

Foreword by Arielle Ford

Juicy Joy

7 Simple Steps to Your
Glorious, Gutsy Self

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mini e-book based on the Juicy Joy Online Course
and the upcoming Hay House book, releasing in March 2012

by Lisa McCourt



Just a Nibble of Juicy Joy

Juicy Joy is radical authenticity training. It's a step-by-step program for releasing all the layers of conditioning you've built up throughout your lifetime that separate you from your true, core self. The masks you wear and the false assumptions you have about yourself are the cause of all your limitations, and learning how to work with them is truly all it takes to step into limitless abundance, joy and juicy self-love.

I've put together this mini e-book to give you a taste of Juicy Joy. Of course, it's meant to whet your appetite for more—because you deserve more. You deserve to experience all the personalizing exercises and transformational tools you'll gain in the Juicy Joy Online course or the full book. This mini e-book will give you some nuggets to think about, but it won't take you on the exhilarating ride that ends at your own juiciest, gutsiest, biggest self. It won't lead you on a spelunking expedition through your personal catacombs—all those nooks and crannies you've kept carefully sealed off, including those you never even knew were there—like the book and online course do.

But I do believe that this tiny taste of Juicy Joy will loosen something up inside you. It will open you to the possibility of your greatness, expand you, soften you to yourself. It will let you see that the path to Juicy Joy is not about shining yourself up or changing or improving yourself. It's just about peeling away the masks that you've accumulated over your true glorious essence. When we become alert to these masks, we can deliberately observe them with curiosity, even with awe and admiration at their strength and cleverness. We can be amused by them. Only then will we fully understand that we are sovereign over our personal energy, and wearing the masks or removing them is entirely our choice.

Learning and practicing just this tiny droplet of Juicy Joy will start you on the path toward living from a place of internal guidance, *feeling* what's right or wrong for you instead of *thinking* about what's right or wrong. Even without the many exercises, processes and practices outlined in the course or book, you'll get a glimpse of fresh understanding about how to work with the energy field that connects everything and everyone in the universe.

If that tips your bullshitometer, it shouldn't. It's a matter of verifiable science that everything you see, touch, and experience is made up of energy vibrating at different frequencies. We've come to the point in our human evolution where people are learning to use their intuition to work with these frequencies and it's time for you to get on board. Even Einstein said “the only



truly valuable thing is intuition,” and he’s the guy who *defined* energy with the whole $E=mc^2$ squared thing, remember?

Oprah Winfrey is one of the most admired, successful, and wealthy people on the planet. Ever wonder how she got that way? Maybe it’s because she understands energy. On her final show, she said, “You are responsible for your life. And what is your life? What is all life? What is every flower, every rock, every tree, every human being? Energy! You are responsible for the energy that you create for yourself and you are responsible for the energy you bring to others. All life is energy, and we are transmitting it every moment. We are beaming it . . . little tiny signals, like radio frequencies, and the world is responding in kind.”

Our relationship to this fabric of energy is what creates everything we experience, and most of us are not conscious or deliberate about the ways we use energy. We let our past dictate our future. We lose touch with our inner voice. A lot of people are living their lives *dry* and people who have dried out are always looking for things outside of themselves to try to get the juice back, but the whole point of Juicy Joy is that getting the juice pumping *internally* is what will put the juicy stuff in your *external* life. The Juicy Joy course and book are filled with profoundly effective exercises, meditations and practices that will absolutely turn your life around. But just reading a bit of the theory behind them in this mini e-book will at least get your juice flowing again.

None of the core principles you’re about to learn originated with me. They’re the principles I read about and encountered again and again in the courses and workshops I’ve taken, and before that they were the big ideas I devoured in college when I was obsessed with ancient religions and philosophies, most notably Indian Vedic and Buddhist wisdom. The tenets of those two religions, together with the more recent teachings of Abraham, provide the foundation for Juicy Joy. As I built upon that foundation, I was influenced by many treasured teachers you can find listed in the vast resource section in the Juicy Joy book.

I adore the teachers I’ve had in this field. I don’t just mean that I’m grateful to them, or I have respect and admiration for them. I deeply love these people—many of whom I’ve never met, and many of whom lived centuries ago. They’ve saved my life. It’s every bit that dramatic. They’re the reason I wanted to join this team, and Juicy Joy would not be remotely possible without them.

I created the Juicy Joy Steps by meditating on the combined wisdom I’d gained from all these masters and allowing the cream to rise. I knew which precise nuggets were most profoundly responsible for my own transformation to authenticity and self-love, and I knew I’d been given



my journey so that I could build upon these nuggets and synthesize them into the most powerfully effective process possible for helping you to achieve similar transformation.

You came into this world perfect and complete. Throughout your life, you've had expectations that were not met, feelings that were hurt, longings that went unfulfilled, humiliations, physical pain, emotional pain. We all have these traumas in our past to varying degrees. In our childhoods, we learn coping mechanisms to protect ourselves. Do you remember your favorite childhood Band-Aid?

Mine was running to my room and writing in my diaries. Those journals were my haven; they represented a universe that I had control over, a place where I could make sense of things that were otherwise incomprehensible to me. Some kids escape into play fantasies or television or video games. As we age, we find new Band-Aids called addictions—either the run-of-the-mill, chemical variety, or more under-the-radar addictions like shopping, eating, internet obsessions, or filling our schedules so full that we don't have the time to stop and feel our actual feelings.

We shouldn't judge ourselves for finding Band-Aids. The tendency to divert our attention away from our broken places is nothing to be ashamed of. We are human creatures with protective defense mechanisms in place for good reason. But we need to recognize our Band-Aids for what they are if we want to move beyond them into the realm of Juicy Joy.

Because Band-Aids will only do the trick for so long. There's a part of you that knows this already. You might call it your spirit, soul, your higher self, or the Universe, but it's the part that wants you to be your best self and live your most joyful existence, and it will continually try to guide you to that effect. The longer you resist its message, the more direct it will be with you until you force it to smack you with the proverbial two-by-four. Ignore it long enough, and it will have no choice but to get your attention with a health crisis, the death of someone close to you, the betrayal of a lover, financial devastation, loss of your home, or whatever your personal flavor of emotional annihilation may be.

