

# DARE TO DESIRE MORE

Anything Less is Self-Denial

A **Mentoring Program** with Lucy to help you Effort Less, Live More and Achieve any Goal!

Air-brush  
FREE  
zone.



My Fellow Human Being

Do you find that some things in your life seem to be an *ongoing struggle*? *Follow a predictable pattern*? Or have a way of *spinning out of control*?

Do you feel you've *hit an invisible ceiling* with some of your goals and dreams? OR

Have you done what you vowed you'd never do and *settled for less*?

My name is Lucy Lopez and today, I have a potentially life-changing message for you:

“*Desire is the natural and necessary impulse of Life in its infinite, eternal and effortless flow. Desire is NOT craving or attachment. By honoring your Desires, you allow Life, its Power and Possibility to express itself freely and fully through you in a way that is Uniquely You.*”

This is a message that is so widely missed and so profoundly misunderstood which is why there is often so much resistance to it. Yet, it would be foolish to deny that the natural impulse of Life is what we humans re-cognize as Desire. ***Which means that if you truly want to enjoy Life and live freely and abundantly, no matter what age you are and what your 'circumstances' are, you must honor your Desires and you must always Dare to Desire More!***

**Back in the day**, if you'd asked me those 3 questions above, my answers would have been a pathetic Yes, Yes and YES (especially that last one!).

**Today**, as you might guess, the answer to all three questions is a very clear and emphatic 'NO WAY!' On the contrary, I'm dreaming bigger, I'm setting goals I would never have even remotely considered in the past, I have confidently and gainfully refused to settle for less and my life is altogether more joyous, peaceful and fulfilling. And I can truly say, hand on my heart, it is effortless. Yes, I do mean EFFORTLESS.

## DARE TO DESIRE MORE



*Profoundly personal and penetrating as well as Fun, Focused and Ferociously Effective 😊*

*So, how did I do it?*

**HINT**  
You'll be doing  
all this too in  
the program  
😊

Quite simply

- I made the critical decision to ask for and expect more of life
- I allowed myself to believe that I could be happy and free. Over time, I realized that I am by nature, joyous, free and forever becoming more (just as you are)
- I prioritized happiness, peace of mind, health and freedom
- I found the teachers, books and tools to help me
- I learned how to observe my mind without drowning in my thoughts and stories
- I learned how to stop judging myself
- I practiced new ways of thinking and feeling and made them a habit
- I learned how to keep a relaxed, inner vigilance on my thoughts and feelings at all times
- I accepted that the way I experienced the world was entirely a result of my thoughts, beliefs and attitude NOT my history, my genetics or my karma
- I learned to accept other people as they were without demanding that they change and without making my happiness and success contingent upon them changing
- I developed the skill and habit of visualizing way beyond what was familiar to me
- I discovered in an experiential way that I am an embodiment of an infinite, life-giving, ever-expanding and limitless Intelligence/Consciousness/God
- I learned how to be very mindful of the words I spoke and with which I thought so that I dropped disempowering and limiting words such as 'can't', 'should', 'hard', 'impossible', 'challenge' and 'need' from my internal dialogue and use it sparingly in conversations
- I embraced the fact that expansion, becoming more, asking more of the Universe, which is about asking more of myself, is a necessary and natural life-giving impulse that allows me to live joyously, confidently and freely
- I gave up limiting beliefs that I had held for most of my life and which people around me were still holding on to and trying to make me live by
- I decided that if there was going to be a Rule Book, I would write it. I soon discovered that I didn't need rules and that it was much easier and natural for me to follow my good feelings
- I learned how to tune into my good feelings and to trust them and be guided by them
- I learned how to tune into and follow my intuition
- I learned how to let my wisdom heart/intuition direct my head
- I learned how to focus less on the 'things' (including relationships, material possessions and tangible goals) that I desired and more on my 'feelings' around them
- I learned to offer strong \*feeling\* vibrations in order to attract the things I wanted in life
- I learned how to shift my focus quickly from what I didn't want and feared to what I did want
- I learned to let go of outcomes
- I learned how to set goals and use them as a stimulus for raising strong, good feeling vibrations in order to attract the things that I desired
- I learned how to keep my mind peaceful and still so that it was the ideal environment in which to visualize and set goals and raise strong good feelings around anything that I desired including money, relationships, travel, work and health.

