

Awakening the Spirit Within

by Jaylene Garau

Do you realize that you were created in God's image? I know you have heard this before but have you sat down to absorb the enormity of this? YOU were created in God's likeness therefore you have capabilities that you may not even be aware of! You have spiritual gifts and you have access to the Creator of the Universe through the power of prayer. God's Spirit lives in you. He is a part of you and you are an extension of Him.

I have had several people in the past few years tell me they feel as if God has abandoned them. They don't feel God's presence. Even when they pray, they feel nothing. God doesn't leave us, we disconnect from Him. You see, His Spirit lives in each of us. We are one with God. If you can't feel Him, then you must search your heart to find the root of the separation. You awaken God's Spirit within. Believing and worshipping are important but there is a third element that is key. Being in fellowship with God was missing from my life. I didn't know that I could actually have a personal relationship with God and that prayer is a conversation. I had never paused to listen.

I didn't write this short book because I am perfect and I have all of the answers. I wrote it because I recognize that I am imperfect. I need God's grace and love to guide me every day. I don't have it all figured out but I am confident in whose hands I have surrendered my life to. The key to receiving the Holy Spirit is surrendering your life to God and trusting Him. You have to let go and let God lead.

In the Gospel of Matthew, the parable that Jesus shared about the lost sheep really impacted me. He tells the story of a man who has a hundred sheep and one of them wanders away. He says the man leaves the 99 sheep and goes in search of the one lost sheep. "In the same way, it is not my heavenly Father's will that even one of these little ones should perish," Jesus says. Matthew 18:14

In that parable, the man is God and we are the sheep. So often when we take our focus off of God, we stray just like the lost sheep in the parable did. Many of us may identify with the 99 sheep that didn't stray but the truth is that on any given day, we could easily be the one who strays. No matter how many times we stray or become lost, God like the shepherd in the story, sets out to look for us and rejoices when He finds us.

We all have the choice to live a life without God as our focus. For years, God was somewhere in the background of my life. I would worship and pray. Everything was fine. No complaints. It was only when I got a taste of life with God at the center that I truly understood what I was missing. When I went beyond just worshipping and praying and started listening, that's when my soul came alive in a way that I had never experienced before.

If you have tried to make sense of your faith logically, it will likely never make sense. Matters of faith are to be understood spiritually. In fact, so often our minds and our flesh are what stand in the way of our spiritual growth and lead us astray. Our mind often full

of doubt, anger, worry and fear wanders and we follow. Christian Author Chris Stefanick says, “Your mind is like a bad neighborhood at night time, you don’t want to go there alone.”

We must shift from following the mind to allowing the Holy Spirit to guide us in our everyday life and to guide us when we face serious matters. I read the following in a Bible class I took, “God is with us no matter how far we travel geographically, no matter how far we go away from God spiritually, no matter how severe the tragedy, no matter how salty the tears.” (Disciple: Becoming Disciples Through Bible Study)

In times of trouble, we must immediately go to God. Not to a friend. Not to try to solve the issue on our own. Cast your cares on God and listen. We must pray and obey as Christian Author/Speaker Joyce Meyer says. It's not a decision we make one time. It's a decision we must make many moments throughout our day and throughout our lives consistently.

You are equipped with everything you need to be at peace and experience joy within you. The power is within you. God is within you. We look outside of ourselves for answers and that's where the problem lies. We underestimate the power of prayer and the power of God. You have a direct line to God. We are all worthy of being in fellowship with God. Go directly to Him.

God’s Spirit is in You

“Where can I go from your Spirit? Where can I flee from your presence?” Psalm 139:7

God’s presence is everywhere throughout His creation. God’s presence is in you. God sent the Holy Spirit as a gift to all of us. The Holy Spirit is meant to comfort, guide us, teach us, strengthen us and help us understand God’s word. Unfortunately, most of us don’t tap into the Spirit as often as we should.

I don’t know about you, but I have often spun my wheels thinking so much that it has drained me. If you are feeling overly exhausted at the end of each day, it’s probably because you are thinking too much and not praying enough! One message I receive in prayer frequently is to be still.

It is often in moments of stillness that I find answers. There are so many verses in the Bible regarding stillness and waiting on God. One of my favorites is, “The Lord will fight for you and you need only to be still.” Exodus 14:14.

