

## **Mary's 2006 Vision**

It is February 16, 2007 and I am now reflecting back on one of the most extraordinary years of my life. I am ecstatically happy with every area of my life, as it continues to become more and more enriching and fulfilling each and every day. I am so grateful to the Universe and all those who supported me on my path this year. I am truly blessed.

The year began with extreme clarity and focus. There was a lot on my plate, however I've become a master prioritizer, and make room for everything that is important to me – I handle things one after another with joy and a grounded sense of inner peace. As a result, I'm feeling the abundant rewards of my efforts, and the love that is prevalent throughout my life.

My wedding on May 5<sup>th</sup> was one of the happiest days of my life. I planned meticulously well, and surrounded myself with the most competent vendors and support team. It paid off. I let go of all the details on the big day, so I could be fully present to each unfolding moment. On the day of my wedding, I was relaxed, excited, with my heart fully open, radiating love. I started the day with a run and meditation at the beach. It was a gorgeous and divine day. Getting ready was joyful experience as my closest friends shared in the preparation. The day flowed graciously. John and I had a blast taking pictures before the ceremony with Fima. I love the way he looks at me, especially in my wedding dress. The pictures reflected just how “in love” we genuinely are. Walking down the aisle with my father was another extraordinary highlight of the day. The perfect blend of calm, excitement and openly flowing love was present in every cell of my being. The ceremony was everything I'd hoped for – custom tailored for the commitments John and I eagerly and soulfully expressed in front of our friends and family. We captured more photos after the ceremony, laughing by the fountain, got a fabulously fun group shot, and the sunset photos were stunning! The cocktail reception was a joy, as you could feel the happiness and love exuding from each of our guests – a perfect reflection of our truest feelings. I've never seen a happier group of people – all that I love so dearly and appreciated for enthusiastically being at our wedding. At the reception, the food was delectable, music perfect and the wine scrumptious. While the day flew by, it was more like a slow motion picture as John and I savored every detail and emotion throughout the day. I feel so happy in committing my whole being to John, as he is to me. I feel so loved, so adored and so cherished. Our bond strengthened solidly on this day, as it continues to deepen each and every day. The transition into marriage has been magical and easy. It really is different in a beautiful way. Our intimacy and connection, inside and outside of the bedroom, exceeds my wildest dreams. The depth of conversation we share is special, as I am learning and growing and becoming a better version of who I am with John as my husband. I am so “in love” and enjoying strengthening that connection daily.

I am also in the best shape ever at 40! My commitment to health and fitness accelerated in anticipation of the wedding and those habits continued throughout the year. Four days of Bikram, two days at the gym, and conscious eating was the perfect blend in fine-tuning and sculpting my body. I am flexible, strong and beautiful (I looked so hot on my

honeymoon! Just ask John.) I mastered Standing Head to Knee, and Standing Bow Pulling Pose and Toe Stand. These have become my new favorite postures. I can even do the splits now (and it feels good!)!! The best part of the transition into mastery was its ease, as I followed instructions step by step. I love being present in yoga. I love how I look, and even more importantly, how consistently energetic I feel. I look forward to my morning workouts and daily meditations. I feel balanced, alive, elegant and light in my step.

Financially I had a turnaround year. My commitment and focus to pay off all remaining debt before the wedding worked! I found 0% interest credit cards for every penny of debt, then consistently paid it down each month. I am now 100% debt free. I created so much momentum financially that even after wedding expenses, I was able to accumulate a respectable savings of \$50,000. I feel so abundant, and am financially free again. I know John and I are on our way to becoming millionaires and beyond. We making financially smart and practical choices, combined with a deep sense of being truly worthy and deservingness. I love that we are attracting more and more abundance because we are creating so much value for the world.

I am loving my career as a coach, author, trainer and producer. I adore leading my Success and Inner Peace Bootcamps, as I continue to attract highly committed, conscious and extraordinary individuals who inspire. They love the structure of the program, and whenever I launch a new set of groups, they fill up immediately. I'm blessed with lots of referrals, and it's really blossoming. I am spending half my time leading bootcamps and coaching one-on-one, and the other half on other creative projects like the Oprah Show and new books. I have taken my coaching to a whole new level, and see the results in the lives of my clients that I adore with a passion. I feel so appreciated and am so inspired by each of them. How lucky can a girl get? Luckier each and every day.

2006 was also the year I put my book on CD. It was an easier project than expected and the sales have been monumental! It boosted book sales too! My Conversations with the Masters series continues to be widely and eagerly received. This past year and upcoming year I have already interviewed or have scheduled Deepak Chopra, Eckhart Tolle, Cheryl Richardson, David Deida, Stu Mittleman, Ken Wilber, and Marshall Rosenberg. The subscribers to Soulfully Living has quadrupled due to referrals and national exposure through various print articles and media. I have all the needed systems and support personnel to allow me to create such an impact with ease and joy. I feel that I've grown into my new shoes.

I am thoroughly loving the work that I'm doing with the Oprah Winfrey Show...yep, it happened!! After the wedding I submitted my proposal and a sharp video. They loved my idea of creating a whole series of shows based on the lessons in my book, and Oprah loves me as does her audience! We found the perfect, committed participants, and had a blast filming the transformation of these women and men over 12 weeks. IPG was ready, and after going back to print (and receiving endorsements from Wayne Dyer, Deepak and Oprah), *The Power of Inner Choice* became an international best-seller!! It's deeply

satisfying to know that people are being affected by my book so profoundly. What a joy!! It really is amazing when one let's go.

Even though so much has happened professionally, John and I love the balance and fun we've created in our lives. Beginning with our two week honeymoon in the tropics, we had a memorable and fun summer with numerous sails, wine-tasting, and serendipitous adventures. Our friendships have genuinely deepened, as we've attracted a phenomenal group of individuals who share values and tastes. There is so much authenticity and depth, and so much fun, laughter and shared joy together. John and I are always in sync – ready to work or play on a moments notice, fully present to the moment.

My energy vibration has grown this year, almost mystically. The sense of inner peace inside me is steady and stronger than ever before. I feel so connected to Source energy, and I trust deeply. I am grounded, centered, clear and emotionally free. The personal foundation work around integrity, needs, boundaries and standards has paid off, as has clearing virtually all of the tolerations in my life. I have cleared away the final debris that allows me to enjoy life more fully than ever before. Addressing the outer conflicts has freed me on the inside. Extreme organization is an effortless joy. Staying connected has become an even more natural way of being. I express, give and receive love so freely. Everyone who knows me sees and gets who I am. I am showing up...as I know there is nothing to hide.

As I reflect on 2006, I am so grateful to John, my coach Kristin, the Joyful Achievers, all my bootcamp participants, my readers, my publisher, my clients, my family, my amazing friends, mentors, Bikram, Oprah and the Divine Grace that runs through me and creates so many miracles in my life. I love being in love with John. And, I love being so happy. Perhaps that is the greatest achievement in 2006, and one I'll continue cultivating for a lifetime. I am now the happiest person I know ☺