Assuming you're not there already, let's head off the two-by-four! We'll start our journey by honoring the inner voice that led you to this first tiny step toward your Juicy Joy and deciding that this precise moment is the catalyst-moment for genuine change. My wise and psychic friend, Cynthia, taught me the power of two little words: "until now." So whatever your story is—whatever your circumstance of discontent—notice your story with reminiscent fondness and wrap it up with a neat, decisive: "until now."



Step One

Emotion-Mixing

To access our full potential for joy, we first have to get comfortable with owning the spectrum of our feelings and acknowledging our duality. When we stop trying to suppress our emotions, and simply surrender to them, there is always perceptible joy there. This is juicy. This is real. This is the path to your true, authentic self.

Emotion-Mixing is the cornerstone of Juicy Joy. It's the salty-sweet of the chocolate-covered pretzel, the brilliantly-written novel that leaves you laughing and crying at the same time. It's the key to a juicy-joyful life, because that insatiable itch you've been calling a longing for "happiness" is actually simply a longing to *feel*. We're so accustomed to pushing away our undesirable emotions that we don't even notice how our refusal to feel *certain* things results in our inability to feel *anything*.

From the second we arrive on Earth, we're bombarded with dangerous information. Our parents pat our backs and say, "Don't cry." Why? Because crying means you're sad, and sad is no good. It's the first lesson we're taught and it gets reinforced throughout our lifetimes. What if we hadn't ever learned that paradigm? What if our parents had gazed just as proudly and adoringly at our bunched-up, red, crying faces as they did at our beatific smiles? What if we were never taught a preference for happiness?

There is a richness and satisfaction in such "undesirable" emotions as sadness and anger—there's something in them that calls to our humanness. If that weren't true, we simply would not participate in those feelings. The anguish and suffering that come along with them are caused by our resistance to feeling them; our culture-created perception that these particular emotions are unacceptable and are somehow mistakes—things we should not have to feel.

You've been indoctrinated to believe that the smiley, giddy sensation of "happiness" is the only emotion worth living for, and that you have to reluctantly trudge through all the others while waiting for those "happy" circumstances to show up. But this Step will show you why true, sustainable happiness is only available when we learn to fully embrace every other natural human emotion under its banner.

Emotion-Mixing gives you the ability to flow, fully, with each feeling as it arises—those you label "good" as well as those you label "bad." It's riding the wave of each emotion so deeply that you naturally transmute it into a glorious force for expansion. When you're anchored in Juicy Joy, there's nothing to resist, because you welcome it all. You embrace each emotional twist and



turn with such poignancy—you surrender so fully to it—that the surrender itself becomes a powerful instrument of creativity.

Would you really want all your life circumstances to show up perfectly to your satisfaction at every moment? Would that result in happiness . . . or abysmal boredom? Saint Beuve said, “There exists in most men a poet who died young, whom the man survived.” I know this poet. And I don’t believe for a second that he dies, ever, in any of us. He might get buried . . . cryogenically frozen . . . but he’s always there waiting for you to breathe life into him again. The poet-energy in each of us must now be revived and nurtured, because it is the only important thing about us. The rest of us is just elbows and organs and fluids, materialistic cravings and fears.

Compartmentalizing and labeling our emotions leads us to judge them and reject the ones we label undesirable. The ways we typically reject emotions are by denying them, struggling against them, or vainly attempting to abolish them altogether. This tendency can become magnified for those of us on a spiritual path, when we start to berate ourselves for every negative emotion, fearing it will only draw more negativity to us. Sometimes it feels like we’re supposed to make the garden of our emotions resemble the meticulous lawns at Disney World, with smiling topiaries shaped to perfection and not a weed in sight.

Maintaining your emotional garden to this degree is exhausting work. Let it grow free! Let it become an African plain, a Colorado mountainside, an Amazon jungle! Revel in the rich diversity of it, the surprises, the rawness! It’s not the sad thought itself that attracts negativity; it’s our resistance to feeling it. Emotion-Mixing is learning to love our sadness, find exquisite beauty in it, and be deeply thankful for the expansion and growth it can bring us.

We’re all going to keep bumping up against our stuff. No matter where you are on the path, if you keep evolving, you’re going to keep hitting new layers to plow through. This is good and exactly as it should be. Learning to mix our emotions makes this never-ending process Juicy-Joyful. Your emotions are very real aspects of you. Denying them and hating them is a form of self-loathing. You are an energetic system and emotions are energies that reside within that system. To reach the Juicy Joy level of self-love, you must start loving and thanking every emotion you feel.

Even if you are among my many beloved friends I consider woo-woo-impaired, you’ve probably heard about the Law of Attraction. The Law of Attraction is based on the principle that “like attracts like,” meaning, at its most simplistic level, that negative thinking will energetically attract negative events and situations to you and positive thinking will energetically attract



positive ones. The Law of Attraction states that whatever you give your attention to will grow, good or bad. That's true, and for-real, and not as woo-woo as you think.

Why then, would I be telling you to give into your negative emotions? Because you're human and stuff is going to piss you off. You will have desires and things will get in the way of those desires. The natural spectrum of emotions that are available to human beings includes some sucky ones. It would be great if we could simply decide not to feel them, but for most of us that just doesn't work.

Attempting to mentally override a natural emotion because you're afraid it will draw bad things into your life causes that emotion to bury itself within your energetic body. You might successfully get it out of your *conscious* level of awareness, but the energy it takes to suppress it creates a vibration that is just as powerful as your conscious attention. From a Law of Attraction perspective, your vibrational frequency is what draws things to you. Your vibrational frequency is definitely affected by where you choose to place your deliberate attention, but unfortunately it is also affected by your un-deliberate attention.

There's an iceberg model often used in psychology to illustrate the ratio of conscious thoughts to unconscious ones. Picture an iceberg. The bit sticking out above the waterline represents your conscious thoughts. The big-ass chunk beneath the waterline represents the energy of the beliefs you're storing that you aren't even aware of. When you deny any emotion, you're just shoving it down beneath the waterline. When an above-water belief conflicts with a below-water belief, you experience it as a vague, uncomfortable discord within you. It drains your energy and prevents you from beaming out clear vibrational signals to attract what you want.

The Emotion-Mixing tools in your Juicy Joy toolbox teach you how to manage these below-water beliefs, how to bring them to the surface, and ultimately how to get them working for you instead of against you.



Step Two

Filter-Fixing

I have promised to lead you to *you*. So it's time to look at the energetic membrane that separates Everyday You from the Glorious, Gutsy Self you truly are. I have come across this mysterious barrier in practically every training I've done and I've come to recognize it as a very real and palpable entity; but one that thankfully proves to be malleable once we learn how to work with it. I call it your Filter.