The Holy Spirit flows best through us when we have nothing or at least very little stopping it. What can impede its flow? Anger, resentment, regret, unforgiveness, carrying the burden of sin and many other negative emotions. In order to be restored by God, we must repent. Ask for forgiveness and forgive those who have hurt you. You forgive not to excuse whoever hurt you; you forgive so that you may be free. When you pray for your

enemy, you are handing that person over to God so that the burden of unforgiveness can be lifted off of you. Ask God to help you heal from any negative feelings that are standing in the way of you feeling at peace.

We are to surrender our cares (problems and worries) to God. We must also humble ourselves under God's hand so that He may lift us. When you lift a problem or worry up in prayer, leave it there. Trust in God. If it is the Lord's will, your prayer will be answered. Be still and wait on the Lord. Don't be tempted to pick that worry back up. Once you have handed it over to God, leave it with Him.

It is important that we focus on our own transformation. We are often so tempted to correct those around us for their wrong doing that we turn a blind eye to our own shortcomings. I use the word transformation because I believe that God uses our joys and our sorrows to transform us. Our experiences help us discover our God-given purpose. Transformation takes time. When we keep our focus on God, we can rest assured that our lives will be transformed. Where there was fear, there is hope. Where there was turmoil, there is peace. Where there was anger, there is joy. This doesn't mean that we will never feel fear, experience turmoil or anger. It means that in the midst of those experiences, we can feel God's presence. His love and mercy strengthening us.

The Power of the Present Moment

God's presence can't be felt when you are living in the past or living in the future. God's presence can only be felt in the present moment. So how do you pull yourself to the present moment? Pray and ask God to help you. If your mind wanders when you are praying, join the club! It is hard for most of us to quiet our minds for any short period of time let alone long enough to feel God's guidance. When you become distracted, gently redirect yourself back to God. Don't follow the distracting thought, don't become frustrated that you had the thought and definitely don't give up on the prayer. A psychologist with whom I took a meditation/prayer class with suggested you allow the distracting thought to drift by you like a cloud. Let it drift away gently so you could calmly return to the moment in prayer.

Bringing your mind to the present moment takes practice. I suggest starting small. For example, begin with every day activities. When you are pouring coffee into your mug in the morning, put your mind on that action. Experience the moment with your senses. Watch the coffee pour into the cup, listen as the coffee fills the cup and smell the aroma. At that moment, it makes no sense to think about everything you have to get done in your day. In that moment, be still and focus on pouring coffee into your cup. If you have a lot on your mind, write a list of what you need to do. Often times for me, if it's on paper, it's off of my mind.

Another opportunity to pull yourself back to the present moment is on your commute. On the way back from dropping my daughter off at school, my mind would often race about everything I needed to do in the day. I am ashamed to admit that I would even check

Facebook or respond to texts during that drive. Now, I use that quiet time to be still. I put my phone in a place where I can't reach it and I talk to God on my drive. As a result of making this change, I began to notice the majestic oak trees on my drive, the beautiful hawks flying overhead and the sun as it shines through the trees leaving a magnificent glow. Every day prior to making this simple decision to be in the moment on my drive, I missed out on such simple beauty. I missed out on the gift that is the present moment. I missed out on time with God. A time when I feel immense joy and peace. Do anything that quiets your mind whether it is meditation, yoga, fishing, jogging, etc. Any activity that is calming, prepares your mind to quiet itself for prayer.

Simplify your life in order to be present more often. The more distractions you have, the less likely you are to live in the present and therefore the less likely you are to experience peace. So often we get caught up in the rat race of life, wanting more and then having to do more to sustain it. Do more of what feeds your soul and less of what feeds your flesh. The things that feed our flesh are fleeting. What brings you peace and joy? Whatever it is, do more of it! Remove the excess from your life. Those things trap you in an endless pursuit that will make you go around in circles never feeling fulfilled. On your spare time, pursue the things that bring you joy. These things are often the things that society doesn't value because they don't produce or yield money. That's ok...pursue them anyway. Give yourself permission to do nothing and have a lazy day with your children every once in a while. Pursue your talents not because you could profit off of them but simply because they provide an escape for you. That is payment enough. Share your gifts with others through volunteer work. Take your lunch outdoors and daydream a bit. Don't overschedule. It's ok to say "no" sometimes. Allow time in your life that is not governed by the clock. Curl up on the couch and read. These simple activities will feed your soul and remind you that life is about simple joys and not the pursuit of material things.

