. Learning to receive answers
10. Hans' experience battling the "crazies"

CD6—Reincarnation, Karma, and Free Will

1. Looking at the process of reincarnation
2. Addressing traumas of the soul
3. You already are okay
4. Dealing with temporary roadblocks
5. You are the master and commander of your ship

Choosing to Be Your Own Best Friend

6. The mirror exercise
7. Hans has an awakening in the shower
8. An exercise in releasing guilt
9. An exercise in discovering the good you've done
6. A congratulatory moment

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