Each of us has a built-in Filter that determines our experience of reality. That's why two sisters might have dramatically different recollections of the exact same childhood event. It's why "beauty is in the eye of the beholder" and why there's great truth in Henry Ford's assertion that "whether you think you can, or think you can't, you're right."

Have you heard those stories about people who were present when a crime was taking place but they didn't "see" what happened, and then years later they're hypnotized by a skilled hypnotist and they can accurately report everything—every miniscule detail about the room—facts they had no conscious memory of whatsoever? They can do that because our senses are continually detecting and storing many, many, more bits of information than our conscious minds can process.

We're constantly deleting perceptions and allowing other perceptions into our consciousness, and what gets deleted and what gets allowed in is determined by our Filter. All the beliefs we've accumulated throughout our lifetimes (conscious and unconscious) are what make up this Filter. Filter-Fixing is the process by which we eradicate the beliefs that aren't serving us and enhance and magnify the ones that are. When you understand Filter-Fixing techniques, you can actually begin choosing what gets deleted and what gets allowed in.

It's been estimated that our senses register over 7,000 bits of information every second. We're generally unaware of the vast majority of these impressions, until one of them clicks into place with a conscious thought we're having (a thought that's in alignment with our beliefs). Even though we aren't aware of it, that's how every idea we've ever had was born. It might feel like an idea just bubbles up out of nowhere, but it's always the result of that linking-up system.

Our subconscious mind is truly all-powerful, and it has access to a staggering amount of data. But it's severely handicapped by the limiting beliefs we all have clouding up our Filters. The more clearly you recognize the limiting beliefs that cloud your Filter, the more apparent it becomes that your "reality" is a direct product of your perceptions.



I love the Tony Robbins exercise where he tells the audience to look around the room and make a mental list of everything that's brown. Then he tells them to close their eyes and yell out one thing in the room that's red. Of course, no one can think of anything red because they've just filled their minds with brown stuff. He instructs them to open their eyes and look for something red, and of course, they easily find red things. It's a brilliant way to demonstrate that in any situation, what we find is what we're looking for. In that exercise, Tony had the audience members doing it consciously. But when we're not doing it consciously, we're doing it unconsciously, and that means letting our Filters control what we find and what constitutes our reality.

I'm sure you've heard someone say, "Well, in my world . . . blah, blah, blah." They're not kidding. Their world isn't your world, or mine, or anyone else's. Your world is nothing more than your perception of the world. Everything that's ever happened to you, every relationship you've ever had, and every place you've ever been . . . all of them have contributed to your one-of-a-kind Filter. All of them generated feelings in you that caused you to form beliefs about the world and your place within it. Your Filter is the grand sum of those interwoven beliefs. It never rests. It is fully operative every second of every day. It determines your response to every circumstance you encounter.

You are reading my words right now, but your experience of these words is not identical to anyone else's experience while reading this book. None of us ever experience anything identically to the way another person does. I love this poem that illustrates how our Filters work:

The Voice You Hear When You Read Silently

is not silent, it is a speaking-out-loud
voice in your head: it is *spoken*,
a voice is *saying* it
as you read. It's the writer's words,
of course, in a literary sense
his or her *voice*, but the sound
of that voice is the sound of your voice.
not the sound your friends know
or the sound of a tape played back
but your voice
caught in the dark cathedral
of your skull, your voice heard



by an internal ear informed by internal abstracts
and what you know by feeling,
having felt. It is your voice
saying, for example, the word barn
that the writer wrote
but the barn you say
is a barn you know or knew. The voice
in your head, speaking as you read,
never says anything neutrally – some people
hated the barn they knew,
some people love the barn they know
so you hear the word loaded
and a sensory constellation
is lit: horse-gnawed stalls,
hayloft, black heat tape wrapping
a water pipe, a slippery
spilled chirr of oats from a split sack,
the bony, filthy haunches of cows . . .
And barn is only a noun – no verb
or subject has entered into the sentence yet!
The voice you hear when you read to yourself
is the clearest voice: you speak it
speaking to you.
- Thomas Lux, *New and Selected Poems*, 1977

That voice in your head is not only there when you're reading. It's there all the time, the mouthpiece of your Filter, and it's making those associations all the time. Since your Filter is the lens through which you perceive the world, it is actually also creating the world you experience. It's that critically important. Let's work that backwards. Your life is made up of the different results you've created, right? What created those results? Your actions did. What created your actions? Every action is preceded by a thought. What creates your thoughts? Most of your moment-to-moment thoughts arise from triggers in the outside world. And all of those triggers come into your consciousness through your Filter.



The concept of Filter-Fixing provides a less woo-woo way to understand the Law of Attraction by suggesting that when you seem to start “drawing” or “attracting” positive circumstances to you, one explanation might simply be that you have begun perceiving the impressions and opportunities that would lead you to the things you want. Maybe they had always been there and you just couldn’t see them before, because of the limiting beliefs that were clouding your Filter.

Then it would stand to reason that when you’re “attracting” things you *don’t* want, it just means that you’ve been directing your attention to those things because your Filter is programmed to allow only those corresponding perceptions through, due to limiting beliefs you’ve accumulated throughout your lifetime.

When you begin to fully *expect* to receive a particular thing you desire, you effectively rewire the limiting belief that was blinding you to the opportunities that would lead you to having this thing. The opportunities may have been in plain sight, but your Filter was not allowing your perceptions of those ever-present opportunities to reach your consciousness. For example, if you believe that success can only come after a long, excruciating period of hard work, your Filter cannot show you any opportunities for success until you’ve logged that sacrifice. But if you truly believed you deserved wild success right now, your Filter would allow you to see the opportunities for that.

Even more woo-woo than the Law of Attraction is the metaphysical assertion that multiple realities are available at any given moment. But let’s stretch our minds on this one for a second, too. If it’s true that we consciously perceive a miniscule percentage of the “reality” that is available to be perceived in any instant (and it is) then it’s easy to see how training ourselves to perceive what serves us best would indeed alter our experience of reality. One might say it would allow us to *choose* our reality. The tools and practices that go with this Filter-Fixing Step show you how to do just that.