Gentleness is key. Deal with your thoughts, yourself and those around you with gentleness. God is gentle with us. He never imposes Himself on us or brings us shame. We should strive to treat others with love and kindness. Sometimes we are most harsh on ourselves. Give yourself a "do-over" if you have messed up. God gives second chances. He is full of grace. You are worthy of His love and of His forgiveness.

Life's Toolbox: Fruits of the Spirit

God has given each of us what need in order to get through life. I refer to it as Life's Toolbox. With the Holy Spirit we receive the fruits of the Spirit, which are love, peace, joy, patience, self-control, goodness, kindness, gentleness and faithfulness. What amazing gifts we have been given! If we don't use them though, what is the point of having these blessings? We are to act in accordance to the fruits of the Spirit and feed others from the fruits of the Spirit. The more we use them and share them with others, the more those fruits ripen within us.

Getting back to the toolbox imagery...imagine wanting to hammer a nail into your wall to hang a picture and you use a spoon instead of the hammer in your toolbox. You would

likely become frustrated with this simple task made difficult because you chose the wrong tool! This is our problem. We rarely use the tools and wisdom God has given us. We look outside of ourselves for solutions and rarely go to the God-given gifts that are within us. We don't listen to our inner voice.

How do you access the fruits of the Spirit? Pray for God to guide you in using them. I had a life-changing experience on a day that I least expected from a woman I had just met. One day, I went to a lab to get blood work done for an autoimmune illness that I had been diagnosed with years before. The effects of the illness were causing discomfort so I went in to get blood work done to check on certain levels in my blood. I had fully expected to walk into a busy lab so I brought a book along to help me get through the long wait. When I walked in, there were two employees at the front desk. I checked in and then asked where the waiting room was. One lady cheerfully said, "There is no one here we could take you back now."

I noticed the Christian radio station was playing and I commented that I liked that radio station. After my blood was drawn, I went back to the front to check out and the friendly employee and I began to talk about my faith journey. Back then, I was in the very early days of my journey. I recall the woman looking at me with gentleness in her eyes and she said to me, "Our lab is normally packed with patients at this time, do you realize that you have been here for nearly 40 minutes talking with us and no one has come in?"

I smiled and glanced at the door as the older woman raised her hand motioning to the door and said, "You see that door? God will stop anyone from coming in through that door and this phone will not ring until I tell you what He wants me to tell you."

I stood motionless as she proceeded to deliver the message with such conviction. It was as if time stood still as I listened intently to every word that rolled off of her lips. She said, "You will know exactly who to talk to, what to say and when to say it. You will know."

I did not understand the significance of those words then. I went about my day feeling that the message the woman gave me was powerful but I didn't understand the magnitude of her words and what they would mean in my life.

Not long after those words were spoken, I began to feel prompted by God to speak to certain people and just as the woman had said, I knew what to say and when to say it. I was able to help so many people using the advice that woman had shared with me. The Spirit was awakened in me in a way that I had not experienced before. God kept putting friends even strangers in my life who were going through hard times. In each case, once I helped them put their focus on God, they found peace and joy. I didn't help them. God helped them. They just needed to be reminded to turn to Him. Those experiences ended up inspiring an eBook that I wrote that has in turn helped so many others entitled *Seven Days to Joyful Living*.

Just like that woman told me, I will tell you, when you awaken the Spirit within, you will

know exactly who to talk to, what to say and when to say it. You will feel God's prompting in your own life guiding you and you will also feel Him gently correcting you when you go astray.

The Power of Prayer and Spending Time with God

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.” Matthew 7:7

This verse doesn't mean that if you ask for a million dollar home, you will receive it. It means that whenever you seek God for guidance, He is there. Through petition and prayer, He will guide your ways. He will never forsake you. We make the mistake of only going to God for big things. However, He wants you to be connected to Him throughout your day. Nothing is too trivial to share.

We must also learn about God through scripture and prayer to know God's character and to understand what is important to Him. This allows us not only to know what is expected of us but also so we understand what is God's will. Our trust in Him grows when we rely on Him more.

