



60 Tips For Living An Extraordinary Life

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What is an extraordinary life?

That is up to you to decide. For me, an extraordinary life is one in which I am free from the imprisoning dictates of the mind and subconscious patterning from my past. It's one where I recognize the true nature of the world in which I live, and who I really am, as opposed to who I think I am. It's embracing that all power and wisdom lie within me and that so much



possibility exists outside of the normal material reality. It's a life in which I am self-realised, fully expressing my potential and growing daily in my ability to live in peace, joy, love, harmony and gratitude, fully aligned with and connected to my higher self and Source, knowing with certainty that my life is divinely guided and unfolding to perfection.

Yes, it's quite a challenge! So here are some tips that I've gleaned along the way of pursuing this path. I invite you to join me on a never-ending journey.

You can use this booklet in different ways:

- Dip into it for inspiration when facing a difficulty.

- Start at the first tip and focus on it for a period of time before going on to the next one.
- Pick one or two tips that speak to you the most and take action steps to put them into practice.

Note that **READING** these tips is not enough to create profound results. **ACTION** is required. And remember - you are already amazing and extraordinary and live in an amazing and extraordinary world of infinite possibility.



1. Live your life in awe and wonder. “Wow” is a great word to use every day! I am awed equally by the speed at which Google gives me the answer to my search and the breathtaking beauty and intricacy of a single flower.

2. Know that if you are enjoying yourself you are giving joy to the world. Forget about withholding from yourself because whatever you experience – peace or conflict, abundance or lack, contentment or dissatisfaction, optimism or despair - you give that to the world. Which would you rather contribute?

3. Seek out either paid or unpaid mentors who inspire you to grow. Find an energetic match with someone who is an expert in the area you want to grow in. Someone who has already trodden the path so you save precious time not having to reinvent the wheel. Someone who will support you totally while pushing you beyond your comfort zone, make you accountable to yourself, and challenge you to stretch into new levels of success.

4. Dare to be different. I love quirky Tree Crop Farm in New Zealand where the bohemian Lynne Alexander delivers dazzling refreshments and provides romantic accommodation which is definitely out of the ordinary. And every inch of the cafe is covered in memorable quotes – my latest favourite is “The sex was so good, even the neighbours had a cigarette”.



5. Switch off the news – it's detrimental to your health! Instead watch, read, or listen to uplifting stories which make you feel inspired, motivated, excited and passionate about taking action to enjoy more, love more, contribute more, add more value, make a difference. I love biographies which encourage me to see what can be achieved despite the obstacles, hardships or setbacks.

6. Investigate any conditioning and experiences that have separated you from knowing that your sexual energy is your creative life force. After all it was sexual energy that created you! Free yourself from the repressions and restrictions that have been placed upon the free flow of that energy.



7. Give yourself the gift of learning at least one of the energy therapies – choose from EFT, TFT, TAT, Psych K, Z Point, Matrix Reimprinting, Matrix Energetics and more. They offer the opportunity for rapid transformation. Get support from a practitioner who can help you transform what is difficult to break through yourself. I now see using this latest knowledge as indispensable if I want to live my potential.

8. Remove all obstacles to receiving. I've discovered these are many and varied and often operate outside of your awareness. However, beliefs around worthiness or being selfish are high on the agenda. Notice how you can feel resentful if you don't open yourself up to receiving as well as giving.

9. Set compelling intentions for yourself, then hold them powerfully and wait excitedly to see the result. Some of my intentions at present are to experience daily miracles, to have a love affair with my body (so much more compelling than setting exercise and dietary goals!), to grow in my openness to love and to have the most adventurous year of my life. What are yours?

10. Uncover your passion – it's there somewhere – and then express that in all that you do. It drives your creativity and makes the impossible possible.



11. Investigate your misperceptions and false assumptions. If you think tantra is about group sex or swinging from the chandeliers, know that it's about living a life of connection with the Divine. And while you may well laugh that people once thought the earth was flat, some of the things you think are true could be equally laughable and outdated.

12. Give up assuming you have to know how to make things happen. Instead hold the intention of attracting outstanding resources, unprecedented co-incidences, and serendipitous connections that all line up to deliver the outcome that you want.

13. Recognise that all honest toil has value. If the CEO and the cleaner both went on a month's holiday, whose absence would be noticed first? We are all interdependent and need to honour the most basic tasks and the people who do them – including ourselves.



14. Enroll as a student in the school of love. Continuing to open your heart to love in the face of hurt and rejection is a never-ending opportunity for growth. Love is who you are and only love is real.

15. Ask yourself useful questions which lead to a positive outcome. Asking 'why' questions can often send you round and round in your head. 'What' or 'how' questions such as "What steps can I take to point you in the direction of productive action."

16. Ask key questions such as 'What haven't I thought of yet?'
'What is good about this?' 'Am I settling for less than I'm worth?'
'What is my vision' 'What do I want to be remembered for?'