Step Three

Judgment-Flipping

An important piece to becoming authentic is admitting you're full of crap. Most people don't balk at that as much as you'd think they might. We all know, on some deep level, that we're full of crap. I certainly am, and I've spent decades purposefully working to eradicate that situation. We all started out gloriously authentic, but our authenticity was gradually beaten out of us.

Over and over, we got the message, implicitly and explicitly, that "image is everything," and "you don't get a second chance to make a first impression." My friend who works in sales for a large publishing company quips, "Anybody who says you can't judge a book by its cover never tried to sell one." The cover is *all* we judge by! And all of us want our covers to be the shiniest, most impressive covers we can manage to project. But where does that really leave us in terms of self-love and genuine connection with our fellow humans?

At the root of most inauthentic tendencies is a fear of being judged. Many of us grew up with some degree of a fear of abandonment from being found unlovable if we were judged and came up short. And we all judge *ourselves* to varying extents. If you think you don't judge yourself, it probably just means you have a judgment about judging yourself.

If you're sensitive to the criticism of others, consider this: the extent to which you feel hurt by anyone's judgment of you is directly proportional to the degree to which you subconsciously judge that trait in yourself. If I called you a jerk you might feel insulted, because most of us have a fear, deep down, that we have the capacity to be jerks. But if I called you a rhinoceros you'd probably just think I was nuts and shrug it off. You know you're not a rhinoceros, so there's no way I can insult you with that—unless you have a big nose or a big butt that you're sensitive about, in which case your own self-judgment would cause you to be insulted.

The tools in this Step allow you to identify and deflate the judgments you make about yourself as well as those you make about others. Carl Jung was a brilliant psychotherapist who pointed out that we all have a bunch of aspects of ourselves that we like to tuck away and hide. He named this group of aspects the shadow self. Why would we hide all these perfectly natural bits of our humanness? Because these are the bits that we fear will be judged and held up as proof of our unlovableness.

The problem with hiding aspects of our authentic selves is that we can never really get rid of any part of us. Remember learning in science class that energy cannot be created or destroyed?



We are energy. All our feelings, emotions, and beliefs are energy. When we resist a particular aspect of ourselves (by repressing it and thereby making it part of our shadow) we are unconsciously feeding that part attention with our attempts to hide and deny it. Attention gives energy strength, so this kind of repression causes the resisted trait to magnify in our consciousness.

The way this magnification typically shows up is that we become uber-sensitive to this trait, but since we've repressed it in ourselves we only notice it in other people. According to Jung, the judgments we make about others are based upon the judgments we subconsciously hold about ourselves. The people who are the most harshly critical of others are actually the ones who are the most critical and judgmental of themselves, even if they outwardly appear to be overly confident.

The juicy-fabulous diarist Anais Nin puts it in more lyrical terms: "You do not see things as they are; you see them as you are." We've all witnessed examples of this. The gay-bashing politician who turns out to be gay. The wife-beater who is always complaining about how unfairly treated he is by "the system" or by his employer. Debbie Ford, a brilliant teacher of shadow work, has a neat little pointing trick: When you are pointing your finger at someone else, check out who the other three fingers on that hand are pointing to.

But there is a further application of shadow work that goes beyond this simple understanding. Sometimes the trait you are judging in another is the very trait you need more of in order to move forward in your life. Someone who judges others for their rudeness, for example, might actually need to be more self-honoring and direct about getting her own needs met. The Judgment-Flipping part of your Juicy Joy journey provides multiple processes and tools for unearthing all the judgments that are limiting you and effectively "flipping" their energy so that you can be freed from their negative influences.



Step Four

Story-Stripping

We all have Stories that define us. They feel like “the truth” about our lives, but the truth is there is no objective reality—you create your reality with your attention and where you place your focus. We rely on our Stories to support the beliefs we carry around in our Filters. But they’re really nothing more than elaborately adorned versions of our beliefs—beliefs with lots of accessories. It’s easy to point to our outer circumstances as “evidence” that these Stories are true . . . but I want you to consider that the only thing this “evidence” proves is that the beliefs exist. The beliefs create the situations.

Some of your Stories are probably serving you. You might have a Story about all the schooling and training you’ve done to become a leader in your field, and believing that Story gives you confidence to follow your dreams with ever-bolder career moves. You might have a Story about how you met your spouse that confirms your feeling that destiny brought you together, and that Story might be contributing a sweet detail to your love for one another.

Most of us also have some Stories that are not serving us. Even after you’ve done the transformational work of removing limiting beliefs from your Filter and flipping the judgments that were holding you back, sometimes there are a few more stubborn beliefs that require extra attention. Usually these are the ones that are backed by Stories. Stories tend to give judgments and limiting beliefs extra sticking-power, so this Step is filled with tools for rewiring the energy of any Stories that could potentially tempt your limitations and judgments to return.

Have you ever noticed a recurring theme in your love life, your work life, your friendships, or the way in which you approach your goals? If most of your romantic relationships have ended in the same way, or for the same reasons, take a moment to write about that in your journal. Look at the jobs you’ve had, the friendships you’ve had. Are there any patterns to them? Jot down any thoughts that come to you.

The Universe adores you and it’s always trying to lead you to your greatest, biggest life. Part of the loving Universe’s job is to educate you. Your hardships are only ever there to teach you and help you evolve toward your Juicy Joy. If you detect a pattern in your life of similar recurring hardships, it can only mean one thing. There’s something the Universe needs you to know, and you aren’t getting it yet.

The Universe will not give up on you. It will give you the same opportunity to learn something a thousand times until you figure it out. And since the Universe loves you so much, it



might up the ante on the lesson if you're really thick. You only had to learn the capital of Nebraska once in elementary school to be forevermore excused from that particular geography lesson. In the same way, the Universe will be delighted to graduate you once you get the point. The moment you internalize what the Universe is trying to teach you, you won't have to experience that unpleasant Story ever again.

Once you've gone through all the powerful processes in this Story-Stripping Step to release the energy you've been wasting on old stories, you'll learn how to make sure you write the best kinds of stories going forward. You'll examine the dangerous effects of tolerating. Most of us have areas in our lives where we're *tolerating* things. And we get praised for that, right? We hear, "Suck it up! No pain, no gain! It could be worse!" But any time you're tolerating something, it causes a slow, steady leak of your energy. It keeps you from being your brightest, best, most vital self.