Establish a time in your day when you read God's word...even if it's only for a few minutes. Someone once told me that everyone should pray for 30 minutes a day and if you think you don't have time for 30 minutes with God, then you should actually spend an hour! I have to admit, I find it challenging to set aside 30 minutes a day to talk to God. However, I do make the time to talk to Him every day, even if it's only for a few minutes or while I am driving. The point is to be in conversation with God as often as you can. Conversation means you don't do all of the talking. It means you pause and listen to God. Pay special attention to what you feel and in what way your thoughts are going. Many mornings, I have actually prepared myself a cup of coffee and chatted with God. I ask Him questions. Sometimes, I let Him guide the prayer. Prayer takes practice. The more you do it, the more effective you become at discerning what God is trying to tell you. Work that prayer muscle daily and you will see how strong you become in prayer. You are wired for prayer. The basis of prayer is communication which is what all of us do every day with others. Prayer is simply communicating with God. Like any relationship, the more time you spend together and the more you share, the stronger the relationship you will have. In *Simplify*, author Bill Hybels suggests that everyone should establish chair time with God. He suggests we set aside time each day to sit with God and talk to Him. God will comfort and guide you. One of the most powerful reminders for me about God's guidance is in this verse, “Trust in the Lord with all your heart, and do not lean on your own understanding. In all of your ways acknowledge Him, and He will make straight your paths.” Proverbs 3:5-6

Hybels also suggests that we establish a life verse. Choose a Bible verse that not only brings you comfort but also challenges you to seek God and to follow His ways. Ask God for guidance in choosing a life verse. In times of need, you can quickly go to your life verse for strength and guidance. My life verse is short because I don't have the best

memory. It is simple but it is a powerful reminder for me, it is “Seek God first.” Matthew 6:33. I have the verse saved on my cell phone’s lock screen so I am reminded of the verse daily.

The Holy Spirit is referred to as our counselor and comforter that guides and encourages us. Don’t choose despair, choose prayer every time. I seek God’s guidance in my marriage, in my writing, in raising my daughter and in every other area in my life even in the small details. In *Trusting God Day by Day*, Joyce Meyer writes:

Let me encourage you today to keep your heart sensitive to God’s voice. He will speak to your heart and lead you in the way you should go. Remember this: each time we disobey God, it becomes more difficult to hear Him the next time He speaks; but every time we trust Him, it gets easier to hear and be led by His Spirit. (*Trusting God Day by Day*, pg. 49)

Prayer is powerful. You have likely heard the term the “power of prayer.” In the past, I wondered why pray for someone in need, doesn’t God already know that the person needs help? It was only when I began to understand the “power of prayer” that I understood how many people together could harness power/positive energy in one direction through prayer. “For where two or three gather in my name, there am I with them.” Matthew 18:20.

Don’t ReACT...Be Still

There is something that seems inherently difficult about being still. It is hard to quiet our minds and sometimes even harder to quiet our mouths! I am going to share a personal story with you that shows what happens when we choose despair over prayer.

One day, my daughter began to vomit. She had only thrown up a few times so I was calm. She was fairly calm as well and so was my husband who was also in my daughter’s room. I prayed over her and we were all still. It didn’t seem like a serious health issue at the time. Unfortunately, my daughter’s condition worsened throughout the night. I kept praying but my mind was not still anymore. My mind was racing with fear and worry. I did not vocalize any of this but I was thinking...what if my daughter is seriously ill should I take her to the hospital now? I became frustrated with God. Why is it that the harder I pray, the sicker my daughter is becoming? My nervousness permeated the room. My daughter became nervous and so did my husband. Earlier when I was still, we were feeding positive energy off of each other. Now, the energy in the room was negative and we began feeding off of that negative energy.

The next day, my daughter recuperated and I learned a big lesson. I couldn’t feel God’s presence, peace or guidance when my daughter was sick because I got in God’s way with my fears and worries. The more agitated I became, the less likely I was to feel God’s presence. His Spirit could not flow as easily through me. Of course, that made me even more agitated.

How could I have handled that situation differently? Once I lifted my daughter up in prayer, I should have been at peace and trusted the Lord. What was the point of becoming so agitated? It left my husband and I unable to think clearly and our nervousness caused my daughter to become frightened. We made a bad situation worse by our reaction to it.

