

The Secret to Feeling Alive and Living a Life of No Limits (audio transcript)



Hello and welcome!

I am thrilled you have decided to download the PDF Transcript of the audio: **The Secret to Feeling Alive and Living a Life of No Limits**. Thank you also for taking the time to explore the contents. A very warm welcome and thank you. I'm excited you are here.

Why do I want to share this content with you?

The answer really is simple: It's because I believe life is precious and life is for living fully—the length, the width, the depth, the breadth of it. It's because I personally know how wonderful life feels when you feel truly alive and embrace life in all its totality, despite any challenges or difficulties that may sometimes come your way.

For life is a magical and mysterious educational process, where most of the limitations that we believe we have, are the ones we place on ourselves, or allow others to do so. We are never alone; we are supported. Life may throw curve balls at us at times – but it's important to know we learn from those curve balls—and that life throws us miracles also. When you ignite and connect with the divine spark within you, the more magnificent life gets. And I don't want you to miss out on how good that feels...

I want you to live your best life: one that feels true and authentic to you, and rich and rewarding at a deep soul level. I want you to live a life that feels good on the inside, for you deserve it, just as I do too.

So, switch off your phone and free yourself from distraction. I am going to share with you some words of wisdom gained over the years from living a life where I have experienced and continue to face many challenges. If I can feel this good despite living with a rare incurable neurological illness, know that whatever is going on for you at present in your life, you have the power to feel truly alive and feel this good too.

Know that what I am about to share with you comes from a very real place of life experience and understanding. It's not what I've read or learned in textbooks or courses I have been on over the years. The secret to feeling truly alive is what I have learned whilst transforming my own life:

- from a life of struggle to strength
- from worry to wisdom
- from fear to faith
- through pain to purpose
- from treadmill living to passionate and divine awakening
- to living life with a passion and enthusiasm for each and every day.

Know the following strategies I am going to share with you are some of the same strategies that helped transform my life. Want to know more? You can read my story and find out more about me on my website at MaureenSharphouse.com.

The Secret to Feeling Alive & Living a Life of No Limits

#1: Throw off the shackles of the life you've been living

Throw off all fear including fear of failure, fear of disappointment and fear of judgment of others; fear of not being liked or loved, fear of letting people down, fear of being hurt, fear of feeling embarrassed, fear of making a fool of yourself or being wronged. All fear exists in your mind only and you are the one keeping it alive and giving it headspace. You must face your fears and do things anyway- otherwise fear acts as a prison and keeps your world small.

Throw off all limiting thoughts of you not being not pretty enough or good looking enough, not clever enough, not wealthy, or healthy enough, not confident enough or patient enough, not deserving enough, not brave enough, not talented enough to go after what you really want in life. You must throw off conditioning of old and limiting beliefs, you have come to hold about yourself, for they serve no real purpose and put boundaries around your world.

Throw off ANY and ALL perceived limitations. Stop seeing and telling yourself limitations exist and stop seeing or setting glass ceilings beyond which you think you can't go beyond. You must stop seeing in your mind limited health, wellbeing, or financial success—and throw off the idea that there are certain levels of attainment in your performance, relationships, career, or happiness beyond which you can't go.

Throw off undue anxiety –give up being overstressed and worrying unduly. Most of the things you worry about never happen and all you are doing is taking away today's peace. Throw off guilt, shame, and regret. Reflect and learn from your past and forgive yourself for all your mistakes and your wrong doings. Forgive others for their wrong doings also and you will find a newfound inner peace and freedom to move on.

#2: Take ownership of YOU

Not only do you have to move on from limiting thoughts, stress, regrets, guilt, or blame, but you must take ownership of your life as you do so. If you're not happy with your life, then you must acknowledge that—and make a commitment to do something about it. Life is precious. Each day is a gift. And you owe it to yourself to give it your best shot.

See that it's your mind, your body, your life, your choices. Take responsibility and ownership of your actions and everything you think, believe, and do. Form your own beliefs and values, rather than take on beliefs of others. Trust in your voice, and form empowering beliefs and throw off limiting mental conditioning of old.

Go after what you really want in life. Forget compromise and go after what you REALLY want in life, for compromise is restrictive. Understand that no one is coming to wave a magic wand or fix things for you. Whilst at all times you are supported by a bigger presence, change comes from within you, and from the choices that you make. Take ownership of the pictures you make in your head, the self-talk you give yourself and the emotions you feel.

When you change what you think, you change how you feel, and you change what you can do and the results you bring.

Focus on what you DO want in life and believe in yourself and your ability to turn what you want most into reality. Treat things that are important to you as important. Do more of the things that bring you joy and make you feel happy. Do things that light that divine spark within you, that animates and enlivens you, and gets you rising with enthusiasm and a passion for living every morning out of bed. Give your love freely to both yourself and others. Give much gratitude too.

#3: Fully express YOU to the world

Give yourself permission to be *the true authentic you* and fully express your beautiful uniqueness. Give up trying to fit in, be like everyone else, or trying to be the person you think others want you to be. Take time to discover who you truly are and recognise and value your own unique set of gifts and talents. Recognise your skills, experience, personality traits, knowledge, interests, passions, like and dislikes. Discover and get to know 'you' as well as understand 'you'. Know what keeps your passion for life burning, as well as what lights your fire.