Yep, **ALL**  
this and  
heaps  
more

The overall result is that I live a peaceful, powerful, joyous, fit, healthy and productive life, enthusiastically occupied with the things I love at least 95% of the time. The rest of the time, I'm probably asleep 😊.

Yeah, let's talk about you if we can squeeze it in

## ***MEANWHILE, I have a deep and unshakeable Desire to help others achieve the things they value most in Life.***

In case you're wondering, here are just 5 of My Most Valued Achievements



### **5 of My Most Valued Achievements**

***But enough about me. Let's talk about YOU!***

#### **What are you looking for?**

What are you unhappy with? What are you struggling with or striving for?

#### **Do you know what you want?**

What are the things that are really, really important to you? What is your #1 priority that you are putting off day after day? Are you finding it hard to get clarity around what you want?

#### **How have you settled for less and what do you want to do about it?**

What have you given up on? What dreams have you abandoned? What excuses, stories or justifications have you been telling yourself and others?

#### **What do you believe about your happiness and freedom and your ability to have what you want?**

Do you secretly believe it's too late for change despite what you might say? Do you believe in deserving or not deserving the things you desire? Do you believe that you are not really in control of your life?

#### **What are your fears?**

Do you fear you will not be able to make it happen? Are you afraid that if you change, people close to you might get hurt? Are you afraid that change might cause you to lose the people you love or the lifestyle you've become used to? Are you afraid that success might threaten some of the things you value like your privacy, security or time?

#### **Have you tried so many times before and are afraid of failing again?**

Has it all become too hard? Does it feel easier to live with the status quo even though it simply doesn't satisfy? Have you lost the desire and excitement and thrill of going after something you have longed for?

#### **Do you want something so bad but have no idea how to make it happen?**

Are you ashamed to admit that you haven't got your s^\*# together after all this time? Do you believe that you have too much to lose? Are you able to put things aside temporarily without giving up on them? Are you able to maintain a steady yet relaxed focus on your dreams and goals? ***And by the way, why are you still reading this? What do you want me to convince you of?***

- ☆ Deeper Peace, Ever More Joy, Increasing Sense of Freedom, Far Less Fear (Gracefully Bold 😊)
- ☆ The healing of ALL the hurtful Relationships in my life and freely and confidently enjoying every Relationship I currently have
- ☆ Doing the Work that I Most Love and being paid for it
- ☆ Helping people find Peace, Heal Relationships and Learn to Confidently Desire and Get More from Life
- ☆ Being Fitter and Healthier than I have ever been

I've been there you know...

## Since I began Mentoring and Coaching almost 15 years ago ...

I have been helping clients who have come to me with just these types of fears, limiting beliefs, attitudes, lost dreams, intractable problems, situations or health conditions and repeated 'failures'. And when they have stayed the course, they have turned things around, enthusiastically reignited their dreams, defined and clarified their goals, become conscious and confident creators by gaining self-awareness and triumphed!. Here's what one of them recently said in an unsolicited email to me:

It's been a  
**HUGE**  
JOY and I  
love it  
more  
each  
day



I find it hard to put into words how meaningful my time with you has been and what a tremendous change it has made in my life. I will never forget (thanks to my recordings lol) the kindness, presence and patience you showed with me, and will take the insights which you helped me self-actualize into my day-to-day life forever.

A long way from the foetal-positioned, anxious person I was when we first met aye!!!

That was Sarah (not her real name), a young woman referred to me by a former client. Academically brilliant and professionally successful as a Town Planner, Sarah came to me with a history of anxiety attacks and a growing disenchantment with her job.

Having been accustomed to outstanding results, she was pushing herself hard to perform at a job that her heart was not in. And although she did perform well, she was becoming increasingly frustrated. If she wasn't feeling frustrated about her job, she was feeling frustrated with herself.

There were mornings when she'd seize up and find herself catastrophizing about the day ahead. When she did somehow manage to get to work, she'd periodically become overwhelmed and go into a lockdown.