In all situations, the answer is to pause for a moment and be still. If you are fearful, try to still your mind so that you could think clearly. If it's out of your hands and your health for example is in someone else's hands like a doctor, pray that God will guide the doctor in caring for you. If someone offends you, be still and don't react until you are able to compose yourself. Chances are if you pause before you respond, those few seconds can save you regret later.

Please don't think that acting out in anger will only hurt the person whom you have expressed ugly words toward. Negative words have a way of coming right back at you. There is truth to "what goes around comes around" or what we learn in the Bible "do to others as you would have them do to you." Luke 6:31.

Think of life as a mirror. What you put out is exactly what is reflected and comes back to you. Follow in the Lord's ways always. Treat others with respect and love even when they don't deserve it. This doesn't mean that you allow people to walk all over you. It means that even when someone chooses to treat you poorly, you take the high road. You handle the situation in a way that doesn't demean the other person. Speak in a way that you would like to be spoken to. Healing words come back to heal us. Hurting words come back to hurt us. Be a blessing to others and you will be blessed. Always seek peace in every situation.

You Reap What You Sow

Bad things often happen to good people. I know plenty of good people who have been treated badly by others, or who have been diagnosed with an illness or who have had other horrible things happen to them. I don't believe that those things were brought about by anything they did or did not do. Life happens. Diseases occur. Others make choices that sometimes impact our lives in the form of divorce, accidents or crimes. Nonetheless, I have noticed that when bad things happen to good people, God is there to provide them with strength and courage to get through it.

Even in the midst of hard times, we must remain faithful to God and to what He expects from us. Bad events in our life don't give us the right to throw in the towel and call it quits or treat others poorly. God doesn't quit on us and therefore we shouldn't quit on Him. In fact, if you are facing a challenge or pain like you have never experienced before, with even more reason you should turn to God. Don't be angry with God. Find strength and peace in Him.

Not long after I gave birth to my daughter, I was diagnosed with an autoimmune disease

that has no cure. Years later, I recall feeling so much discomfort all over my body from the disease that I cried out to God in prayer and asked God to heal me. This was in the midst of me already turning my life over to God. I had already begun praying faithfully, reading His word and being in service to Him. That day when my husband came home, I told him, I think I have been healed. A few weeks later, I met with my rheumatologist to discuss the results of an extensive blood test that he had ordered. The doctor said, "I don't know how to explain this but the results of your blood work show no signs of the disease." He was baffled by the results of the test. They didn't make sense to him, as the illness has no cure. The markers in a person's blood showing the illness don't just change. The doctor concluded that perhaps the lab hadn't sent all of the results. Perhaps some of the results were missing, he thought. The blood lab had already closed for the day, so the doctor told me that he would call the lab the following day to inquire. A few days later, the doctor called to tell me that the lab had indeed sent all of the paperwork. The doctor said, "I don't know how to explain what happened."

I sat quietly on the other end of the phone listening and said, "Doctor, I don't know if this means anything to you, but I prayed and I asked God to heal me."

There was a pause. The doctor replied, "God bless you, Jaylene."

You should know that the day I went to receive the results of the blood test, I was nervous. I wasn't sure whether the results would prove that I was healed or that they would show the markers of the illness in my blood as so many tests before had shown. I recall praying before that doctor's visit and asking God that whatever His will was for me that I was willing to accept it. Whether I would be healed or even if I wasn't. I completely surrendered the disease to Him. I didn't pray for an outcome. I asked God that whatever His will was that He would please give me the strength and courage to get through it. It's not easy to surrender it all to God. However, we must trust Him. Even in the midst of hardship or illness, trust that God will give you the strength to get through it. You will find peace in due time.

A Grateful Heart Gives Thanks and Obeys

Author Joyce Meyer wrote a book entitled "Change Your Words, Change Your Life." What a powerful statement! Have you really listened to yourself speak? When I started listening to some of the pathetic words coming out of my mouth, I decided to make a change. Actually, I could still be quite the whiner at times but I am trying to be more mindful of my words. We must stop feeling sorry for ourselves and stop blaming others for our problems. There is no sense in looking back or throwing a pity party. I am also trying to be mindful of not using my tongue to spread gossip or to speak ill about or toward others. It is not always easy. In Proverbs 18, we read the verse that says, "the tongue has the power of life or death."

