

AN INTRODUCTORY GUIDE

# How To Find The Path To The Life YOU Want

Break Free from the Biggest Lies  
You've Accepted as Truth



Marisa Ferrera

# **How To Find The Path To The Life YOU Want**

Break Free from the Biggest Lies You've Accepted as Truth

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## Introduction

If your life today isn't what you had imagined or hoped for, it's not your fault. You've been conditioned since birth to believe many things that simply aren't true and that have caused you to experience so much pain and struggle throughout your life.

Perhaps you've struggled with relationships, finances, your health, job or business. Regardless of what brought you here, the fact that you've chosen to read this book shows that you're ready to take some action to improve your life, even if you are unsure about where to start.

In this book, you will uncover a few of the biggest lies that keep you stuck and that hold you back from living your best life. As you learn to let go of

these lies and live from the Truth, you'll experience a sense of freedom that you've never experienced before and you will have found the path to the life YOU want.

## If I Can Do It, You Can Do It



I love my life and I've had so many people tell me they want my life or they envy the life I have. I'm married to the most incredible man I've ever met, and our relationship is truly beyond what I ever thought was possible for me. I haven't had to work to make a living since I was 49 years old, and from 2009 until 2014, my husband and I lived in various Latin American countries during the winters looking for our slice of paradise. We recently moved into our dream home in Colombia, South America with a beautiful view of the Andes Mountains.



When people hear my story, they often tell me how lucky I am and you might be thinking the same thing. I'm here to tell you it has nothing to do with luck. I also don't have any special powers or magic wands. What I have, and always had, is a belief deep within me that life is meant to be enjoyed, not endured and we are all meant to thrive, not just survive. I strongly believe that life is not supposed to be a struggle and somewhere along the way many of us forget this and lose our way.

Like most people, I've had my share of pain and suffering throughout my life, often feeling lost and in despair, believing I would never find lasting happiness, peace or love.

- I grew up feeling ugly and stupid with no self-esteem or self confidence.
- I had difficulty making friends because I was so shy and withdrawn.
- I was totally disconnected from my feelings.



- My first engagement in my early 20's ended 7 months before the wedding date (*after I bought my dress, booked the hall and had almost everything else in place*).
- After 10 years of teaching, and based on the recommendation of my psychologist, I took a leave of absence from work because I was suffering from burnout. (*I also discovered I was a perfectionist and also had a mild form of OCD*)
- I was unable to have children even though being a mother was what I wanted more than anything else in my life.
- My 10 year marriage ended in divorce.
- My first romantic partner after my divorce became emotionally abusive after we moved in together (*Although I felt embarrassed and ashamed for finding myself in this situation, I stayed in the relationship because I was financially strapped and didn't believe I could afford to live on my own.*)

- I followed my heart and started a business based on my passion and ended up filing for bankruptcy after 6 years. *(I did what I loved and the money didn't follow.)*

When I look back at these life experiences I often don't even recognize my past "self" and it feels as if I'm describing someone else.

I am filled with such gratitude for finding my way back to the truth that has allowed me to create a life that is beyond my wildest dreams. I'd be lying if I told you it was easy to get to this place or that I no longer experience any challenges in my life and yet, I can honestly say, it was worth every step to get here.

I know, without any doubt, that if I was able to create such a magnificent life, then you can too. It is my heart-felt desire to help and guide others who are tired of the struggle of life find their true path to all they desire.

I've learned so much along the way to finding my own path and creating my dream life and, by sharing what I've learned with you, I KNOW you can also find your way. The first step is making a decision to step into the unknown and be willing to take one step at a time without being able to see too far into the distance.

I've always loved the analogy of driving at night. When driving at night with the headlights on, we can only see a short distance away and yet we trust that the road will continue. Even though we can't see the entire road in advance, our headlights allow us to see just enough to be able to safely continue. If we find something in the middle of the road, we drive around it. If we encounter construction, we slow down. If there is a detour ahead, we follow the signs and take a different road.