At first blush, tolerating may seem to resemble acceptance. It's actually the opposite. When we choose to accept and embrace a negative situation so that we can learn and grow from it, we allow the unwanted circumstance to move. We're giving ourselves fully to the emotion, and that's what keeps the *e* (energy) in *motion*. Tolerating is just a more subtle form of denying or repressing our emotions and it keeps unwanted situations rigidly stuck in place.

It's so easy to inadvertently fill our lives with conditions that are incompatible with our truest desires. It can be the people we're in relationships with, our occupations, our obligations to family or community. It's the most common cause of losing touch with your authentic inner voice. The more consistently you fail to listen to it, the dimmer the voice gets. People we call "emotionally unavailable" are people who have placed so much emphasis on the outer conditions of their lives that they've completely lost that connection with their deeper, truer identities. It becomes status quo for so many of us that it's almost considered normal in our society when it happens. This Step solves the sticky problem of tolerating.

I love the Rumi quote, "Out beyond ideas of right doing and wrong doing, there is a field . . . I'll meet you there." If I find that field and book a party on it, who's in? We all have, in our heads, a set of Laws about the way things should be, and they were put there when we were kids by our parents, our religions, the social climates we grew up in. In *The Four Agreements*, Don Miguel Ruiz calls it the "domestication of the species." Osho calls it "the persona." But our soul-selves are not beholden to these sets of Laws. And to some extent, our individual sets of Laws can be pretty arbitrary, even if we don't at first see it that way. Left unexamined, these embedded rules can place restrictions on our Juicy Joy, and we need to dare to break our Laws when our instincts guide us to.



Step Five

Taco-Filling

Imagine a bird in a cage in the springtime. All of the bird's biological needs are comfortably met. He is well cared for by owners who love him and keep his cage clean and practice all of the very best pet-care policies. But the bird feels a stirring in him that he doesn't understand. It seems he should be *doing* something. He doesn't know what it is because he's never built a nest, found a mate, migrated, or searched for worms in his whole life, yet there's some longing in him to work and create and follow his instincts—a longing he's unable to satisfy or even explore.

The bird's anguish is your anguish and my anguish. All the interwoven layers of our crappy Filters have built our cages. We couldn't connect with our natural human instincts and intuition because they were buried, along with our true core selves, beneath those layers. But through awareness and conscious effort, by this point in our journey we've begun to peel back the layers with all the practices outlined in the Juicy Joy course or full book. We can now strain to hear our faint, stifled inner voices. Unlike the imprisoned bird, we can choose to open the cage and liberate ourselves to fulfill our instinctual destinies.

Think of the iconic stereotypes that captivate the attention and imagination of young people. Outlaws. Pirates. Vampires. What makes these caricatures so attractive is their raw lustiness for life and their powerful determination to satisfy their base instincts—such a stark contrast to the restriction-laden existence we all contend with as payment for inclusion in our society. It's no wonder children and teens are generally more enchanted by pirate stories and vampire chick-lit than adults are. They haven't had as long to become anesthetized to their deepest instincts to live fully and freely, sucking the marrow from life and blissfully operating from their authentic core beings.

Your pursuit of Juicy Joy hereby gives you license to unearth your outlaw nature. To release that scurrilous, denied piece of you; to exalt it, love it, and then—only then, to blend and balance it with the other bits of you that comprise a full, vital human being.

Have you ever burst into tears at the beauty of a sunset? Would you like to?

It's a tragic fact of human nature that we all have a mysterious tendency to put a cap on how much joy and abundance we allow into our lives, never permitting ourselves “the whole enchilada.” I prefer to use a taco for this analogy instead of an enchilada. It has to be the crunchy kind because I like the way the top stays open so that we can just keep filling it. Taco-Filling is



teaching ourselves to break through the set points we all have that determine just how good we can stand it, so we can stop subconsciously capping the amount of abundance we allow ourselves, whether it's abundance in love, respect, money, leisure time, or wherever we're feeling a lack.

Most of us have different set points for different areas of our lives, depending entirely upon what we believe, on a subconscious level, that we deserve. Some of us have a very high set point for money, but a low one for love. Or it could be the reverse. Or it could be lower than we'd like for both. We all know that it's not the amount of love, money, etc. we *want* that determines the amount we get. What we get is always determined by what we subconsciously believe we're worthy of. When you've been fully immersed in the Juicy Joy journey as outlined in the online course or book, you've shifted your deserving beliefs into self-loving overdrive by this Step, and you're in excellent shape to fill your first Taco.

Imagine it's a steamy-hot summer day and you're sitting in your bedroom with the air conditioning on, perfectly comfortable. You have the thermostat set exactly where you want it. Then someone opens the window and hot air starts pouring in. Your bedroom could get pretty balmy pretty quick. But then what would your air-conditioner do? Your thermostat is set to maintain a specific temperature, so your air conditioner is going to automatically crank itself up to try and compensate. The longer the window stays open, the harder the air conditioner is going to work to bring the temperature back to the set point.

Same with our metabolic set points, right? We might go on a really strict diet and get to be a skinny-minnie for a while, but eventually our metabolism makes sure we go right back to our natural set point weight. Or, we go on a cruise and gain six pounds, but after a while our metabolism pulls our weight back down. We have money set points. We've all heard about the billionaires who lose everything in some big gamble, then within a year they're billionaires again. And we've heard about the jackpot lottery winners who end up, a few years later, right back where they started.

We have a set point for joy, too. We might have good weeks or months, or bad weeks or months, but usually we level off from our highs and lows at roughly the same place. *Until now.* The profoundly transformational processes of this Step will effectively raise the set point on your thermostat for Juicy Joy!

In almost every case, the bottom-line emotion that keeps us from our dreams is fear. Fear shows up in myriad disguises to hold you back from your juicy life. Most people do not go full-out for the things they want. And the biggest reason they don't is a fear of failing. A fear that they'll go full out and it won't be enough. So they don't even try. And that's why there are so few



people actually living their dreams. The ones who are living their dreams are the ones who have learned to successfully blend fear with excitement and joy.

Just like all our other emotions, fear is only energy, and the only way to work with an undesirable energy is to accept it. Rather than trying to vanquish it, we who know the secrets of Juicy Joy embrace our fear, and that's how we get it on our side. When we resist anything, what happens? Come on, say it with me: What we resist *persists*.

Fear is almost always going to come up when you're trying for something new in your life. We have this cultural thing in our Filters that says fear is a sign you should retreat. But we can rewire that so that fear is a sign you should get excited and rally your internal resources to move forward, through the fear to the really awesome thing that's just beyond it.