Recognizing the power of your words, speak life! Do you know what is the quickest way to remedy worry or feeling sorry for yourself? Be grateful! No matter what you are going

through, there is always something or someone to be grateful for. There is always good. Perhaps recite a favorite verse or simply say what a priest with whom I took a class with says, "Jesus, I love you. Jesus, thank you." Those words can quickly cure a hurting heart or a worrying mind.

Even in your prayers, be positive. Pray blessings onto yourself and others. Speak the words that you want to manifest. For example, in the past, I would ask God, please don't let something bad happen. I would mention the illness or an accident, whatever it was I was trying to avoid! Now, instead of making the bad thing the focus in the prayer, I pray for what I want to happen and I begin with giving thanks. "Father, thank you for my daughter, please bless her with Your presence today so that she feels safe and joyful." The way I prayed before was, "Father, please keep my daughter from getting hurt today. Do you see the difference? Focus on what you want to happen rather than on what you want to avoid.

How do you awaken the Spirit? Surrender yourself to God and trust Him. Repent and follow in His ways acknowledging that He gave His only son to die for you. Feed the Spirit through prayer (spending time with God), reading scripture regularly and using the fruits of the Spirit in the way you act and speak to others. The fruits of the Spirit must be shared. They weren't given to us for personal profit but to do the work of God in the world. We are His hands and feet. Each of us is a beacon of hope and peace. Some have shared with me that they worry about the times we are living in citing concerns over terrorist attacks and crime. The truth is that evil has always existed. We are people of God and therefore we must be people of hope and not people of fear. God is good and good always prevails over evil. We overcome evil when each of us awakens God's Spirit within and we shine His light wherever there is darkness. "Let your light so shine before men that they may see your good works and glorify your Father in heaven." Matthew 5:16

We all have God's Spirit in us. What makes us different are the varying degrees in which we have awakened the Spirit within. Some have awakened it more than others. For some, the fire of the Spirit is a flicker, for others it is a flame. Do you want to strengthen your relationship with God? If you have that desire, trust that God will fulfill it. Let's end this part of your journey to awaken the Spirit within with this prayer:

Heavenly Father, thank you for giving me the gift of the Holy Spirit. Help me to disconnect from my distractions so that I may connect to You daily. Lord, help me discern Your voice and Your will. Strengthen my faith and protect me from temptation. Guide me so that I may be Your hands and feet in this world. Father, please help me seek You first in all circumstances so that I find comfort in Your guidance and in Your presence through prayer. I ask this in Jesus' name, Amen.

Resources

Please choose one or several of these resources to continue growing in your relationship with God. I have personally used each of the resources. I humbly recommend them to you.

Books

- *Trusting God Day by Day* by Joyce Meyer (Daily devotions)
- *The Purpose Driven Life* by Rick Warren
- Bible
- *Rediscover Jesus* by Matthew Kelly

Praise Music Artists

In Central Florida, there is a wonderful Christian radio station called Z 88.3. Look for a radio station in your area. You can also look up videos by the following artists on YouTube for some inspiration. Listening to praise music in the car is a wonderful way to start or end your day. The music helps you stay in the moment and focused on God.

- Chris Tomlin
- Francesa Battiseli
- Mandisa
- For King and Country

Movies

- Do You Believe?
- The Shift by Dr. Wayne Dyer
- War Room

Other Recommendations:

- Attend church services regularly (if you haven't found a church you feel connected to...keep searching but don't give up).
- Join a Bible study or small group.
- "Like" Proverbs 31 Ministries, The Better Mom, Our Daily Bread or other faith-based pages on Facebook.
- Volunteer! Find an organization that allows you to use your gifts to help others.
- If you are a parent, talk to your children about God. Most importantly let them see God's light in you in the way that you act toward them and others. Have a problem? Pray together.
- If you are a parent, please read Ephesians 6:1-4.
- If you are married, please read Ephesians 5:22-33.
- Download a Bible app to easily navigate through scriptures and read daily devotion.

If this book has helped you or you think it could help someone, please share it. Either share the link or print it out and give it to someone. This book doesn't belong to me. It shares a message that belongs to everyone. I hope that you will help me share this book. Think about the people in your social circle, your Facebook friends, neighbors, co-workers, family members and friends. Help others live the life they are meant to enjoy. If you would like a free copy of the other short book that I wrote, *Seven Days to Joyful Living*, please email me directly at contactjaylene@yahoo.com. I will send you a link so you can download your free copy.