No matter what we encounter along the way, we know and trust that we will eventually reach our

destination. If we feel frustrated or angry about any delays that these situations may cause, we don't get out of our cars, sit by the side of the road and say, *"That's it. I'm not driving any more. There's no point in going any further because I'm never going to get there."*

So why do we do this in life? We often give up on our dreams because of the obstacles and detours that appear on our path. We blame ourselves, others or circumstances for things not working out the way we had hoped for and we end up settling for whatever we think we can get or whatever we feel we deserve.

Life is a gift and we get to choose how we wish for it to unfold. It is a gift with unlimited possibilities and we hold the key to unlocking all its treasures. If you have a desire within your heart to unlock YOUR unique treasures and find what brings you joy, you must first be willing to step onto a new path and walk down an unfamiliar road.

Even if you have no idea in this moment how to get from where you are now to where you'd like to be, I can assure you that, just like the headlights, each step you take will light up your path. As you continue to move forward with courage and confidence, you will be led to all you desire...and more!

As long as you never give up, and as you uncover and let go of more and more lies, you will continue to find more and more treasures along your path. You will find more than you could ever imagine; treasures that will allow you to be, do and have all that you desire. There are no limits except for the limits you place on yourself. Your self-imposed limits are often the result of accepting lies as truth.

May your path be illuminated as I share 5 of the biggest lies I uncovered along my path to living a life of peace, love, joy and abundance.

## Lie #1: You Are NOT Enough

This is one of the biggest lies you've been told almost since birth and you heard it in a variety of ways from a variety of sources including parents, teachers, peers and the media.

Can you relate to hearing any of the following directed at you while you were growing up?

- You're stupid.
- You're ugly.
- You're fat.
- You can't do anything right.
- You will never amount to anything.
- What's the matter with you?

Did you ever have a parent or someone you loved withdraw their love or affection when you did

something they disapproved of or to “*teach you a lesson*”?

All of these experiences, and many others, may have led you to the false beliefs that you are not good enough, or smart enough, or attractive enough, or capable enough of creating and having the life you desire. You might not feel worthy or deserving of having a great life and this keeps you stuck in pain and struggle.

The truth is **you are more than enough** and you are more than worthy and more than capable of creating and living the life that YOU want.

## **Lie #2: Taking Care of Your Needs First is Selfish**

If you're like most people, you've been taught that when you put your needs above the needs of others, you're being selfish. This is not the truth. The truth is, the more you take care of yourself, the more you can take care of the needs of those around you.

When you're on an airplane and are being instructed about safety procedures, why do you think adults are told to put on their own oxygen masks in case of an emergency before attempting to help a child with theirs? It's not because the life of an adult is more valuable than the life of a child. The reason is because if you don't take care of yourself first, you may put yourself in a position where you are unable to help a child and in the end, you may both perish.



The same is true for all parts of your life and in all circumstances. If you don't take care of your emotional, physical, mental and spiritual well being and make this a top priority in your life, you won't be able to assist and give to others in a way that nourishes you both. When you think about the needs of others before considering your own, and when you continually give to others at the expense of giving to yourself, you'll find yourself depleted, resentful and may even end up physically ill. How helpful can you be to others if this happens to you?

You've been taught that it's noble and more spiritual to think about others first and yet when you take care of yourself first, you're in a much better position to be of service to others. You'll be giving from a heart that's overflowing with love and as you give, you will feel renewed and energized rather than exhausted and miserable.

## **Lie #3: You Are Greedy or Materialistic if You ask for Too Much**

First of all, have you ever stopped to ask yourself who gets to decide what is *“too much”*? Secondly, whether you’re aware of it or not, you are a creator and it’s part of who you are to desire more and more. It doesn’t mean you’re materialistic or greedy.

The desire for more comes from an inner knowing that you live in an abundant Universe and there is more than enough for everyone. Having more doesn’t take away from anyone else because they too have the same ability to access their inner power to create whatever they desire in life. It’s important to be grateful for what you have and there’s nothing wrong with wanting more.

What's also important is to let your heart guide you in your creations and allow yourself to enjoy ALL that you create. Give yourself permission to open up the desires within you.

Don't hold back for fear of appearing greedy or unappreciative, for these are judgments created by those who either bought into this lie themselves, or wish to stop you from connecting to your true power of tapping into the field of infinite possibilities.