Fear and excitement have very similar biological responses. There are a tiny-few instances in our lives when fear actually *is* a signal to retreat, and we'll be learning how to tell when that's the case. But the vast majority of the things we fear are the results of the limiting beliefs we've accumulated. We fear embarrassment, abandonment, vulnerability, loss of security. In all of these cases, if you're able to be with your fear, welcome it, be curious about it, pull back and look at it from what Buddhists call the witness perspective, you can usually use your Emotion-Mixing skills to blend enough excitement into to make it feel good.

When you allow yourself to be afraid and excited at the same time, it's kind of juicy. Very dramatic people naturally get this concept. I know drama queens get a bad rap these days, but I'd rather be around a drama queen than the opposite—someone who's so afraid of drama that she does everything possible to keep her life at a nice, even keel. Fear is nothing more than an expectation of something bad happening. It's just your imagination so you can take control of it.

Learning to be with your fear allows it to move. When you resist or restrict it, it gets stuck and that's how you get immobile in your life. An instructor at a transformative self-dev program where I regularly assist (The Living Course) tells a story about being in a hot-tub at a resort one evening and observing this interaction between a young boy and his father:

It was dark, the hot-tub was making lots of noise, and as they approached it the little boy told his dad he was scared. Without missing a beat, the dad said, "Okay. Let's say hello to the fear." The little boy waved apprehensively and said, "Hello, Fear!" Then the dad unceremoniously led the boy into the hot-tub. They swam around for a while and when he was ready, the boy, unprompted, said, "Goodbye, Fear!" and proceeded to have a great time.

This conscious dad didn't try to reason his son's fear away or make it wrong. Together they acknowledged it, greeted it warmly, and never even considered the possibility that fear might



be a reason to change their plans. With this kind of training, I can't imagine the boy having anything less than an adventure-filled, Juicy Joyful life!

Hating our fear, denying our fear, or letting our fears run us, all have the unwanted effect of freezing the fear in our energy systems. It becomes concentrated, gains strength, and gets increasingly difficult to move. But when you give fear room; when you let it breathe, it naturally thins out, and becomes ever easier to blend with more enjoyable emotions like anticipation, exhilaration, and pride. It's a good idea to train yourself to enjoy fear because it's going to precede just about every big step you take toward your Juicy Joy. And it's almost never a reason to stay out of the hot-tub.

This Step allows us to move past any fears that have been holding us back so that we can create a Juicy Joy Reality Plan for our biggest, best, most ideal life. Taco-Filling isn't just about following your bliss, but energetically *claiming* your bliss, right here, right now. Feeling unshakably confident in your ability to choose it and therefore have it. It's knowing, irrefutably, that you are truly holding the reins on your life and steering it where you want it to go.

No one who completes the exhilarating exercises and processes in this Step would ever fill a Taco with easy, un-risky, pleasant stuff. That would be missing the point about what this crunchy treat represents. Tacos are spicy! They're scarily messy to eat. You'll probably get a blotchy salsa stain on your shirt, but you won't give a crap about your stupid shirt because this Taco is *so good*.



Step Six

Gut-Dripping

You can only be in authentic relationship with another to the extent that you are in authentic relationship with yourself. So far, each of the Steps to Your Glorious, Gutsy Self has been designed to help you get real—to help you uncover and fall in love with the parts of yourself you've denied or never even knew existed. That's where the juice lies, and it's the only route to living Juicy. This is the point in your journey where you'll be ready to look at getting real not only with yourself, but with others as well. This is Advanced Authenticity. It's taking that true, authentic you out into the world for a test-drive. You might not choose to come from your rawest, most authentic core with every person in your life all the time, but in your most important relationships—the ones you count on to sustain you—it's an absolute must that you do.

The disturbing name of this Step is deliberate because Gut-Dripping involves some stretching beyond your comfort zone. It's being prepared to open up, bare your soul, spill your guts, and be completely vulnerable when the situation warrants it, which is far more often than you'd think. Fulfilling relationships and genuine connections between humans cannot exist without Gut-Dripping.

It's a prerequisite to truly loving yourself *and* to truly loving others, because until you are phenomenally generous and loving with yourself, you have nothing to give to anyone else. This Step will show you how feeling responsible for other people's happiness—or panicking at the thought of disappointing anyone in any way—is damaging to you and damaging to everyone around you. You'll get to discover where you are being true to yourself, and where you might still be selling out your own Juicy Joy in order to get approval, respect, or some kind of outer-originated stroke.

It's a tricky balance for most of us because the need for connection with others is so deeply embedded in our humanness and we falsely assume that being what others want us to be will foster this connection. Some personal development plans stress how we need to meet all of our own needs for ourselves, and of course there's value in that, too. You don't ever want to feed off someone else's energy. But once you're living from your Juicy Joyful authentic core, there's no danger of that. You'll be continually nourished by a natural abundance of life-force energy; plenty for your own personal needs. And then the human craving to share who you are with another person, to share deeply and be deeply known, and to have opportunities to give of yourself from that deep place—that's a definite and delicious component of Juicy Joy..



Intimacy depends upon transparency. We all want to be seen, fully, by our partners and loved for who we are. But it's not up to our partners to make that happen. It's up to us to show up as our most transparent selves, and only when we're able to do that will we be capable of truly receiving love from anyone. When we hide bits of who we are, out of fear of being judged, we're energetically declaring that these parts of us are unlovable. Having that declaration in our Filters then blocks us from being able to receive love, no matter how hard anyone tries to love us.

We all keep secrets, about actual events, to varying degrees. But the easiest secrets to keep—the most rampant ones, are the secrets about the way we feel about things. Sometimes we keep those secrets so tightly under wraps that we even keep them from ourselves. We tell ourselves we feel one way (the socially acceptable way) when in reality, if we get very, very truthful with ourselves, we know we feel a different way. Maybe it's a way that we're fearful to reveal because we're *judging ourselves* for it, and therefore expect others to judge us as well. But this fear blocks us from true intimacy and connection.

When you've felt very close to someone, you've probably had the feeling: "I can be myself with her." This is an interesting phrase because there is no way any person can actually prohibit you from being yourself. You can always make the choice to be yourself; there are just certain people who make it easier for you, by giving you a sense that they will not judge you. Releasing your judgments of yourself bolsters your immunity to judgments from others, and allows you to "be yourself" much more often.