Like and love yourself unconditionally. Talk to yourself as you would a loved one. Be your own best friend not your harshest critic. Value your role on this earth and the unique individual you are. Believe you DESERVE to feel alive, to be happy, and to have the amazing feel good feelings that you want in life. See yourself as a wonderful and precious individual who deserves to live their best life. Do more of the things that you enjoy and make you happy and you will

feel happier and have more love for life. Be self-aware of your own emotions and do more of the things that make you feel the way you want to feel.

#Tip: Visualise a picture in your mind of you looking alive, looking vibrant, energised, and joyful, float into that picture, feel how good it feels, then commit to take action to do whatever it takes to make that feeling real.

#4: Live in the present moment, for it is all we ever truly have

Live in the present and in the NOW— for it's all we ever have and that's where life is. Live each day seeing, hearing, tasting, touching sensing, and experiencing the world you live in with the wonder of a child, as if for the first time. Open your arms wide to life and to opportunity. For beauty and opportunity is everywhere. Open your eyes wide to what is around you, and open your heart, ears, and mind too. Commit to live each day fully and know you are making the most wonderful memories for your future. Live with excitement, joy, and passion as you go moment by moment through each day.

Take time out from the 'busyness' of life regularly to simply Relax, Breathe and BE—to refuel, recharge and nourish yourself. Breathe in clear new fresh energy. Feel renewed and energised. As you breathe out, let all fatigue, tension, weariness, and anything that doesn't serve you well go.

#5: Have goals so big they excite you at a deep soul level

Have dreams and goals so big they excite you, for life is meant to be lived in a forward's moving direction. Enjoy the now, whilst simultaneously working towards creating a future that you know you'll love and want. See opportunities and doors opening for you as you journey positively onwards. Know you have the power and resources within you to make even your biggest goals and visions real. Visualise your goals as if you have already achieved them, and you'll keep the fire and motivation burning within you. You are setting the blueprint in your mind for success and will be inspired to take the necessary action to make your picture real.

Constantly expand your comfort zone learn new skills and knowledge and try out new experiences. Go where you have never been before. Expand your mind and live more fully.

You'll feel more alive as you expand the size of the world in which you live.

#6: Be open to all life's moments

Being truly alive means being open to all life's moments. And there are times in life when you're not always in control of life. It's inevitable you'll have setbacks, disappointments, major life events or challenges and experience pain, hurt, sadness and grief. Masking how you truly feel at times like this, is throwing up restrictions again and putting back boundaries around your world.

If you want to feel truly alive you must fully immerse yourself in life and allow yourself to feel the way you feel. We need to feel things to move through them, to heal and move on. Feeling emotions is what makes us human, so forget the mask or brave face at sad times and keep all restraints off around you. Living a life of no limits means living life fully and giving yourself permission to feel what you feel and fully express you.

#6: Value and love yourself unconditionally. Know the preciousness of life.

So, breathe deeply and simply 'be' now. Face your fears. Take responsibility. Change comes from making better choices. Learn from you past and let it go. See your life matters. You are important. Value and love yourself unconditionally. Squeeze the joy. Live with passion. Feel alive. Have no regrets. Surround yourself with those who believe in you. Show gratitude in abundance. Fill your life with what excites you. You deserve to fly high!

Expand your ways of thinking. Throw off old beliefs that don't serve you. Limitations exist in your mind only. So, throw them off, break the shackles, feel free and live life fully. The secret to feeling alive is within you right here, right now in this moment:

The secret to feeling alive comes down to you connecting with and fully expressing the unique soul and spirit that is YOU!

I hope what I have just shared with you has got you thinking and that it has inspired you in some way to take action. Throwing off all your fears and perceived limitations, and fully expressing YOU to the world brings freedom. It brings a new-found energy and an ability to live with passion and a confidence to go after living your best life, your biggest visions, and goals.

I have completely transformed my life at an inner and outer level using these very same strategies. I am happier, more vibrant, and more energised than I have ever been. I have a successful business I am passionate about, a wonderful home life, wonderful relationships and passionately and enthusiastically live life, despite being challenged daily by a rare neurological illness for which there is no cure. I take great comfort from knowing I am not my physical body, nor my own self-limiting mind. *I am Maureen – and am of soul and spirit. I am the divine spark within.*

Client Stories

My client Mark in Middlesex said it was like a symbolic rebirthing for him when he eliminated a deep-rooted mental fear and broke through all his former comfort zones.

Susan told me she feels like a new woman since she has thrown off all her fear of failure and has found newfound joy.

Stuart totally believes in himself again, and in his ability. He has thrown off limiting conditioning and programming from his past and says he can't wait to get out of bed each morning and deliver what he knows he can do.

And as for Elizabeth? Well, she just says she feels alive for the first time in her life ever.

These strategies work if you put them into practice. And I'd love to help you do that too!

Summary



If what I have said to you here has struck a chord with you, and you would like to explore getting my help to help you take the real unique vibrant you out to the world: just like Mark, Susan, Stuart, and Elizabeth did, then drop me an email and get in touch with me. I'll be very happy to hear from you. Let's explore how I can help you best.

Let's arrange a suitable time to chat and explore whether we would be a good fit to work together. I'll be happy to highlight for you exactly what is holding you back in life, we can define your vision and we can explore best solutions too.

In the meantime, thank you for taking the time to read what I have had to share with you about **The Secret to Feeling Alive and Living a Life of No Limits**. Know that life is precious, and life is good. And when you ignite the divine spark within you that is the real YOU, the more magnificent life gets.

Much love, smiling, shining, and sharing.

Reach out if you want to connect....