17. Be courageous enough to start something without knowing what the next step is. I belong to a local voluntary community organization which was started by one man with an idea and a vision. Seven years later, even he is astounded that we've raised over \$1m and made a positive impact on thousands of people's lives.



18. That wise man of words, Shakespeare, gave the instruction: “To thine own self be true”. Stop dancing around trying to find out what you need to do to please other people so they will like you or not be angry at you, or not criticize you, because you’ll end up sacrificing your integrity with yourself and harbouring resentment. (Trust me – I know!)

19. Look at the world from a position of infinite possibility. You've heard lots of stories of miracles and "unbelievable" things happening so check to see if your mind loves to limit and take a position of lack. Expect a miracle instead. Why not! Love and inner shifts bring about miracles all the time.

20. Watch your vocabulary and offload all of the negative, defeatist, victim words. Choose instead to use positive words which transform your own as well as other people's state – words that are uplifting, motivating, inspiring.

21. Accept that we are not separate but are all one in this unified field or energy that we exist in – so you are never alone.



22. Find a way of trusting your intuition. Wonderful adventures have resulted when I've followed my intuition instead of what my logic dictated. Prepare to be totally awed at the outcome when you really allow yourself to trust your intuition absolutely.

23. Let go of the idea that time has to be a factor. In the quantum reality anything can happen instantly.



24. Release anger based on the past, recognizing that holding on to it doesn't change or resolve the situation but keeps you locked into victim mode. Anger stored in the body causes damage to it. You may feel you are angry at someone else but it is *you* generating the anger that is damaging your body.

25. Be willing to see things differently, and give up having to be right – it can be such a sweet liberation. So often our mind can get stuck in a particular viewpoint which absolutely does not serve us. What viewpoint do you need to unstick?



26. Ghandi famously said, “Be the change you want to see in the world”. This means that if you want peace in the world you need to find peace in yourself.

27. Look to see where you can be of service. If you want to have meaning in your life, open your eyes to the need around you and do something about it. Contribute your time, skills, money or knowledge to making a difference. I visited a school in Tonga when I was on holiday there and recognized the school needed assistance. Bringing that assistance to them has brought me great learning and joy.

28. Deal with your fear of dying rather than denying or avoiding it. The less you fear death, the more you'll be able to live. I love that the American Indians regard a really great day as being a great day on which to die. What a wonderful concept!

29. Entertain that a new idea, a possibility other than what you have believed until now, is now possible.



30. Beware of what I call “the double whammy”. When you do something and then beat yourself up over it, you not only have to deal with the results of what you’ve done, you also have to suffer whatever negative emotion you decide upon - anger, annoyance, irritation, frustration, criticism, blame...

31. You are the controller of your body, the one who knows most about it, so don't let anyone else override that knowledge. And acknowledge how extraordinary it is. Be in total awe of the miracle that is your body. Then take care of it accordingly - as you would a new car – which is probably more than you're doing right now!

32. Decide what your unique brilliance is. Yes, you! You do have a unique brilliance, and it's time to own it and live it.



33. Go on an exploratory trip into the cutting edge of new understandings of how our world really operates - Quantum Physics, HeartMath, Matrix Energetics, Epigenetics (how genes work) are all there to be explored. I particularly like the work of Bruce Lipton. It will totally blow your socks off!

34. Celebrate, celebrate, and celebrate some more! Celebrate all progress, no matter how small it seems to have been. Celebrating success attracts more success. Celebrating creates high energy and good feelings – which is what you want more of, so keep celebrating.

35. The experience of love is not activated unless you are in the act of giving it, so if you want to experience love, don't search for it, express your own love.



36. Instead of distracting from your fears with alcohol, TV, internet surfing, gambling, drugs, food, shopping, etc, acknowledge them, delve into them, examine them, work with them, get some help with them. Be prepared to lay them to rest or discover that they were an illusion anyway.



37. Know that every time you have a question there is an answer, every time there is a problem there is a solution on its way, every time there is a challenge, there is an amazing unfolding that is meant for you.

38. Exercise is imperative. If you haven't already discovered what form of exercise you love, persist until you do. You might not know if you love tai chi, belly dancing, or veterans' soccer till you try it. It took me six years to attend the local aerobic dancing class and now I'm hooked. What could you be hooked on so you get that exercise in?

39. Stop judging everything, because there is no good or bad, no right or wrong – it just is. (Yes, take a deep breath to come to terms with this tip!)



40. Make time for silence, stillness and solitude. Learn to meditate or still the mind in some way. This is essential for listening to your inner guidance. There are many ways of doing this – keep looking until you find what suits you. You can also get out of your mind with active meditations – I defy you to think of anything else while trying to keep up with your salsa partner.