The more transparent we become, the more we invite others to be transparent with us. Since everyone has a deep yearning, buried beneath their fears, to break free of facades and live as their most authentic selves, most of us are irresistibly drawn to transparent people! We believe we're more likeable when we hide our shadow parts, when in reality the exact opposite is true. Here's a funny example. My friend Peter who likes to use Facebook as an internet dating site posted the following on his profile as his "About You" information:

Hmm . . . Let's try this:

Insecure, sensitive, Pisces (I cry after sex . . . probably from the mace.)

Misunderstood, frustrated genius who hides behind humor to cover the sadness I feel inside.

Want that in your life?

Filthy, cruel, mean, insecure . . . and those are my good points!

I own an ad agency, play keyboards in a classic rock and blues band, do stand-up comedy, and host two radio shows! Effin' busy, but having the most fun of my life not workin' for "the man!"



Admit it—don't you love him? We all have parts of us that are filthy, cruel, mean, and insecure. When I see someone fully owning and embracing those aspects of himself, even through humor, it actually makes me feel better about him! It gives me a sense that he must have those things in balance or he wouldn't be putting them out there. Don't you feel like he'd be fun to hang out with? Don't you feel like you'd be free to be your most authentic self with him?

For intimacy to exist between two people, each half of the partnership needs to be committed to a full-on effort at personal transparency. Showing up in your relationship as transparent as you possibly can is the first and most important step. You can never demand transparency from your beloved, nor will you ever have any ultimate control over another's capacity for transparency. But as a loving partner, you *can* and *must* create a sacred, welcoming space for it. Our fears of intimacy are usually rooted in concerns about sharing of ourselves, but an equally critical component of the intimate relationship is the desire and determination to deeply *see* your partner, no matter the extent to which that person is currently capable of transparency.

It's a fairly accurate stereotype that men often find it more difficult to share deeply of themselves than women do. I don't believe it's a genetic flaw, or that they're purposefully holding out. When we enter the Earth experience, we're all pretty much wired for full-on authenticity, but then our upbringing takes its toll. In our culture, it's unfortunately common for men to be judged more harshly for displaying their emotions than women are. Expectations regarding emotional expression are just not as narrowly defined for us women as they are for our dudes.

It doesn't mean guys are not as authentic; it just means they may not be as skillful at accessing the full spectrum of themselves. (I think that's why men are so drawn to do Juicy Joy work; it helps them build those skills.) If you're a woman—or a guy who digs guys—reading this, know that your transparency is the greatest gift you can give your man, and it's the thing that will most powerfully allow him to reveal his own. When he does let his guard down and begin sharing his hidden bits, you must be sensitive, compassionate, and respectful of how hard it can be for a man to reveal his soft underbelly.

A common trap a woman might fall into, particularly if her dude is the more reserved type, is to project all her dream-guy qualities onto her real-life man in a twisted fantasy that underneath it all, he must really be these things. Since he's not showing her a lot of himself, he becomes like a clean slate to her and she does her own filling-in of the blanks. This obviously sets her up for disappointment, makes it even harder for him to be authentic with her, and powerfully works against true intimacy.



But while it's wrong to paint imaginary traits on your man, it's absolutely *right* to fetter out all the fabulous qualities he *does* possess and make a point of praising and adoring them. Even better if you can find it in your heart to praise and adore a few of his less fabulous traits as well—his quirky bits that might annoy others but you genuinely understand or find endearing. The more you can offer him this comfort level, the more free he'll feel to be himself with you. And you'll be modeling behavior that he'll hopefully emulate. Isn't being seen and adored for our whole selves what every one of us—man or woman—truly longs for in romantic partnership?

The best relationships provide springboards for each person to evolve to ever-increasing levels of self-awareness and Juicy Joy. Knowing that your beloved cherishes and unconditionally loves every last speck of you creates an ironclad safety net for the fullest expression of your gifts and talents and efforts to become your biggest, brightest self. Providing that kind of security for your partner allows him the freedom to embrace his biggest destiny as well. Without imposing your own agenda, don't be afraid to see more in him than he might be currently seeing in himself. The opportunity to see himself through your eyes will help him to step into his true greatness. He is a divine being, as are you, and may need reminding of that.

This holds true for all of your relationships; not only your romantic ones. Seeing, appreciating, and celebrating the greatness in your kids, your friends, and your family members will always propel them toward their highest potential. If you're in a place of discord with someone, try to remember a time when that person was truly authentic and vulnerable with you or said something that touched you deeply. Vividly recalling and meditating on that memory will open the energetic connection between you and make it much easier for you to resolve the current difficulty.

This is the juiciest of all the Steps, with eye-opening exercises that shed surprising light on all our relationships, as well some steamy processes for cranking up intimacy to a Juicy Joyful level.



Step Seven

God-Dipping

This final Step is about getting up in the balcony so you can view your journey, as well as the journey that lies ahead, from a higher perspective. This perspective will give you consistent access to your connection with Source, no matter what you've been calling it—God, the Universe, or just your own subconscious or your Higher Self. Being able to dip into this connection whenever you need it will absolutely assure the continued expansion of your Juicy Joy and your ability to feel the God-presence in *you*.

A lot of the work up to this point has focused on bringing the things you want into your life. It's time to step back from that just enough to realize that the point of that aspect of your Juicy Joy training has been simply to awaken you to the fact that you *have* that kind of manifestation power within you. It's a for-real, exciting piece of your true, authentic self! The things you want will fluctuate perpetually—that's why you have an open-shell Taco. Knowing you can create whatever you want makes the *wanting* itself Juicy Joyful. Your happiness has never really depended upon you getting the specific things you believe you want, because once you have them, you'll just want something else. Your happiness depends on your deep understanding that you have the tools to unfailingly, consistently experience your Juicy Joy.

You will have seen ample evidence at this point in your journey that your feelings are far more powerful, far more significant, and more authentically *you* than your thoughts ever could be. My amazing coach and friend Tej Steiner says: "You are not who you think you are. You are who you are when you stop thinking." A common thread within every major religion is quieting the mind, so that we can feel the divine within us. Western religions often stress prayer and repetition of specific liturgies. Eastern and Islamic religions all incorporate some form of meditation practice. Buddhism in particular, stresses trusting feeling over thought. And in the Quaker tradition, they talk about "leadings" or "being called" to do something. The commitment Quakers make is to listen to this inner guidance and have the courage to follow it, even when they meet with external resistance.

