

LIVING WITH INTENTION

Designing a Wildly Fulfilling & Remarkably Successful Life

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Living With Intention | May 5, 2006 Volume 3, Issue 2 | [Subscribe](#)

A Note from Deanna

Welcome back to *Living With Intention*! After a brief hiatus, I'm back in the saddle drumming up tips to help you live a wildly fulfilling and remarkably successful life. Since our last issue, I've had the pleasure of selling my home, hosting an unforgettable women's event (The Pause and Play Getaway, www.pauseandplaygetaway.com), moving into a rental home, and initiating the building process for our new home. Whew! No wonder I'm a little behind in the publishing schedule! But given all of these wonderful (and at the same time challenging) events, I'm even more convinced of the value of this issue.

Our first article, "From Root Beer to Water: The Energy of Success," focuses on the energy of success, and the second article introduces a related concept that absolutely changed my life—The Universal Law of Attraction. You'll be seeing a lot more on this topic in coming months because I know that it's the key to helping you truly live a life of intention.

And don't forget about our new feature, "**Feedback and Free Stuff**." I am looking for feedback on a variety of different topics and I'm giving away a great array of gifts in order to get it. Last month's winner won a complimentary subscription to *Imagine Magazine*. This month's winner will receive a hardcover edition of Jon Gordon's book, *Energy Addict* (a fabulous resource I have profiled for you before in this very e-zine). This month's topic is on female friendships (sorry, guys!), so be sure to visit this new feature and share your ideas.

Wishing you a fabulous spring,

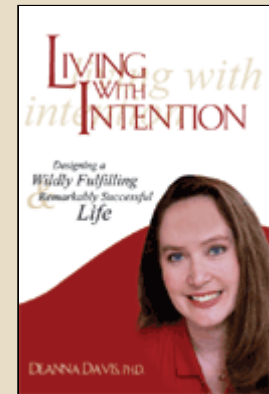
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Ideas for a Wildly Fulfilling Life...

From Root Beer to Water: The Energy of Success

To this day, I remain convinced that my stunning dance debut as “Lead Sprite” in a 1979 community production of “A Midsummer Night’s Dream” was due in large part to my affinity for a rather annoying A&W Root Beer commercial. As I read that sentence, I feel I need to clarify that “Lead Sprite” referred to my role as a mischievous woodland fairy, not the refreshing lemon-lime beverage, an odd coincidence since I’m talking here about an altogether different soda. But I digress. Back to the tale at hand. Sure, my dance abilities were renowned, particularly in my own mind and household, but I’m quite certain that it was the science behind a catchy root beer jingle that launched my dance career.

I spent several weeks preparing for my audition by rehearsing physically and mentally for the big day, leaping and spinning my way to and from school and meditating on every move I would make. Then, one fine day I stumbled across the memorable display of marketing merit (AKA an A & W Root Beer commercial) that would change everything for me.

The commercial showed a dancer nervously preparing to audition for a role in some Broadway-esque production. The music starts gently, “This time I’m gonna make it. This time I’ve got a chance,” slowly building to a crescendo with, “I’m gonna show and they’re gonna see the way that I can dance.” The dancer enters the room in a triumphant display of dance prowess that leaves her looking glisteny-blissful after a flawless—and obviously successful—audition.

I sat glued to the television, convinced to the core of my being that I, too, would enjoy a similar victory during *my* upcoming audition. For the next two weeks, I aggravated family and friends alike by incessantly belting out the A & W Root Beer jingle, priming myself for success by mastering every musical note, every choreographed move, and every profound lyric. Well, profound for a 9-year-old.

In fact, I didn’t stop singing after the logical *motivational* part of the song, but concluded with the brand jingle each time, crooning, “Nothing’s so smooth (and creamy) as A & W. Nothing’s so smooth (and creamy) as A & W.” Upon reflection, I’m not so sure this last part was necessary, but it was indeed entertaining for neighbors and delivery people during that time frame. And to this day it sparks an almost unbearable craving for a huge root beer float. Again, I digress.

I have long believed, though, that my late-Autumn debut as “Lead Sprite” on stage was due to a force more powerful than a catchy jingle. Recently, I figured out what I believe that force was; the unquestionable capacity that emotions, words, and music have to alter a person’s physical reality.