41. Make sure that when you die you'll be happy that you did everything you could with everything that you have been given.



42. Step up in a leadership role – in your business, at work, in a community group, sport, a hobby or leisure pursuit, politics, your church, as a volunteer – wherever you feel most compelled to be engaged.

43. You are what you eat so eat vibrant, alive, and where possible, local food. I like to go to the farmers market near me where the food is fresh and seasonal.

44. Always persist in bringing your awareness into the present moment. After all, it's the only moment that exists. NOW is where the power is, NOW is where life is.



45. Know your values. Your behavior is governed by your values yet most people are not fully aware of what values they hold. Finding out what is most important to you is one of the most valuable exercises you could ever do.

46. Realise there are no co-incidences. Every single person and all the events which show up in your life are there as an opportunity for you to grow and evolve. So be grateful for *everything* that shows up – which can sometimes be a very big stretch indeed.



47. Ask yourself how you betray yourself in the way you live. What price do you pay to fit in with and please your tribe, whether that is your family, work, society or culture? The answer might not be pretty but realisation is always the forerunner to choice and change.

48. Stop fearing criticism –regarding it as just the other person's opinion and an opportunity to learn more about yourself is much more helpful.

49. Examine the choices you are making. There is nothing you HAVE to do so therefore everything you are doing is at choice. It's so easy to be stuck in the "I have to", "I must", and "I don't have an option" modes – but you always have a choice – even when you don't think you do! Why are you choosing what you are choosing?



50. Use music (which goes straight to the heart), for uplifting, inspiration, motivation, dancing, creating sacred space – the possibilities are endless. Find music that supports you in different activities. I'm writing this watching one of Andre Rieu's joyful, passionate concerts, but it's the Village People when I have to do some housework.

51. Be curious about other worlds and don't let perfectionist tendencies stop you. Exploring is one of my favourite occupations and I've explored everything from calligraphy to white water rafting, bush craft survival to belly dancing, philosophy to horse riding, as well as visiting and living in different countries. I excel at my chosen work but I don't have to excel at everything I do.



52. Commit to living in alignment with your gifts – not hiding or burying them for fear they are not good enough.

53. Focus on your successes. Funny how we focus so intently on what we haven't done or on what is not right yet. How much better would you feel if you put your focus on what you have achieved and all that is great in your life right now?

54. Stop believing your thoughts about the world -which are causing you suffering. Investigate your thoughts to see if they really are true, and you might well discover that they are not.



55. Put your focus on what you do want to happen instead of the worst possible scenario. I call the latter “catastrophising” – I don’t think it’s a word but everyone seems to know what it means. Although it’s really great to do if you want to create some anxiety! Why not imagine the best possible outcome instead?

56. Make sure you understand how the Law of Attraction really works and get some help putting it into practice because it can be quite a task getting into energetic alignment with what you want when it hasn't shown up. If you desire more money, it doesn't work to wish for it while feeling upset, angry or frustrated at the lack. Money is energy like everything else and it has a high fast vibration – so feeling joy, gratitude, love, or contentment are the feelings that will attract it. Not always an easy task when your credit card bill arrives.

57. Know that you don't know and let that be OK. Or assume that you don't know (even when you think you do) and be open to learning something new.



58. Trust in the moment by moment unfolding of your life and totally accept that what you're meant to be doing is exactly what you are doing. Easier said than done of course, but, as Byron Katie is fond of saying, "When you argue with reality you lose, but only 100% of the time".

59. Let yourself absorb these other two favourite quotes of mine from Byron Katie.

1) I feel “When you truly love yourself, it’s not possible to project that other people don’t love you.”

2) I feel “I like to say, when I walk into a room, I know that everyone in it loves me..... I just don’t expect them to realise it yet.” I feel like adding an exclamation mark after those gems!



60. Follow the advice of the Queen in “Alice’s Adventures in Wonderland” – “Believe as many as six impossible things before breakfast”.

Website resources

These websites may support you in living an extraordinary life. They cover people whose work and ideas I have used and people I have mentioned in this booklet. I've left Shakespeare off the list though he is very well represented on the internet!

www.abraham-hicks.com

www.mariannewilliamson.com

www.tangibleresults.com.au

www.tonyrobbins.com

www.matrixenergetics.com

www.tatlfe.com

www.brucelipton.com

www.matrixreimprinting.com

www.thework.org

www.choosingprosperity.com

www.nealedonaldwalsch.com

www.treecropfarm.com

www.dr-demartini.com

www.psych-K.com

www.eckharttolle.com

www.rogercallahan.com

About the author:

Margaret Munoz is highly regarded worldwide as a facilitator of transformation and breakthrough experiences. With an extensive background in human potential, personal growth and wholistic health she is a powerful catalyst for those who want to create change and live their greatest passions and deepest aspirations. She gives individual consultations, either in person or over the phone, and runs group workshops.

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