I could fully relate to Oprah Winfrey when she said: "I know I've never been alone, and you haven't either. And I know that that presence, that flow—some people call it grace—is working in my life at every single turn. And yours too, if you let it in. It's closer than your breath, and it is yours for the asking. I have felt the presence of God my whole life. Even when I didn't have a name for it, I could feel the voice bigger than myself speaking to me, and all of us have



that same voice. Be still and know it. You can acknowledge it or not. You can worship it or not. You can praise it, you can ignore it or you can know it. Know it. It's always there speaking to you and waiting for you to hear it in every move, in every decision. I wait and I listen. I'm still—I wait and listen for the guidance that's greater than my meager mind . . . God is love and God is life, and your life is always speaking to you. First in whispers . . . And if you don't pay attention to the whispers, it gets louder and louder . . . Whispers are always messages, and if you don't hear the message, the message turns into a problem. And if you don't handle the problem, the problem turns into a crisis. And if you don't handle the crisis, disaster. Your life is speaking to you. What is it saying?"

God-dipping means hearing what your life is saying—trusting the God-presence in you enough to tune into its messages. You build the skill by purposefully dropping into your own higher wisdom for answers, and also by learning to recognize and honor the signs the Universe is sending you. God is everywhere. God is the energy that animates each of us and connects us to all of nature, all of life, and all of one another. For me, God feels like a really close, personal friend who is always with me. I talk to God and ask God questions constantly throughout my day. Sometimes I don't hear the answers clearly, but I never, for a second, doubt that God is trying to send me the answers. I know if I'm not getting them it's my responsibility to find a way to turn up the volume on the connection.

As you know, I usually call God the "Universe." That just feels right to me, and reminds me that God is everywhere, all the time. I personify the Universe because it's fun for me. I like to feel that love. I choose to believe that the Universe adores and takes care of me, and that's why I get to experience it that way. If it's hard for you to personify the Universe, but easy for you to believe in Jesus or Buddha consciousness or the Law of Attraction, it's just a different route to the same place.

And again, if you're uncomfortable with any sort of semi-religious concept, then just think of it as your subconscious mind. You know everything. You always have and always will. When I talk about signs, or conversing with Spirit or the Universe, just pretend I'm saying to drop into your own capacity for universal knowing if that feels better to you. Just trust in *something* mysterious and wonderful. Your belief in it is what will allow it to work for you.

My friend Orly reads tea leaves. My friend Deirdre talks to angels and enjoys a successful career teaching others to do the same. She has given me many uncanny, spot-on messages from my angels . . . or her angels—I'm not sure which. From my perspective, I have to believe that it's all one Source—that the energy that arranges the tea leaves in the cup for Orly is



the same energy that arrives on angel wings for Dee and sends me signs from my beloved Universe.

We can only connect to the divine from our human perspectives, with each of our unique imaginations providing the telephone line. Trying to get messages from angels makes me giggle. Tea leaves look like mud to me. But when I get that tingle in my gut or that chill up my spine, there's no question in my mind that I've made a right-as-rain connection. I have friends who are numerologists, astrologers, pet communicators, and more than a few who talk to dead people. They're all dialing into the same energy source; they've just chosen different long-distance service providers. The exercises and practices in this Step will help you get in touch with your own unique communication process.

I have the Sanskrit symbol for Namaste tattooed on my right hip. Not the kind of tattoo that only lasts through a few showers and a good long swim. The *I-let-them-stick-needles-in-me* kind. I love that sweet little tattoo and the forever reminder of how sacred the concept of Namaste is to me. The final, critically important upgrade you must make to your Filter is to snugly weave the Namaste Lens into it.

We hear about the power of gratitude all the time, but how many of us practice gratitude as often as we could? To me, the Namaste Lens is the answer. Simply put, Namaste means: The divine in me recognizes and honors the divine in you. It's the ultimate God-Dipping practice because it's waking up to the divine God-Love energy that runs through us all, connecting us in sacred and indisputable ways.

At the God-Dipping level of Juicy Joy, it's easy to truly love and honor all people with all their limitations. It's only our fears and protections that keep us from allowing ourselves to feel that love. This assertion is just an extension of the forgiveness work we did in the Story-Stripping chapter. You've probably heard the classic analogy about how holding a grudge against someone is like taking poison and expecting the other person to die, in that it harms the holder of the grudge far worse than the person the grudge is against. In a similar vein, your soul-self wants to love everybody. It feels good to love. It doesn't feel good to judge and dislike people. Loving everyone doesn't mean you have to be in relationships with everyone. You can be honest with the people in your life regarding how much time you want to spend with them and what you want the nature of your relationship to be, while still loving every one of them.

We've been trained to see ourselves as separate from one another and from divine energy, but that is such a false premise! Feeling your rich, juicy connection to everyone and everything is as simple as opening your heart and *deciding* to feel it. It feels fantastic! Understanding your connection to others and showing your appreciation for them uplifts you as



much as it uplifts those you bestow your blessings upon. People can feel when you are truly appreciating them, even if they don't acknowledge it. Your appreciation vibration will allow them—and *you*—to flourish.

Tapping into and feeding the ever-present energy that binds us all together makes everything else fall into place. You're a better parent, friend, spouse; you're healthier, more energetic. Research continually shows that when we help others, we feel better ourselves. This Step will show you how to apply the Namaste Lens to create magic in your life.

Since we're all energetically intertwined, loving yourself and disarming your self-judgments benefits everyone else, too. There's a Buddhist principle that says we all would love one another fully and completely if we were free of our limitations and masks. The enemy is never another person—the enemy is always unconsciousness. When we awaken consciousness in ourselves, we contribute immeasurably to the awakening of the world.

Anyone who completed the personalizing components of the full Juicy Joy journey could at this point confidently claim, "I've earned an advanced degree from the University of Me." and would quite simply be living a different life than the one they started out with. Once these skills have become second nature, every moment *is* truly a perfect moment! How could it be otherwise? We can only move forward, but loving this present moment, exactly as it is, is the key to moving forward toward the kinds of experiences you most desire. Love and inspiration are all around you, all the time! The Universe wants you to succeed and be happy. Living your unique, personal flavor of Juicy Joy is your highest calling! It's so easy to love any moment, no matter what it brings, when you passionately love the company you're keeping in that moment—which will always, without exception, be . . . glorious, gutsy, divine *you*.

[Click here](#) to unleash *your* Juicy Joy.