## **Lie #4: You Can't Have Everything You Want**

It may be difficult for you to believe, especially if you feel that nothing is working in your life, that you CAN have everything you want. You probably heard more than once that you CAN'T have everything you want so you better just accept this as a fact and get used to it. This lie is based on negative thinking and limiting beliefs that have been passed down from generation to generation.

Don't be angry with those who taught you things that aren't based on Universal Truth because they didn't do this to hurt you but to protect you. They also didn't know what was truly possible. If they knew the truth, they would have passed this on to you. They wanted to protect you from desiring something that they didn't think was possible so that you wouldn't be hurt and disappointed. They

wanted you to be happy and so they taught you not to wish for too much.

It's okay if you feel some skepticism about this since it's understandable that you would want to protect yourself from being disappointed and hurt again and again. All that's required at this point is for you to begin to open up to the possibility that you really can be, do and have what you truly desire and be willing to explore this possibility.

Play with possibilities and begin to imagine and ask yourself *"What if I could truly have everything I want? What would my life be like? How would I feel?"* When you think about what you want, ask yourself why this is important to you and dig deeper to uncover what you REALLY want, not just what you think you want.

For example, you might think you want someone you care about to make different choices so you will feel happier, and yet when you look deeper you

may discover that what you really want is something else. Also keep in mind that this “*someone*” also has the freedom and ability to create what he/she wants and it may or may not line up with your desires.

No matter how crazy it may sound, I invite you to begin to immerse yourself in visualizing and feeling as if you already have everything you want. Focus on the feelings and quality of what you wish to experience rather than a specific outcome. I also find it powerful to end every visualization by saying something like, *“I wish for this or something better and may everything I create be in the Highest Good of ALL!”*

## Lie #5: What Other People Think or Say About You is Important

How many times have you heard someone say, “*What will people think?*” Have you ever stopped to ask yourself why it’s so important to you that people think or say only good things about you?

If you worry about what other people think about you or what they “*might*” think or say about you if you make certain choices or decisions in your life, then you can’t be free and will never create the life you want and deserve. This will keep you stuck and unable to move forward.

The truth is that no matter what choices you make, some people will applaud you for it and others will judge you for it. So, you may as well make choices that are aligned with what YOU want.

If you can shift your thinking and focus on following the stirrings in your heart rather than the loud voices in your head, you will experience more joy, happiness and whatever else you want.

Remember, when others think or say negative things about you, this is more a reflection of them than it is of you. It shows they are unhappy with their lives and might even be envious of you if they see you being courageous enough to follow your dreams *“no matter what people think.”*

Worrying about what others think has such a strong hold on so many people. Don't fall into this trap. In the end what matters most is what YOU think and what YOUR heart desires.



## Conclusion

No matter what your life looks like today, it's not too late to create what you truly desire in EVERY area of your life...personally, professionally, physically, emotionally, financially and spiritually.

You may find your mind jumping in right now trying to convince you that it's too late for you to live your dreams or it's not possible or it would be too hard for you to attract into your life all that you wish to experience. Just remember what I shared earlier about how your mind has been conditioned since your birth to accept all the lies that others have accepted as truth.

**It's time to break through these lies and live  
from the real Truth.**

You're doing so much better than you may think. Just look at how far you've come in your life so far

with all your challenges and heartache, struggle and pain. What you've been through in your life has not been easy and yet, here you are, ready for another day, open to learning and growing and expanding. This is not insignificant. It is extremely significant.

You know there's more to life and you're seeking to experience more. The more you follow this desire within you and the more you're willing to open up to all possibilities, the easier it will be for you to experience what you want in life. If you decide it's too difficult or if you give up because it's taking too long, then you'll miss out on all that awaits you.

If what I've been sharing is new to you, you may find it difficult to believe. Just keep an open mind and take it one step at a time. Allow what I've presented to percolate within you. Try it on and see how it feels. Give it an honest effort and don't give up.