As we worked together, we uncovered underlying beliefs, fears and the real source of her frustrations. Like me and many of my other clients before her, Sarah learned to watch her thoughts and become aware of her feelings. She learned how to choose different thoughts and better feelings. She learned to work with the Universal Principles that govern our happiness and manifest our desires. She gained a deep understanding of how her thoughts and feelings were creating her reality and shaping her experiences. She was able to handle her work and personal relationships with confidence and awareness.

Sarah understands that she will never be 'done' for the simple reason that she is always becoming more. She also realizes in a very deep and personal way that she is the only thing standing in the way of her dreams and aspirations. She is fiercely committed to learning how to get out of her own way by recognizing her limiting beliefs and by choosing different thoughts and better feelings! It is a moment-to-moment thing and despite being used to putting pressure on herself, she is learning to ease up and be kinder and more self-accepting. As she says in her unsolicited email to me, the changes in her life have been 'tremendous'.

So, that's how Sarah's life is turning out...

## How would you like YOUR LIFE to turn out?

Having a fair bit of experience with readers, this is the time when most will start to mentally and emotionally withdraw. Why? Because they know that they are about to be asked to take action. And of course, the old fears and resistances automatically kick in, right?

And if you don't know, any blooming way will do, right? Wrong!!!

## Let me guess, are these some of the thoughts going through your mind right now?

(So we know exactly what we're dealing with, I've put them into 3 Categories)



### OUTRIGHT RESISTANCE

#### Category # 1 – **Outright Resistance**

*'It's too hard'.*

*'The choices I need to make will hurt the people I love. I don't want to be selfish and just think of myself'.*

*'You can't have everything you want in life. You have to make choices. Life is about compromises'.*

*'I've tried this kind of thing before and it didn't work. Why would it work this time?*

*'I'm too old for this kind of thing...What's the point? I'm retired now. I don't have the energy or the desire to chase after any goals or dreams.*

*'Effortless living?? What planet are you from?! There is no gain without pain! There's no such thing as a free lunch!*

### UNCONVINCING EXCUSES

**Even YOU don't believe them...**

#### Category # 2 – **Unconvincing Excuses**

*'I don't have any big goals or dreams'.*

*'I can't afford it'.*

*'I don't have the time'.*

*'I'm not into this pseudo pop psychology, Law of Attraction, Pie in the Sky stuff'*

*'I'm not into meditation OR I've tried meditation before but I just can't do it'*

*'I'm perfectly contented. I don't want or need anything more'.*

*'I know what I want and I know that I will figure out for myself how to get /there'.*

Fess up!  
You know  
some of this is  
hitting home  
majorly...  
OUCH!

*'It's just not like me to dream big or chase after things. I'm a simple person with simple needs'.*

*'I don't know what I want'*

**SELF-DISTRACTING  
QUESTIONS  
OR  
GENUINELY  
SINCERE  
EXPLORATION**

**Category # 3 – Self-distracting  
Questions OR Genuinely Sincere  
Exploration**

*'Can you really help me achieve my goals?  
What if you don't?'*

*'What if I fail?'*

*'What if I change my mind or change my  
goals, will you still be able to help me?'*

*'What exactly will you do?'*

Now, if you still want to hold on to your Resistances, Excuses and Distractions, then it's really game over for us. I wish you well and hope you won't put off your happiness, freedom and success for too long.

*If, on the other hand...*

**You want to**

- Stop struggling and striving whether in your *relationships, career, health or life goals* and *live effortlessly* and joyously in all these areas
- Re-ignite lost or abandoned *dreams and goals* or fashion new and even more daring and exciting ones
- Live without ever *settling for less...*

**Keep reading!**

*But first...*

Do you realize how utterly draining it is to settle for less?

You:  
I'm so  
good at  
this!

Seriously, how  
much more  
convincing  
do you  
need???

## **Let me spell out for you exactly how YOU will benefit from working with me...**

When you sign up for my Mentoring Program, **DARE TO DESIRE MORE**, you immediately become my Number 1 Priority.