Basically, the “jingle your way to success” method I used for my successful audition, while inordinately embarrassing to my sisters and heartwarming to my parents, was founded on some wildly interesting principles that now explain how and why the technique may have worked.

First, the “jingle method” relied on memorable, positive emotional imagery and words that deeply inspired me. Second, those images and words were paired with uplifting, energizing music that enhanced their power. Ok, ok. Memorable, positive, uplifting, and energizing for a 9-year-old. But it worked. I will forever be known as “Lead Sprite,” at least in my own memory.

These factors—images, words, and music—exert powerful effects on water molecules, as demonstrated by the work of researcher Masaru Emoto. Emoto gained universal attention with his now-famous “water studies,” which are detailed in his books, *Messages From Water* and *The Hidden Messages in Water*. Through these studies, Emoto exposed water samples to various words, emotions, and music samples, froze the samples, and then used dark field photography to examine the

impact of different emotions and “energies” on the structure of water molecules.

Emoto found that positive, uplifting words (such as love, gratitude, and words from Benjamin Franklin’s list of virtues) yielded exquisite and orderly snowflake-like patterns in the water molecules. Negative statements, such as “You make me sick,” “I hope you die,” and the names of individuals like Hitler yielded non-uniform, unpleasant, and highly disorderly configurations of the water.

Emoto also exposed the water samples to different forms of music, finding that Bach’s masterpieces created beautiful, uniform crystals, whereas heavy metal music resulted in unpleasant-looking, amorphous molecules. Even Elvis Presley’s “Heartbreak Hotel” yielded distinctly divided molecules (yes, the word “heartbreak” actually resulted in the appearance of heartbroken water molecules).

These studies vividly demonstrate that thoughts, words, emotions, and even music can exert a profound effect on water. Why should we care? Basically, because our bodies consist of roughly 70% water, so if we “feed” our bodies negative words, images, emotions, and music, we effectively create a negative outcome for the water molecules in our bodies. This can result in a heightened chance of negative outcomes both for our physical and emotional wellness. Conversely, if we choose to immerse our cells in positive words, images, emotions, and music, we improve our chances for heightened well being and better outcomes on many levels in our lives.

Masaru Emoto proved that thoughts and feelings affect physical reality. How might you choose to *consciously* impact *your* physical reality? Studies have shown positive physical and emotional results from adopting a practice of daily gratitude journaling, learning to be more optimistic, connecting with others in meaningful ways, or going out of your way to help others on a regular basis. If a catchy root beer jingle isn’t exactly your style, choose one of the above-listed ways to infuse your psyche—and your cells—with a much-deserved dose of positive energy. You might be surprised by what you can accomplish. And you don’t even have to be a root beer swigging, jingle-belted “Lead Sprite” to do it. Although, if you’re anything like me, you might just like to give it a try.

Ideas for A Remarkably Successful Life...

Universal Law of Attraction 101

I am a new devotee—wait, rabid fan—of the concept of the **Universal Law of Attraction** (ULA). For those of you who are unfamiliar with it, it simply suggests that “like attracts like” in life and throughout the universe. This is an extension of the concept of “the energy of success” I introduced in the first article. Depending on who you ask, the ULA can focus on several different aspects of this definition.

Some experts simply say that what you put out into the world through the form of your thoughts, energy, and expectations will come back to you many times over. Thus, if you primarily direct your attention toward positive energy, emotion, and activities, these things will freely flow to you. On the other hand, if you choose to focus on a negative, cynical, or victim-centered outlook, those things will be powerfully directed back to you in a self-fulfilling prophecy of disappointment and disillusionment.

Other experts focus on another element of the ULA, which states that there is an infinite amount of abundance in the universe, and that if you are both clear about what you are seeking in life and open to receiving that abundance, it will be delivered to you joyfully, effortlessly, and continuously. This abundance can be in the form of physical, financial, emotional, relational, professional, or any number of other realms.

When I started studying and practicing both of these aspects of the ULA, I was flooded with an amazing array of successes and joyous celebrations in every area of my life, from weight loss and heightened energy, to tremendous professional success, to exquisitely enriched relationships, to reduced stress, to selling my home and finding the perfect land to build on, to always finding the best parking space in any parking lot—how’s that for a range of favorable impacts?