As you begin to shift your attention from the lies and focus on the Truth, you will become more and more aware of the unlimited possibilities that exist for you. You can't change the past, and just like driving while looking in the rearview mirror can be disastrous, do your best to keep your eyes on the path ahead and follow the promptings of your heart.

At this point, your mind might be telling you it's better to play it safe and stay where you are. At least it's familiar, even if you don't like it. Your mind might also try to convince you that if you make any significant changes in your life, things could actually get worse than they are right now. Remember, your mind has been trained for so many years to keep you safe and the best way it can do this is to keep you in a state of fear.

Everything you want, however, is on the other side of fear. If you're willing to walk through your fears and break free from the lies, one by one, you will have found the path to what you want and will

begin to experience life the way it was meant to be experienced...as a reflection of your deepest desires.

All it takes to get started is a choice. You can choose to believe that it's too late for you or it will be too difficult to turn your life around, OR you can decide that even if you have no idea how to get from where you are right now to where you want to be, you are WILLING to open yourself up to the possibility of creating your dream life.

The choice is yours and whatever you choose will determine the life you will live from this day forward. I'm sure you've heard a famous quote that says, *"If you keep on doing what you've always done, you'll keep on getting what you've always got."*

## ***What do YOU Choose?***

## A Message Just For You

I leave you with the following message that came through me one day as I sat at my computer. Please read this message as if it was written specifically for you, because it was.

*The time has come for you to step into the world in a new way. Life was never meant to be a struggle and the time for struggle is over. Lay down all that is holding you back from living a full and authentic life. Lay down your sorrows, your tribulations, your doubts, fears and limiting thoughts. Lay them down and walk away from them in the fullness of who you are. For you are so much more than you think you are.*

*You are pure light and pure love and when you walk the earth with this knowing, everything will change for you. You will no longer be held captive*

*by the lies you've been told, no longer a prisoner of your thoughts, most of which do not even belong to you. For any thought you hold that keeps you small and feeling "less than" is most certainly not from the Light. You have the power within you to walk away from all that does not serve you and to walk into, and with, the Light that is always there for you.*

*It is your fear of the unknown that holds you back the most. You are afraid of what might happen if you do this or that, or if you follow your heart. You have allowed your head to rule your life almost since birth, or at least since you were able to understand the words and restrictions others placed on you. Slowly over time, you forgot who you are and we are here to remind you.*

*You know what we say is true. If you allow it, you can feel the truth of these words deep within you. Free yourself, for only you have the key. You will never find what you are looking for by searching outside of yourself. All that you desire, truly desire,*

*is within you and always has been. Turn your focus inward and allow the truth to be uncovered for it is there waiting for your return.*

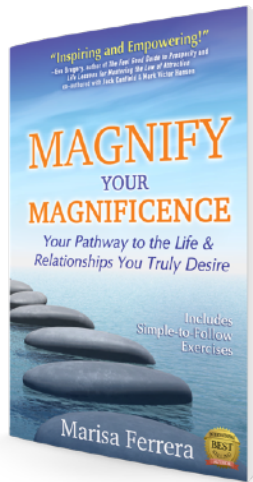
*We can see what you cannot see at this time. We see the joy and peace and abundance that awaits you as you liberate yourself. Take our hand and let us guide you along this path. Let us be your eyes when you cannot see, your ears when you cannot hear, your mouth when you cannot speak for yourself, and soon you will see the beauty that awaits you. You will hear clearly the calling of your heart and soul and will speak and live from a place of truth and love.*

*We honor your courage to step forward. You are loved beyond measure.*

*Blessings*

## What's Next?

If you found value in this book and enjoyed the channeled message I just shared with you, I invite you to consider getting a copy of my #1 International Best Selling Book called, *“Magnify Your Magnificence: Your Pathway to the Life & Relationships You Truly Desire”*



**[BUY NOW](#)**

By reading this book of 28 channeled messages and following the accompanying recommended exercises, you will...