*How can I do this when I have other clients and other interests to attend to?*

Simple. In the world of *Effortless and Enlightened Living*, all things that I choose to give attention to get Priority Attention and Care. It is in accordance with the elegant and efficient Laws of the Universe and it is something that you will learn about during the program. And that's just the beginning...

*In addition...*

**You will...**

- Be personally, expertly and meaningfully guided and supported by me
- Receive the personal commitment and interest that I will take in you and in your desire to go for your goals and dreams, overcome a painful or difficult situation or make a change you have been afraid to make
- Be given the space and knowledge to grow in your own unique way
- Be encouraged and taught the skills to see beyond your perceived limitations and limiting beliefs so that you **DARE TO DESIRE MORE**
- Be shown how to get from where you are or where you don't want to be to where you *do* want to be
- Get clarity around what you really want
- Be shown how to give up and replace those deeply and long held limiting beliefs about yourself and the world and that hold you back in so many areas of your life
- Be shown how to reach into the core of your being and open the door to your deepest desires and dreams
- Be shown why you must and how you can dream bigger and bigger and even bigger if you are to live in accordance with the natural Universal Laws and honor your natural design to **DESIRE MORE!**

You have **NO** idea how seriously I take this ... don't let these bubbles fool you

What an **AMAZING** Sense of freedom, excitement and **possibility!**

## *In short*

You will benefit from all the experience, insights, skills and techniques that I have developed and have been teaching my clients for almost 15 years to help you ***make the changes you know you must make in your life, achieve the goals that inspire you and dream the big and bold dreams that excite you and impel you to reach deeper and further into your own. unique expression of greatness and possibility so that you can live the life that you most deeply desire.***

## *You know*

You were NOT born to comply, to be small, to aim low, to be lulled into a false sense of security and stability. These things cripple you, they suck the life, the fire, the excitement, the joy, the magic out of you,

Time to  
wake up  
and start  
**LIVING!**  
Finger off  
the PAUSE  
button  
now

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**You were born to *uniquely* express the Limitlessness, the Greatness, the Power and the Possibility of Life!**

**And Yes. You were born to forever DESIRE MORE!**

**STOP** expecting less of yourself. Stop expecting less of Life. Stop wasting Life. You know how suffocating and unnatural that is.

**START** living the Life you naturally DESIRE

**MAKE** today the first day of the Life in which YOU  
**DARE TO DESIRE MORE!**

**Let me help you do this just as I have helped others.**

And **NO**, I am not going to throw in 500 BONUS items or tell you how much I am reducing the cost of my program just for you and just for today or the next 10 days. I am about 'MORE' not 'EXCESS'.

And I am about appealing to **YOUR HIGHEST QUALITIES**  
not your LOWEST.

**DARE  
TO  
DESIRE**

More  
More  
**MORE**  
More  
More



Well, have I persuaded you to **TAKE ACTION** and **SIGN UP** for my Mentoring Program, **DARE TO DESIRE MORE**? If so,



1. Check out what the Program involves
2. Email me to get started

### 1. Check it out

#### **DARE TO DESIRE MORE**

6 MONTH MENTORING PROGRAM WITH YOUR PERSONAL MENTOR, LUCY LOPEZ

- **2X2HR Recordable Sessions** per month via Skype, Phone or Face-to-Face
- **Goal Setting, Sign Off and Updates** by you
- **Feedback** from Lucy
- **Training in Techniques** including Meditation, Visualization, Energy Movement, Healing, Focus, Goal Setting, Ideas Generation, Conflict Resolution, Manifesting and Changing Beliefs
- **6XAUD\$344**



### 2. Email Lucy

#### **DARE TO DESIRE MORE**

To get started, you need to set up 2 things:

- **A PERSONAL COMMITMENT PLAN\* AND**
- **A PAYMENT PLAN**

**Email Lucy NOW**  
to get started TODAY

\*A Personal Commitment Plan outlines both *YOUR* commitments to this Program *and MINE*.



Well...  
I've done my part  
Over to **YOU**...

damn...  
this has  
been so  
much fun

**Email Lucy NOW**

Waiting...