And, after sharing my understanding of the ULA with clients, colleagues, friends, and family members, every single one of them has recognized phenomenal results ranging from financial wins to more peace and balance in their lives, and from always finding the right item they were looking for to connecting with powerful new people or reconnecting with those they have missed. It is undoubtedly the most profound principle that I have adopted in my life, and every day I learn more about how it can impact my day to day experience and my long-term happiness.

So, I made a pact with myself to share the basics of the ULA with you here and to weave as much information about it in the coming issues as I can, in an effort to help you fully understand and begin to apply the principles. I truly believe that when you master and live these principles, you can all enjoy unprecedented success and fulfillment in your life. It's all about attracting more bliss and more of what you want in life. And, after all, isn't that what *Living With Intention* is all about?

Check out the resources section for information about the video and the book that introduced me to the concept of the ULA. Both of these resources have changed my life and I invite you to consider letting them change yours. Readers, this is the start of something big...get ready to experience abundance in all areas of your life! And, get ready to learn more about this topic next month.

Resources That Will Change Your Life

The Secret (DVD Movie)

This DVD video is an outstanding introduction to the concept of the Universal Law of Attraction. This was my first primer on the ULA and I found it so energizing and intriguing that I went out and found every book I could on the subject to begin applying the principles in every way I knew how. To order your own copy of *The Secret*, or to view it on the web, click the graphic below:



Ask and It Is Given (Book)

This book, written by Esther Hicks, shares a wealth of information about the Universal Law of Attraction, as well as a great array of strategies (22 in all) that you can use to improve your "energy vibration" to attract more of what you want in your life and less of what you don't want. It is the most comprehensive and interesting read on the Universal Law of Attraction that I have found.

Purchase through Amazon | [Here](#)

Purchase through Barnes and Noble | [Here](#)

I'll be eager to hear your feedback as you begin exploring the Universal Law of Attraction, and I'll be excited to bring more information and strategies your way to help you allow it to transform your life!

Feedback and Free Stuff

Respond to this question and be entered to win a free hardbound copy of Jon Gordon's outstanding book, *Energy Addict*.

This month's feedback question is based on the theme of "**female friendships**" (sorry, guys!). I am starting to collect input for a new book, so your feedback may actually find its way into the next bestseller, so have at it, my friends! Here goes:

"What benefits do female friendships bring to your life that you don't get from anyone or anywhere else?"

Send us your ideas, insights, or quotes, and feel free to share touching or funny stories that illustrate your point. I would love to hear about what friendship means to you now, has meant to you throughout your life, or what you plan to do with it in the future!

Just send your ideas to feedback@appliedinsight.net. Remember to include your first and last name and email address for the drawing. I'll announce the winner in next month's issue, along with a new topic for you to consider. What do you have to lose? Nothing! What do you have to gain? A copy of a great book! I look forward to hearing from you.

Women Making a Difference... Ideas to Help You Thrive

Coles Whalen Performance

Another announcement for my Pacific Northwest readers: If you live in the Eastern Washington or North Idaho region, you'll want to set aside Friday, May 12th at 7:00 p.m. to enjoy a complimentary concert by one of the most gifted singer/songwriters I have every had the privilege of listening to. Her name is **Coles Whalen**, and she will be in Spokane, WA performing live at The Shop, 924 S. Perry, (509) 532-1647. Experience her smooth and soulful "new folk rock," a treat for your senses that you won't want to miss.

If you can't catch the show, visit <http://www.coleswhalen.com/> to learn more about Coles and to order her cd. Trust me, you won't be disappointed. I guarantee you that pretty soon, you'll be able to say "I knew her when."

Linspirations, by Lynn Colwell

My great friend, Lynn Colwell, has just released an e-book that is a compilation of her wonderfully witty and helpful newsletter (aptly named "Bloom 'n Grow!"). Lynn always has something meaningful (and funny) to say about life, and I look forward to each issue that finds its way into my in-box, often just when I need it.

View the e-book today at http://www.bloomngrow.net/f/Linspirations_Ebook.pdf, and, if you want an ongoing dose of good humor and great ideas, be sure to visit Lynn's main website (www.bloomngrow.net) to subscribe to her online newsletter.

Cheers to you, and here's to abundance!

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