- \*Connect More Deeply With Your Authentic Self
- \*Release Past Wounds, Negative Thoughts & Limiting Beliefs
- \*Develop The Ability To Tap Into Your Inner Guidance & Wisdom
- \*Experience More Peace In Your Life & In Your Relationships
- \*Learn How You Can BE, DO & HAVE What You Truly Desire

Let's face it, we were never really taught in school how to create a life that we love or how to create loving, long lasting, healthy relationships. Not only that, we were not encouraged to express ourselves authentically and often conformed to the expectations of others in order to feel safe or to be accepted and to receive love. As a result, many of us end up struggling to find peace, joy and happiness in our lives and in our relationships.

Magnify Your Magnificence focuses on helping YOU remember the truth about who you REALLY are and shows you step-by-step how to tap into your inner wisdom and power so you can experience the life and relationships you truly desire. Let this book lead the way.

### **YES! I Want this!**

Here's what a few people have to say about this book:

*“Between birth and death, how shall we choose to live? In her book, Marisa Ferrera shares profound messages from Spirit that lets us know we are not alone and we have everything within us to create an extraordinary life. Inspiring and empowering!”*

~ **Eva Gregory**, author of *The Feel Good Guide to Prosperity* and *Life Lessons for Mastering the Law of Attraction* co-authored with Jack Canfield and Mark Victor Hansen  
EvaGregory.com, San Fransisco, CA

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*“Reading Magnify Your Magnificence was like reconnecting with my soul! I heard the voice of Spirit speaking through the pages to my heart as I read the prologue: Changing Times. This information isn't new*

*to me but it was so refreshing to be reminded in the tone of unconditional love pouring through each message. It all resonated so powerfully and as I read on I felt inspired to keep reading! If you've been searching for answers spiritually, if you've been asking questions about your true nature, if you want to connect with your life's mission... If you are curious to find out why you are here on the planet at this time and how you can experience more joy and peace in your life, if you yearn to experience your divine essence, then this book is for you! I highly recommend it!"*

~ **Lorna Blake**, International Life Coach for  
Women Entrepreneurs and Professionals  
LornaBlake.com

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*"While I started reading the book, the question, „Why hold on to what no longer serves you?“ struck me deep in my soul! It was like spirit talking to me from another source, this book...to reach me in another way! The messages and words written down in this book will uplift and help many people."*

~ **Claudia V**, Netherlands

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*"It is a book you will refer to over and over and over again. Whether you read it straight through or whether you pick it up in times of frustration seeking help, it is a book you will come back to many times."*

~ **Rev. Anne Presuel**,  
Your 6<sup>th</sup> Sense Guide to a 6-Figure Business  
DivinelyIntuitiveBusiness.com

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*“When I read Marisa’s book I felt instantly free, and experienced joyous relief wash over me. This is a palpable reminder how great it feels to be the REAL me. The words that came through Marisa and spilled into her book breathed life into my soul and woke me up to the vastness of who I am and what I am innately capable of. Thank you SO much Marisa, for being the messenger of these honest, life-changing words. What a gift! With Gratitude and Admiration”*

~ **Hilary**, Quantum Energy Healer, Toronto, Canada  
FeelBetterNow.Solutions

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*“Marisa, I just read the first message in your book and I felt the entire message deep inside of me. The words are so powerful.”*

~**Marina**, Toronto, Canada

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*“I just finished reading a few of the messages from Spirit and I wanted to say Thank You! I did the exercises and it gave me some clarity. When I did the „if you could snap your fingers“ and took the time to really look at it right then...well becoming AWARE of those subterranean thoughts felt great. I think your story is amazing! Your messages are wonderful and affirming.”*

~**Christine**, Writer, Ely, MN

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*“Thank you will never be enough. I can’t explain how reading your book made me feel but I do know that it struck a cord with me in a way I’ve never felt before and I released a whole pile of “garbage.” You are an incredible source of inspiration.”*

~ **Leslie**, Teacher, Ontario, Canada

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*“Tonight I am saying the “good” qualities about myself with much more conviction. Your messages are a true inspiration. Thank you so much for sharing them. I think I will make it a point to reread them at least weekly.”*

~ **Linda**, Nurse Practitioner, Harrisburg, PA

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You can learn more about Marisa and how she can help you by visiting her website at:

[MarisaFerrera.com](https://www.MarisaFerrera.com)